

Round Table Discussion III – ESRA Hellas: Redefining the Position of Regional Anaesthesia in the 21st Century

Regional Anaesthesia: Key component analgesia in multimodal personalized postoperative pain management

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The benefits of multimodal analgesia as a way of managing perioperative pain are well evidenced. The synergic effect maximizes pain relief at lower analgetic doses, thereby reduces the risk of adverse drug effect. But despite the progress in non-opioid analgesics and multimodal pain regiments they still can't achieve significant pain alleviation on their own.

Therefore regional anesthesia plays a crucial role in multimodal plan providing enhancement to perioperative pain management.

But which is the most appropriate regional technique to choose and what skills and infrastructure are required for its implementation?

A personalized approach will define the right pathway for achieving balanced and effective perioperative pain management. Incorporating factors specific to the patient (sex, comorbidities etc.) the intended surgery (surgical approach etc) and the resources available in the institutducation of ward staff, ultrasound device etc) we can structure the suitable multimodal plan.