

## REGISTRATION

Registration should be done via the online form on our website [www.bara2001.be](http://www.bara2001.be)

### Fee

BARA member (membership 2020 already paid)	Specialists	225 €
	Trainees & Nurses	80 €
Non BARA member (including membership 2020)	Specialists	290 €

### Renew your membership 2021 at the same time at reduced rate:

The reduced membership rate is only valid when registering for the 2020 congress (Regular BARA membership 2021: Specialists 60 €)	Specialists	55 €
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### ESRA Membership 2021

Check the website for their benefits: [esraeurope.org/join-esra/](http://esraeurope.org/join-esra/)

Specialists - RAPM journal online only	100 €
Specialists - RAPM journal paper & online	130 €

### BARA + ESRA Membership 2021

Specialists	155 € or 185 €
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**All participants are cordially invited to the farewell lunch offered by the BARA. Please indicate online if you wish to participate or not.**

After your online registration you will receive a confirmation email with payment details.

Registration is only final after receipt of payment.

Registrations and payments after 27<sup>th</sup> of September : + 35 €

On-site registration: payment only in cash

Further info: [katia.cools@uzleuven.be](mailto:katia.cools@uzleuven.be)



**SQUARE**  
BRUSSELS MEETING CENTRE

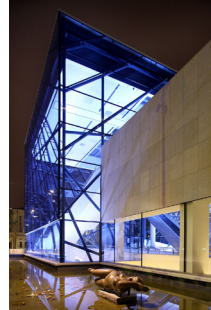
## VENUE

**SQUARE - BRUSSELS MEETING CENTRE**

**Glass Entrance**

**rue Mont des Arts/Kunstberg • 1000 Brussels**

[www.squarebrussels.com](http://www.squarebrussels.com)



## Directions

By public transport SQUARE is located opposite Brussels Central railway station.

## By car

There are 700 parking spaces right underneath SQUARE. Parking Albertina-Square is accessible via rue des Sols-Stuiversstraat or Place de la Justice-Gerechtsplein; preferably park at level -3. Inside the elevator will be indicated on which floor you need to get out.

<http://prod.interparking.be/nl/find-parking/albertine-square/>

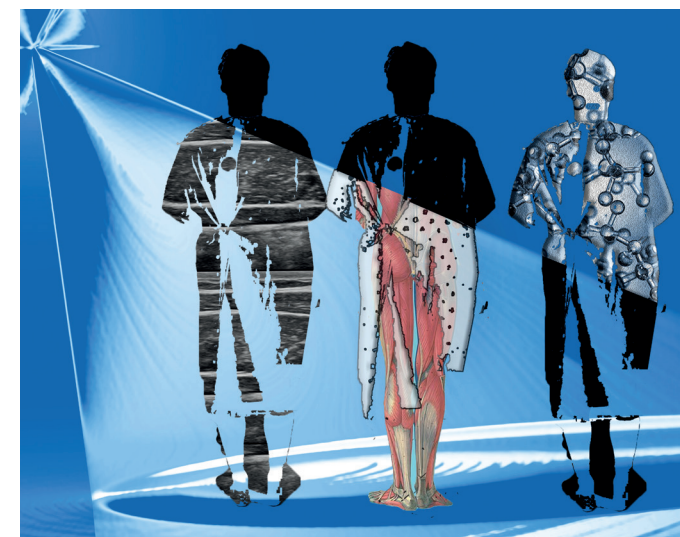


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|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>1</b> GLASS ENTRANCE (MONT DES ARTS - KUNSTBERG, 1000 BRUSSELS)                                                                                     | <b>R</b> ENTRANCE CENTRAL STATION                                                             |
| <b>2</b> TERRACE ENTRANCE (MONT DES ARTS - KUNSTBERG, 1000 BRUSSELS)                                                                                   | <b>M</b> ENTRANCE METRO CENTRAL STATION                                                       |
| <b>3</b> RAVENSTEIN ENTRANCE (2 RUE RAVENSTEINSTRAT, 1000 BRUSSELS)                                                                                    | <b>T</b> TAXI                                                                                 |
| <b>4</b> COUDENBERG ENTRANCE (3 COUDENBERG, 1000 BRUSSELS)                                                                                             | <b>I</b> TOURIST INFORMATION                                                                  |
| <b>5</b> DELIVERY ENTRANCE (27 RUE DES SOLS, 1000 BRUSSELS) ONLY FOR SMALL PACKAGES AND EUROPALLET NOT BIGGER THAN 120 CM (L) X 80 CM (W) X 140 CM (H) | <b>P</b> PUBLIC PARKING -ALBERTINE- (DIRECT ACCESS TO SQUARE) (3 RUE DES SOLS, 1000 BRUSSELS) |
| <b>6</b> LOADING & UNLOADING (15 RUE DES SOLS, 1000 BRUSSELS)                                                                                          | <b>B</b> CITY BIKES DISPOSAL                                                                  |
| <b>7</b> LOADING & UNLOADING FOYERS (1 COUDENBERG, 1000 BRUSSELS)                                                                                      | <b>A</b> BOZAR (DIRECT ACCESS FROM SQUARE)                                                    |
|                                                                                                                                                        | <b>!</b> NO PARKING IN THE STREET                                                             |
|                                                                                                                                                        | <b>R</b> MUSEUM RESTAURANT                                                                    |

**BARA**  
BELGIAN ASSOCIATION FOR REGIONAL ANESTHESIA

20<sup>th</sup> Annual Meeting  
**3<sup>rd</sup> OF OCTOBER 2020**

**ULTRASOUND:  
BEYOND THE NERVE**



## BARA Annual Meeting 3<sup>rd</sup> of October 2020 Square Brussels

### ULTRASOUND: BEYOND THE NERVE

#### PROGRAM

07.45 – 08.15 **Registration and coffee**

08.15 – 08.20 Introduction by Prof. Barbara Breebaart

#### Session 1: Old and new tricks, evidence on postoperative recovery

Chairpersons: Dr. Matthias Desmet & Dr. Emmanuel Guntz

08.25 – 08.55 Steroids are good for you!  
Prof. Henrik Kehlet

08.55 – 09.20 PROSPECT recommendations for postoperative pain management: general methodology and a few recent clinical examples  
Prof. Patricia Lavand'homme & Dr. Audrey Dieu

09.20 -09.40 How to monitor post-discharge recovery?  
Prof. Henrik Kehlet

09.40 – 10.05 **Coffee Break with live demonstration**

#### Session 2: US controversies

Chairpersons: Prof. Pierre-Yves Dewandre & Dr. Sari Casaer

10.10 -10.35 Ultrasound for lumbar neuraxial anesthesia; when should it be used?  
Prof. Luc Sermeus

10.35 -11.00 USG Central line insertion. Always? Everywhere?  
Dr. Robert Chen

11.00 – 11.45 **Albert Van Steenberge Lecture**  
Locoregional analgesia: beyond the technique  
Prof. Patricia Lavand'homme

Chairperson: Dr. Philippe Gautier

#### Poster competition

This year we will grant 2 poster awards in order to encourage scientific research. All abstracts on regional anesthesia (including spinal, epidural, CSE, abdominal wall blocks & peripheral nerve blocks) are welcome, please send to [katia.cools@uzleuven.be](mailto:katia.cools@uzleuven.be). Our thanks go to NORDIC PHARMA for supporting these grants. Deadline for abstract submissions is 13<sup>th</sup> of September.

11.45 – 12.10 **Coffee break with live demonstration**

12.10 – 12.40 Video award winners/grant winners/poster winners

#### Session 3: Here is a US machine, what else can you do with it?

Chairpersons: Prof. Luc Sermeus & Dr. David Van Aken

12.45 – 13.10 Volume status assessment with US  
Dr. Robert Chen

13.10 – 13.35 Gastric Ultrasound with live demonstration  
Dr. Lynn Vernieuwe and Dr. Peter Van de Putte

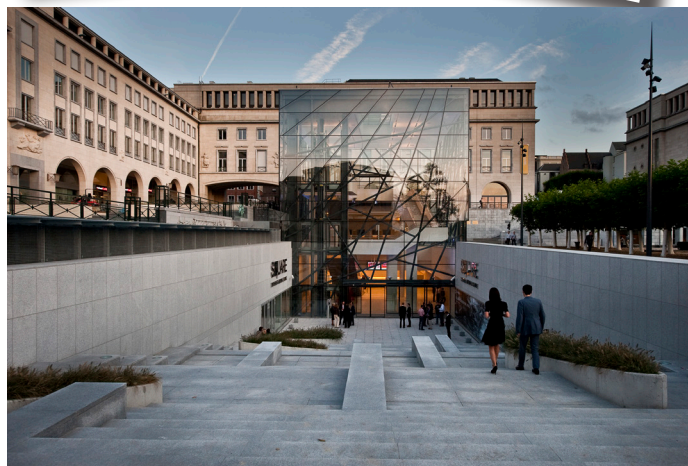
13.35 – 14.00 Lung and airway US  
Dr. Rosie Hogg

14.00 Closing words by Prof. Barbara Breebaart

#### Farewell Lunch

Accreditation will be assigned online via the RIZIV/INAMI website.

BARA Research Grants in order to stimulate research in Regional Anesthesia  
Guidelines and application form on our website  
[bara2001.be/about-bara/research-grant](http://bara2001.be/about-bara/research-grant)  
Deadline for application is 31<sup>st</sup> of August



#### FACULTY

B. Breebaart Antwerpen B  
S. Casaer Wilrijk B  
R. Chen Ottawa CA  
M. Desmet Kortrijk B  
P.Y. Dewandre Liège B  
A. Dieu Bruxelles B  
Ph. Gautier Bruxelles B  
E. Guntz Braine l'Alleud B  
R. Hogg Belfast IE  
H. Kehlet Copenhagen DK  
P. Lavand'homme Bruxelles B  
L. Sermeus Bruxelles B  
D. Van Aken Brasschaat B  
P. Van de Putte Bonheiden B  
L. Vernieuwe Antwerp B

#### THE HONORARY

#### ALBERT VAN STEENBERGE LECTURE

Every year a speaker who made a significant contribution to the world of regional anesthesia in its broadest sense will be invited to receive the honour of the commemorative Albert Van Steenberge lecture.



The 2020 lecture will be presented by Patricia Lavand'homme, a leading world expert in the field of peri-operative analgesia.

#### SPONSORS



#### UNDER THE PATRONAGE OF



State of the Art Safety Standards in RA  
THE EUROPEAN SOCIETY OF REGIONAL ANAESTHESIA & PAIN THERAPY