



Congress Sessions – Description & Guidelines

Introduction

This document has been prepared to outline the purpose, structure, and requirements of the different session formats included in the Scientific Programme of the ESRA Annual Congress.

It is intended primarily as a practical guidance document for speakers, moderators, demonstrators, and instructors, helping them prepare their contributions in line with the educational aims and format of each session.

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Contacts

For further information or clarification, please contact:

Viviane Barbarisi

MCO Congres

viviane.barbarisi@mcocongres.com

Elsa Pikramenou

ESRA Congress Manager

elsa.pikramenou@esraeurope.org



Scientific Programme Color Coding

To support smooth navigation across the congress programme, the different clinical areas and special session formats are identified by the color coding below.

Clinical areas	Special session formats
RA Sessions	ESRA Sessions
Pain Sessions	Live Demonstrations & 360° Simulation Sessions
Paediatric Sessions	Free Paper Sessions
Obstetric Sessions	Hands-On Clinical Workshops
PoCUS Sessions	Hands-On Cadaver Workshops

Session Types - Description

Session Type	Total Duration	Speakers	Presentation Duration	Description
Ask the Expert	50 min	1	20 min	Expert-led session with extended audience interaction
Expert Opinion Discussion	50 or 60 min	2 or 3	15 min	Focused discussion on a controversial or practice-changing topic
Networking Session	110 min	4	20 min	Related presentations designed to stimulate discussion
Panel Discussion	75 min	3	15 min	Expert perspectives on practical dilemmas and grey zones
Problem Based Learning Discussion	40 min	1	15 min	Case-based interactive format
PRO-CON Debate	50 min	2	15 min	Moderated debate on opposing viewpoints
Refreshing Your Knowledge	30 min	1	20 min	Focused update on a specific topic
Round Table Learning Discussions	110 min	4	Up to 10 min	Moderated conversational format
Second Opinion Based Discussion	50 min	2 or 3	10 min	Problem-solving format comparing different clinical perspectives
Tips & Tricks	30 min	1	20 min	Practical advice for daily clinical practice

Note: Certain session types may include interactive features through the congress app, such as a voting system or pre-submitted questions from the audience. Speakers and moderators involved in these formats should plan ahead and ensure that any interactive elements are prepared in advance where applicable. Further details are provided in the section "Interactive Sessions and Tools" below.



Ask the Expert

Total duration: 50 min | Speakers: 1 | Presentation duration: 20 min

An Ask the Expert session centers on a single presentation delivered by an expert on a specific topic within their field of expertise. The speaker should provide a focused and accessible overview while leaving ample room for audience interaction and clarification of practical questions. The format is intended to encourage direct exchange between the presenter and the audience, including questions submitted through the app where applicable.

Expert Opinion Discussion

Total duration: 50 or 60 min | Speakers: 2 or 3 | Presentation duration: 15 min

An Expert Opinion Discussion focuses on a hot, controversial, or practice-changing topic and is built around 2 or 3 short expert presentations. Speakers should present their perspective clearly and concisely, while leaving room for discussion and differing interpretations. The format is intended to stimulate reflection, highlight variation in practice, and, where appropriate, support a brief consensus-oriented conclusion.

Networking Session

Total duration: 110 min | Speakers: 4 | Presentation duration: 20 min

A Networking Session brings together several related presentations under one broad theme. Speakers should ensure that their presentations are clearly aligned with the overall topic and contribute to a dynamic exchange of ideas across the session. The format is intended to combine complementary perspectives, stimulate discussion, and encourage practical knowledge transfer to the audience.

Panel Discussion

Total duration: 75 min | Speakers: 3 | Presentation duration: 15 min

A Panel Discussion is designed around a topic that requires expert answers and practical reflection. Presenters should address the shared theme from complementary angles, helping to frame relevant dilemmas encountered in daily practice and providing the basis for audience discussion. The format should remain clearly discussion-based, allowing space for questions, exchange of views, and consideration of grey zones in clinical practice.

Problem Based Learning Discussion

Total duration: 40 min | Speakers: 1 | Presentation duration: 15 min

A Problem Based Learning Discussion is a case-based educational format built around a practical clinical problem. The presenter should use the case to stimulate clinical reasoning, critical thinking, and audience participation, with the emphasis placed on progressive analysis rather than on a purely didactic lecture. The format should remain strongly problem-solving in nature and may include questions, discussion, and voting where appropriate.

PRO-CON Debate

Total duration: 50 min | Speakers: 2 | Presentation duration: 15 min

A PRO-CON Debate examines a controversial topic through 2 opposing expert perspectives presented in a moderated format. Speakers should clearly defend their assigned position while keeping the discussion focused, balanced, and engaging for the audience. The format is intended to be provocative and interactive, and may also include rebuttal and audience voting where relevant.



Refreshing Your Knowledge

Total duration: 30 min | Speakers: 1 | Presentation duration: 20 min

Refreshing Your Knowledge is a format intended to provide an in-depth update on a specific topic in the style of a focused literature review. The speaker should present current evidence in a clear and structured way, with emphasis on how recent developments may influence clinical practice. The format should remain concise, educational, and directly relevant to everyday decision-making.

Round Table Learning Discussions

Total duration: 110 min | Speakers: 4 | Presentation duration: up to 10 min

A Round Table Learning Discussion is an interactive panel-based format built around a series of key clinical questions on a shared topic. All presenters remain on stage throughout the session, while the moderator acts as host, introduces each question, and invites individual panelists to respond in a conversational format. Contributions should be concise, focused, and supported by only a few slides where necessary, in order to maximise exchange between panelists and interaction with the audience. The key questions should be shared with the panelists in advance so they can prepare their responses, and polling may also be used to engage participants.

Second Opinion Based Discussion

Total duration: 50 min | Speakers: 2 or 3 | Presentation duration: 10 min

A Second Opinion Based Discussion is a focused, problem-solving format mainly dedicated to Regional Anaesthesia and Chronic Pain. It is designed to revisit conflicting therapeutic situations, compare different clinical approaches, and support tailored decision-making in areas where practice may vary. Depending on the topic, the session may be structured around 2 or 3 short complementary presentations offering different perspectives on the same clinical question, followed by a moderator-led synthesis and discussion with the audience. The aim is to help participants critically assess the relevance, indications, limitations, and practical value of evolving techniques in daily practice.

Tips & Tricks

Total duration: 30 min | Speakers: 1 | Presentation duration: 20 min

Tips & Tricks is a concise, practice-oriented format focused on useful advice for daily clinical work. The speaker should present practical points in a clear and accessible way, prioritising relevance, simplicity, and immediate applicability over extensive theoretical background. The aim is for participants to leave the session with concrete ideas they can directly use in practice.

ESRA Sessions ■

ESRA Sessions form a distinct programme category within the congress and may include sessions on mixed or cross-cutting scientific themes that do not necessarily fall within a single topic area. This category may also include society-led or programme-specific sessions such as trainees sessions, sister society activities, and the PROSPECT Session dedicated to current Guidelines and Recommendations of the PROSPECT Group. Where applicable, individual ESRA Sessions may follow the structure of one of the main session types described in this document.



Interactive Sessions and Tools

Questions via the App

For the **Ask the Expert** sessions, speakers and moderators should be prepared to **receive questions from the audience** during the session **through the congress app**. These questions may be used by the moderator to guide the discussion following the presentation, alongside questions taken directly from the room.

Voting System

For **PRO-CON Debates**, **Problem Based Learning Discussions**, and **Round Table Learning Discussions**, a **voting system may be available**. Where offered, **speakers are strongly encouraged to make use of it**, as it can enhance audience participation and strengthen the interactive character of the session.

Questions for voting should be prepared in advance and submitted to the congress administrative office no later than **26 June**. Speakers are also encouraged to **coordinate in advance with the Moderator** to ensure the smooth integration of these interactive elements into the session. For further information and guidance, please contact **Viviane Barbarisi** [viviane.barbarisi@mcocongres.com].

General Guidelines for Speakers

- Speakers are expected to come to the session room well prepared and in good time before the session starts.
- **Presentations** should be **clear, focused, scientifically sound, and appropriate to the specific session format**.
- **Content** should be **clinically relevant** where applicable and aligned with the level of an international congress audience.
- **Presentations should be tailored to the purpose and format of the session**, whether lecture-based, discussion-based, case-based, or interactive. Speakers are strongly encouraged to **review the description of their session(s)** carefully and **adapt the content of their presentation(s)** accordingly.
- **Speakers must respect the allocated presentation time strictly**. Depending on the type of session, **presentations may be 10, 15, or 20 minutes long**. Speakers are strongly encouraged to rehearse in advance to ensure that their presentation fits within the assigned time and leave appropriate room for **discussion or audience interaction**.
- Any **conflict of interest should be clearly declared** at the beginning of the presentation.
- Commercial bias should be avoided, and generic terminology should be used whenever possible instead of brand names.
- Where applicable, **speakers may be asked to provide supporting material for the congress app or congress proceedings**. **Presentation slides may also be shared through the app**, subject to the speaker's permission.
- Speakers should carefully **review any related technical instructions, submission requirements, and deadlines**.

Summary of Presentation for Publication

Speakers are **requested to provide a written summary of their presentation for publication in the congress proceedings**. For the relevant main congress session types, a **manuscript of up to 2,000 words** is required for publication in the **RAPM Journal Supplement** dedicated to the congress proceedings. Presentation slides may also



be made available in the congress app, subject to the speaker's permission. Submission deadline and practical instructions will be communicated separately.

General Guidelines for Moderators

- Moderators are expected to **come to the session room in good time** and to be prepared for the format, structure, and objectives of the session they are moderating.
- Moderators are **responsible for the overall flow, balance, and timing** of the session.
- They should briefly **introduce the session and the speakers**.
- They should **ensure that the programme runs on time** and that the session remains focused and coherent throughout.
- Moderators should **facilitate audience interaction where appropriate and coordinate questions and discussion**.
- They should help **connect the different contributions within the session** and maintain the scientific balance of the discussion.
- Where useful, **moderators may briefly highlight key learning points** or provide a short concluding synthesis, particularly **in formats designed to stimulate reflection or debate**.
- Moderators should address any actual bias that may arise during the session.
- At the end of the session, **moderators are encouraged to remind participants to complete the evaluation form available in the congress app**.

Live Demonstrations & 360° Simulation Sessions

Live Demonstrations on Human Models ■

A Live Demonstration on Human Models is designed to allow the demonstrator(s) to present clinically relevant ultrasound scanning in real time, using a human model and direct interaction with the audience. The format should combine concise explanation with live demonstration, placing the emphasis on practical application, image acquisition, probe handling, and interpretation rather than on formal lecturing. Demonstrators should focus on clear learning points, maintain an interactive approach throughout the session, and keep any supporting slides to a minimum.

360° Simulation Sessions ■

A 360° Simulation Session is an interactive, simulation-based learning format designed to explore complications of regional anaesthesia through realistic clinical scenarios. Set in a simulated operating room environment equipped as in daily practice, the session allows participants to follow the evolution of scenarios as they may occur in real life. Focusing on challenging situations and crisis management in areas such as trauma, orthopaedics, and obstetrics, it promotes practical learning, reflection, and active audience engagement.



Ticketed Sessions

Hands-on Clinical Workshops ■

Hands-On Clinical Workshops are 2-hour practical teaching sessions designed to allow instructors to guide delegates through ultrasound-guided techniques using live models. Delegates are expected to perform the scanning themselves under instructor supervision, with teaching focused on clinically relevant anatomy, image acquisition, probe handling, and practical application. Each workshop is organised across 4 separate workstations, each dedicated to a different topic or clinical scenario, with up to 24 delegates divided into rotating groups. This format allows structured, repeated hands-on teaching across the full range of workshop content.

Mini Hands-On Clinical Workshops ■

Mini Hands-On Clinical Workshops are 1-hour practical teaching sessions that follow the same approach in a more compact format centred on a single topic or clinical scenario. Delegates are expected to perform the scanning themselves, while the instructor provides focused hands-on guidance throughout the session. With 1 workstation and 1 group of up to 8 delegates, the format allows concentrated practical teaching without rotation and with direct instructor support throughout.

Hands-On Cadaver Workshops ■

Hands-On Cadaver Workshops are 3-hour practical teaching sessions designed to allow instructors to guide participants through clinically relevant Regional Anaesthesia and Pain procedures using soft-embalmed whole-body cadavers. Teaching should remain clinically oriented, with emphasis on typical techniques, relevant applied anatomy, and safe performance. After a brief demonstration, participants are expected to practise the techniques themselves under instructor supervision. Each workshop is organised across 6 rotating workstations, each dedicated to a different procedure, with a maximum of 6 participants per group.

Detailed operational guidance for Workshop Leaders and Instructors is provided separately for the ticketed workshop formats.

Free Paper and E-Poster Sessions

Accepted abstracts may be included in the scientific programme either as Free Paper Presentations or as E-Posters. E-Posters may be assigned as Discussed or View-Only.

Free Paper Sessions ■

Free Paper Sessions are oral presentation sessions designed to showcase selected scientific abstracts across the main congress categories. Standard Free Paper Sessions group accepted abstracts by topic and are intended to provide a concise presentation of original work followed by brief discussion. In addition, Best Free Paper Sessions in Regional Anaesthesia and Chronic Pain are dedicated to the highest-ranked submissions and contribute to the final selection of prize-winning presentations. Winners are announced during the Awards Ceremony.

Standard format: up to 5 abstracts per session

Presentation format: up to 8 min presentation + up to 2 min Q&A per abstract

Best Free Paper Sessions: dedicated prize sessions with adjusted programme structure and final evaluation by moderators and jury



E-Poster Sessions

E-Poster Sessions provide a structured format for the presentation of selected posters across the main congress categories. They are divided into Discussed E-Posters, presented in moderated sessions in the exhibition area during coffee and lunch breaks, and View-Only E-Posters, which remain available for independent consultation without formal presentation or moderation. Discussed E-Poster Sessions are intended to allow a concise presentation of the work followed by brief audience interaction.

Discussed E-Poster format: 3 min presentation + 2 min Q&A per poster

View-Only E-Posters: displayed without formal presentation or moderator

Guidelines for Moderators

- **Review the assigned presentations in the congress app in advance** and familiarise yourself with the presented work.
- At the start of the session, briefly **introduce the session and indicate the number and order of presentations**, based on the most up-to-date listing in the congress app.
- **Ensure that presenters and audience clearly understand the allocated time for presentation and Q&A.**
- **Maintain strict timekeeping and keep the session on schedule.**
- **Remind presenters to declare any conflict of interest** and to use generic rather than brand names.
- **Invite questions after each presentation** and, where useful, ask an opening question yourself to stimulate discussion.
- **Ask audience members to introduce themselves** and state their affiliation before speaking.
- Be **attentive to junior presenters** and provide support where needed.

Format-Specific Notes for Moderators

Free Paper Sessions

Moderators should **arrive** approximately **5 min** before the session. Standard Free Paper Sessions usually accommodate up to **5 abstracts** within a **55 min** session, while **Best Free Paper Sessions** follow a different structure.

Discussed E-Poster Sessions

Moderators should **arrive** approximately **10 min** before the session in order to become **familiar with the E-Poster system and presentation screen**. Technical support is available on site if needed.

Thank you for your attention!