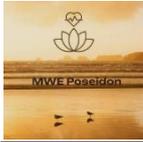


**B.S.O.A Spring Scientific Meeting**  
**Friday 15<sup>th</sup> May-Sunday 17<sup>th</sup> May 2026**  
**“TRUE PERI-OPERATIVE CARE BEGINS WITH CARERS”**  
*Optimizing both the patients and the staff*



**POSEIDON BALNEOTHERAPY RESORT and MEDICAL CENTRE, Nessebar, BULGARIA**  
**ORGANISERS AND CLINICAL CONTENT LEADS:**  
**Drs Svetlana Galitzine (Oxford) and EJ da Silva (Birmingham)**



<b>Friday, 15th May 2026</b>			
<b>15:30-16:00 Refreshments s Registration for Treatments</b>			
<b>DAY 1: PM - SESSION 1 s 2: WELLBEING, FUNCTIONAL MEDICINE s OPTIMISATION</b>			
<b>16:00-17:30</b>	<b>Session 1</b>	<b>RCoA CPD Code</b>	<b>Chair: Dr Svetlana Galitzine</b>
16:00-16:30	Poseidon treatment modalities & equipment: role in patient care and staff wellbeing	1105	Dr Olesia Gusinskaia, Poseidon Medical Centre (Nessebar) Dr Svetlana Galitzine Consultant Anaesthetist (Oxford)
16:30-17:00	Chronic fatigue & cognitive overload in theatre teams: functional medicine approach	1103/ 1105	Dr Aniko Rendek Consultant Histopathologist and Functional Medicine Therapist (Oxford)
17:00-17:30	Dicing with Spicing: Benefits & risks of spices as supplements	3100, 2A07	Dr EJ da Silva, Birmingham Consultant Anaesthetist Immediate Past President BSOA
<b>17:30-17:45</b>	<b>Break Refreshments (Complementary)</b>	<b>Break</b>	<b>Optional Registration for Treatments</b>
<b>17:45-20:00</b>	<b>Session 2</b>	<b>RCoA CPD Code</b>	<b>Chair: Dr Bernadette Ratnayake</b>
17:45-18:30	Pillars of Lifestyle Medicine for Anaesthetists	1103 / 3100	Dr Jim Brunning Consultant Anaesthetist (Birmingham)
18:30-19:00	Managing boundaries & Managing energy vs time	1102/1103/ 1105	Dr Toni Brunning Consultant Anaesthetist (Worcester)
19:00-19:30	Cold water Swimming: Fashion or evidence-based self-care?	3100 / 1103	Miss Lucy Cogswell Consultant Plastic surgeon (Oxford)
19:30-20:00	Mind the gap: Professional wellbeing differences between emergency and non-emergency hospitals	1102, 1103, 2A03	Dr Mihai Popescu Specialist Anaesthesiologist (Bucharest)
<b>20:00</b>	<b>1st NETWORKING DINNER (Complementary)</b>		



**Saturday, 16th May 2026**

**DAY 2: AM – WORKSHOPS, PREHABILITATION, ANALGESIA, FUNCTIONALITY**

Session 3		RCoA Code	COACHES
WELLNESS WORKSHOPS (Optional)			
06:30-08:00	Sunrise Zumba on the Beach	1103, 3100	Svetlana Veselkova
07:00-08:00	Breath-work by the pool		Dr Jim Brunning
07:00-08:00	Coldwater dipping/Swimming:		Miss Lucy Cogwell

**08:00-09:15 Breakfast (Complementary)**

09:15-11:15	Session 4	RCoA CPD Code	Chair: Professor Anil Hormis
09:15-09:45	Medical Pre-optimization: The key to success	2A03, 2A07	Dr Bernadette Ratnayake Consultant Anaesthetist (London)
09:45-10:15	Clinical implications of managing adults with Down Syndrome-anaesthetic and pain management perspective	1E03	Dr Tzvetanka Ivanova-Stoilova Consultant in Anaesthesia & Pain Medicine, UK. Member of Honour of the Bulgarian Association for the Study and Treatment of Pain
10:15-10:45	Functional medicine in orthopaedic prehabilitation: Bone & Muscle focus	2A03, 3A08	Dr Aniko Rendek Consultant Histopathologist and Functional medicine Therapist (Oxford)
10:45-11:15	Frail Elderly Orthopaedic Patients Prehabilitation: Only look good on paper?	1103	Dr Mihai Popescu, Specialist Anaesthesiologist (Bucharest)

**11:15-11:30 Refreshments (Complementary)**

11:30-13:00	Session 5	RCoA CPD Code	Chair: Dr Egidio J da Silva
11:30-12:00	Non-opioid analgesic developments	2D00	Professor Richard Langford Consultant Anaesthetist (London)
12:00-12:30	From experience to evidence: what the cases taught me.	3A08, 2A03	Dr Mihai Popescu, Specialist Anaesthesiologist (Bucharest)
12:30-13:00	Pre-operative anaemia management: lessons from Eastern Europe	2A03, 1102	Dr Mihai Stefan, Specialist Anaesthesiologist (Bucharest)

**13:00-17:00: LONG BREAK: LUNCH (Complementary) {Optional RA Masterclass( Dr Dan Dirzu)}  
WELLNESS: Relaxation, Treatments and/or Sports Activities**

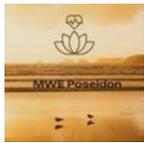
**DAY 2: PM – SEX/GENDER, DAY-CASE PATHWAYS, HUMAN FACTORS UPDATES**

17:00-20:00	Session 6	RCoA CPD Code	Chair: Dr Tim Moll
17:00-17:30	Sex and Gender: Implications for the anesthesiologist	3100, 1F05	Dr Mihai Stefan, Specialist Anaesthesiologist (Bucharest)
17:30-18:00	Day-case hip and knee replacement: status in Eastern Europe	3A08 / 2A03	Dr Dan Dirzu Specialist Anaesthesiologist ARAR (Cluj-Napoca, Romania)
18:00-18:30	“The patient I will never forget”: Clinical Cases PBLD competition (Open to all grades)	1H02 / 3J02	Selected oral presentations. Prizes TBC

**18:30-18:45 Refreshments (Complementary)**

18:45-20:00	Session 7	RCoA CPD Code	Chair:
18:45-19:15	Never Event Paradox: Systems engineering for Orthopaedic Anaesthesia	1H02 / 3J02	Dr Khurram Ayub. Consultant Anaesthetist, Oxford
19:15-19:45	7 papers & podcasts most relevant to orthopaedic anaesthesia	1H02 / 3J02	Dr Andrey Varvinskiy Consultant Anaesthetist (Torquay)
18:45-20:00	Q & A session		Dr Svetlana Galitzine(Oxford)

**20:00 2<sup>nd</sup> NETWORKING DINNER (Complementary)**



<b>Sunday, 17<sup>th</sup> May 2026</b>			
<b>DAY 3: AM - WELLNESS AND PROFESSIONAL DEVELOPMENT WORKSHOPS</b>			
<b>06:30-08:00</b>	<b>Session 8</b>	<b>RCoA CPD Code</b>	<b>Chair:</b>
	<b>WELLNESS WORKSHOPS (Optional)</b>		<b>COACHES</b>
06:30-08:00	Sunrise Zumba on the Beach	1103, 3100	Svetlana Veselkova
07:00-08:00	Breath-work by the pool		Dr Jim Brunning
07:00-08:00	Coldwater dipping / Swimming		Miss Lucy Cogwell
<b>08:00-08:15</b>	<b>Breakfast (Complementary)</b>		
<b>10:00-12:00</b>	<b>Session 9</b>	<b>RCoA CPD Code</b>	<b>Chair:</b>
10:00-10:30	RA Masterclass	3A08 / 3J02	Dr Dan Dirzu Specialist Anaesthesiologist ARAR(Cluj-Napoca, Romania)
10:30-11:00	Peri-retirement hurdles - Workshop	1H01 / 1I02	Dr Andrey Varvinskiy Consultant Anaesthetist (Torquay)
11:00-11:30	Functional Medicine - Q and A	3100	Dr Aniko Rendek Histopathologist and Functional medicine Therapist (Oxford)
11:30-12:00	Tour of Poseidon Modalities-Consultations	NO code	Dr Olesia Gusynskaya
<b>12:00</b>	<b>Close of B.S.O.A. SSM PROGRAMME for Spring 2026</b>		

**ENJOYING POSEIDON and beyond - until departure**  
**More information will be provided after registration via email:**  
[poseidon.bsoa@gmail.com](mailto:poseidon.bsoa@gmail.com)

