

PROVISIONAL PROGRAM!

BSOA-Approved Spring Scientific Meeting

Friday 15th May-Sunday 17th May 2026

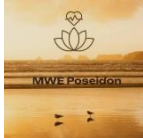
“TRUE PERI-OPERATIVE CARE BEGINS WITH THE CARERS”

Optimizing both the patients and the staff

**VENUE: POSEIDON BALNEOTHERAPY RESORT and MEDICAL CENTRE,
Nessebar, BULGARIA**

ORGANISERS AND CLINICAL CONTENT LEADS:

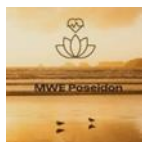
Drs Svetlana Galitzine (Oxford) and EJ da Silva (Birmingham)



B.S.O.A

British Society of Orthopaedic Anaesthetists

15th May 2026			
15:30-16:00 Refreshments s Registration for Treatments			
DAY 1 PM - SESSION 1 s 2: WELLBEING, FUNCTIONAL MEDICINE s OPTIMISATION			
16:00-17:30	Session 1	RCoA CPD Code	Chair: Dr Svetlana Galitzine
16:00-16:30	Power for prehabilitation and rehabilitation for the doctor and the patient	1103	Dr E J da Silva Consultant Anaesthetist (Birmingham)
16:30-17:00	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)
17:00-17:30	Chronic fatigue & cognitive overload in theatre teams: functional medicine approach	1103/ 1105	Dr Aniko Rendek Consultant Histopathologist and Functional Medicine Therapist (Oxford)
17:30-17:45	Break		Registration for Treatments
17:45-18:45	Session 2	RCoA CPD Code	Chair: Dr Bernadette Ratnayake
17:45-18:30	Pillars of Lifestyle Medicine for Anaesthetists	1103 / 3100	Dr Jim Brunning Consultant Anaesthetist (Birmingham)
16:45-17:30	Managing boundaries & Managing energy vs time	1102/1103/ 1105	Dr Toni Brunning Consultant Anaesthetist (Worcester)
18:00-18:15	Cold water dipping: fashion or evidence-based self-care?	3100 / 1103	Miss Lucy Cogswell Consultant Plastic surgeon (Oxford)
18:15-18:45	Orthopaedic Patients prehabilitation: Lessons in European healthcare	2A03, 2A07	TBA
18:45 -21:15	1st NETWORKING DINNER		



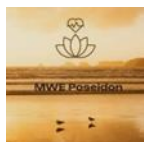
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British Society of Orthopaedic Anaesthetists

16th May 2026

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

	Session 3 (~ 1 Hour)	RCoA Code	
	WELLNESS WORKSHOPS (Optional)		COACHES
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	Refreshments		
	Session 4 (~ 2 hours)	RCoA CPD Code	Chair:
09:15-11:15			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	Dicing with Spicing: Benefits & risks of spices as supplements	3100, 2A07	Dr EJ da Silva Consultant Anaesthetist
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	Orthopaedic Patient Prehabilitation: Lessons from European Healthcare	1103	TBA
11:15-11:30	Refreshments		
11:30-12:00	Non-opioid analgesic developments	2D00	Professor Richard Langford Consultant Anaesthetist (London)
12:00-12:30	Prolonged Ortho plastic surgery under awake epidural anaesthesia	3A08, 2A03	Miss L Cogswell / Dr S Galitzine, (Oxford)
12:30-13:00	Pre-operative anaemia management: lessons from Eastern Europe	2A03, 1102	Dr Miihai Stefan Specialist Anaesthesiologist (Bucharest)
13:00-17:00: LONG BREAK: LUNCH			
Optional WELLNESS WORKSHOPS- Relaxation, Treatments or Sports Activities			
DAY 2 PM – SEX/GENDER, DAY-CASE PATHWAYS, HUMAN FACTORS & UPDATES			
	Session	RCoA CPD Code	Chair:
17:00-20:00			Dr Tim Moll
17:00-17:30	Sex and Gender: Implications for the anesthesiologist	3100, 1F05	Dr Miihai Stefan Specialist Anaesthesiologist (Bucharest)
17:30-18:00	"The patient I will never forget": Case competition	1H02 / 3J02	Selected oral presentations competition
18:00-18:30	Day-case hip and knee replacement: status in Eastern Europe	3A08 / 2A03	Dr Dan Dirzu Specialist Anaesthesiologist ARAR (Cluj-Napoca, Romania)
18:30-18:45	Refreshments		
18:45-18:15	High-risk patients & waiting lists: friend/foe?	1102 / 2A03	TBA
18:15-18:45	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)
20:00-21:30	2 nd NETWORKING DINNER		



17 th May 2026			
DAY 3 AM- WORKSHOPS, PROFESSIONAL DEVELOPMENT			
Session 3 (~ 1 Hour)		RCoA CPD Code	
	WELLNESS WORKSHOPS (Optional)		COACHES
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
08:00-08:15	Refreshments		Refreshments
10:00-12:00	Session	RCoA CPD Code	Chair: Dr Egidio J da Silva
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 / 1102	Dr Andrey Varvinskiy Consultant Anaesthetist (Torquay)
11:00-11:30	Functional Medicine QCA	3100	Dr Aniko Rendek Histopathologist and Functional medicine Therapist (Oxford)
11:30-12:00	Tour of Poseidon Modalities – Consultations	NO code	Dr Oleyesa Gusynskaya
12:00 onwards	Close of MWEP PROGRAMME for 2026		

**THE BLACK SEA and POSEIDON MEDICAL CENTRE: BALNEO
and RELAXATION TREATMENTS, TENNIS, POOL and other
phenomenal treatments.**

ENJOYING POSEIDON and beyond - until departure

More information will be provided after registration via email:

poseidon.bsoa@gmail.com

