

Spring Scientific Meeting BSOA–Approved

Friday 15th May–Sunday 17th May 2026

“TRUE PERI-OPERATIVE CARE STARTS WITH THE CARERS”: *Optimising 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)

| 15:30-16:00: Refreshments & Registration for Treatments | | | | |
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| 15 th May 2026 | | | | |
| DAY 1 PM - SESSION 1 & 2: WELLBEING, FUNCTIONAL MEDICINE & OPTIMISATION <i>AVOIDING BROKEN DOCTORS AND NURSES</i> | | | | |
| 16:00-17:30 | Session 1 | RCoA CPD Code | Learning Outcome | Chair: Dr Svetlana Galitzine |
| 16:00-16:30 | Power for prehabilitation and rehabilitation for the doctor and the patient | 1103 | Understand how personal wellbeing and patient optimisation align to improve outcomes. | Dr E J da Silva Consultant Anaesthetist (Birmingham) |
| 16:30-17:00 | Poseidon treatment modalities & equipment: role in patient care and staff wellbeing | 1105 | Recognise how technology and wellness modalities support safe systems and staff performance. | 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 | Identify drivers of cognitive fatigue and strategies for sustaining team safety and performance. | Dr Aniko Rendek Consultant Histopathologist and Functional Medicine Therapist (Oxford) |
| 17:30-17:45 | Break | | Registration for Treatments | |

| 17:45-19:45 | Session 2 | RCoA CPD Code | Learning Outcome | Chair: Dr Bernadette Ratnayake |
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| 17:45-18:30 | Pillars of Lifestyle Medicine for anaesthetists | 1103 / 3I00 | Incorporate lifestyle-medicine strategies into anaesthetic practice for better patient and clinician wellbeing. | Dr Jim Brunning Consultant Anaesthetist (Birmingham) |
| 16:45-17:30 | Managing boundaries & Managing energy vs time | 1102/1103/1105 | Apply leadership and resource-management principles to prevent burnout and improve efficiency. | Dr Toni Brunning Consultant Anaesthetist (Worcester) |
| 19:00-19:15 | Cold water dipping: fashion or evidence-based self-care? | 3I00 / 1I03 | Evaluate emerging wellbeing practices and their physiological evidence base for clinicians. | Miss Lucy Cogswell Consultant Plastic surgeon (Oxford) |
| 19:15-19:45 | Orthopaedic Patients prehabilitation: Lessons in European healthcare | 2A03, 2A07 | Enhance understanding of pre-operative pathways that reduce perioperative risk. | Dr Mihai Popescu Anaesthesiologist (Bucharest) |
| 19:45 - 21:15 | 1st NETWORKING DINNER | | Sponsored by: TBA | Includes a Motivational Talk TBA |

16th May 2026

DAY 2: AM — WORKSHOPS, PREHABILITATION, ANALGESIA, FUNCTIONALITY – *IS EVERYTHING ABOUT WEDDINGS?*

| | Session 3 (~1 Hour) | RCoA CPD Code | Learning Outcome | |
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| | WELLNESS WORKSHOPS (Optional) | | (pre-registered, small extra charge) | COACHES |
| 06:30-08:00 | Sunrise Zumba on the Beach | 1103, 3100 | Incorporate lifestyle-medicine strategies into anaesthetic practice for better patient and clinician wellbeing. Learning coping mechanisms | 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 | | Refreshments | Refreshments |
| 09:15-11:15 | Session 4 (~2 hours) | RCoA CPD Code | Learning Outcome | Chair: Professor Anil Hormis BSOA President |
| 09:15-09:45 | Medical Pre-optimisation: The key to success | 2A03, 2A07 | Enhance understanding of pre-operative pathways that reduce perioperative risk. | Dr Bernadette Ratnayake Consultant Anaesthetist (London) |
| 09:45-10:15 | Dicing with Spicing: Benefits & risks of spices as supplements | 3100, 2A07 | Evaluate safety and interactions of supplementary products in perioperative patients. | Dr EJ da Silva Consultant Anaesthetist (Birmingham) |
| 10:15-10:45 | Functional medicine in orthopaedic prehabilitation: Bone & Muscle focus | 2A03, 3A08 | Incorporate musculoskeletal nutritional and functional-medicine principles into optimisation. | Dr Aniko Rendek Consultant Histopathologist and Functional medicine Therapist (Oxford) |
| 10:45-11:15 | Orthopaedic Patient Prehabilitation: Lessons from European Healthcare | 1103 | Understand how patient optimisation align with improve perioperative outcomes. | Dr Mihai Popescu Anaesthesiologist (Bucharest) |

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| 11:15-11:30 | Refreshments | | Refreshments | Refreshments |
| 11:30-12:00 | Non-opioid analgesic developments | 2D00 | Update knowledge on novel non-opioid strategies for perioperative and orthopaedic analgesia. | Professor Richard Langford Consultant Anaesthetist (London) |
| 12:00-12:30 | Prolonged Ortho plastic surgery under awake epidural anaesthesia | 3A08, 2A03 | Understand the benefits, limitations, and patient/surgeon experience of awake epidural techniques. | Miss L Cogswell / Dr S Galitzine, (Oxford) |
| 12:30-13:00 | Pre-operative anaemia management: lessons from Eastern Europe | 2A03, 1I02 | Apply international learning to improve anaemia optimisation in orthopaedic pathways. | 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 - LETS TALK ABOUT IT ALL! | | | | |
| 17:00-20:00 | Session | RCoA CPD Code | Learning Outcome | Chair: Dr Tim Moll |
| 17:00-17:30 | Sex and Gender: Implications for the anaesthesiologist | 3I00, 1F05 | Recognise gender-specific variations in physiology, communication, and risk profiles. | Dr Miihai Stefan Specialist Anaesthesiologist (Bucharest) |
| 17:30-18:00 | “The patient I will never forget”: Case competition | 1H02 / 3J02 | Engage in reflective learning from complex cases to enhance future clinical judgement | Selected oral presentations competition |
| 18:00-18:30 | Day-case hip and knee replacement: status in Eastern Europe | 3A08 / 2A03 | Compare international day-case pathways to improve local orthopaedic anaesthetic practice. | Dr Dan Dirzu Specialist Anaesthesiologist RARA (Cluj-Napoca, Romania) |
| 18:30-18:45 | Refreshments | | Refreshments | Refreshments |

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| 18:45-19:15 | High-risk patients and waiting lists: friend or foe? | 1I02 / 2A03 | Balance resource constraints and risk optimisation when managing high-risk surgical candidates. | Dr Mihai Popescu Anaesthesiologist (Bucharest) |
| 19:15-19:45 | 7 papers & podcasts most relevant to orthopaedic anaesthesia | 1H02 / 3J02 | Update personal knowledge through critical appraisal of recent evidence | Dr Andrey Varvinskiy Consultant Anaesthetist (Torquay) |
| 19:45-20:00 | Q & A session | | Consolidate learning and identify areas for further development | Dr Svetlana Galitzine Consultant Anaesthetist (Oxford) |
| 20:00-21:30 | 2nd NETWORKING DINNER | | Sponsored by: TBA | Sponsored by: TBA |
| DAY 3 AM- WORKSHOPS, PROFESSIONAL DEVELOPMENT AND SAYING "CIAO" | | | | |
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| 10:00-12:00 | Session | RCoA CPD Code | Learning Outcome | Chair: Dr E J da Silva |
|---------------|---|---------------|--|--|
| 10:00-10:30 | RA Masterclass | 3A08 / 3J02 | Improve technical and strategic understanding of regional anaesthesia in orthopaedics. | Dr Dan Dirzu Specialist Anaesthesiologist RARA (Cluj-Napoca, Romania) |
| 10:30-11:00 | Peri-retirement hurdles Workshop | 1H01 / 1I02 | Prepare for transitions in clinical workload and long-term professional planning. | Dr Andrey Varvinskiy Consultant Anaesthetist (Torquay) |
| 11:00-11:30 | Functional Medicine Q&A | 3I00 | Expand knowledge of functional-medicine concepts relevant to perioperative practice. | Dr Aniko Rendek Histopathologist and Functional medicine Therapist (Oxford) |
| 11:30-12:00 | Tour of Poseidon Modalities — Consultations | NO code | Understand how integrated Wellness modalities affect Perioperative Recovery. | Svetlana |
| 12:00 onwards | Close of MWEP PROGRAMME for 2026 | | | |

THE BLACK SEA and POSEIDON MEDICAL CENTRE: BALNEO and RELAXATION TREATMENTS, TENNIS, POOL etc

Enjoying POSEIDON and beyond - until departure

More information will be provided after registration via email: poseidon.bsoa@gmail.com

