

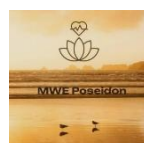
B.S.O.A Spring Scientific Meeting
Friday 15th May-Sunday 17th May 2026
“TRUE PERI-OPERATIVE CARE BEGINS WITH CARERS”
Optimizing both the patients and the staff



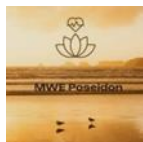
POSEIDON BALNEOTHERAPY RESORT and MEDICAL CENTRE, Nessebar, BULGARIA

ORGANISERS AND CLINICAL CONTENT LEADS:

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



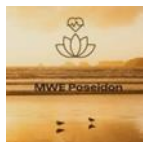
Friday, 15th May 2026			
15:30-16:00 Refreshments s Registration for Treatments			
DAY 1: PM - SESSION 1 s 2: WELLBEING, FUNCTIONAL MEDICINE s OPTIMISATION			
16:00-17:30	Session 1	RCoA CPD Code	Chair: Dr Svetlana Galitzine
16:00-16:30	Power of prehabilitation and rehabilitation for the doctor and the 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 Refreshments (Complementary)	Break	Optional Registration for Treatments
17:45-20:00	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)
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)
20:00	1st NETWORKING DINNER (Complementary)		



Saturday, 16th May 2026

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

	Session 3	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	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	Dicing with Spicing: Benefits & risks of spices as supplements	3100, 2A07	Dr EJ da Silva, Birmingham
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:
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 Miihai 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 Miihai 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	TBA,	1H02 / 3J02	TBA
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 nd NETWORKING DINNER (Complementary)		



Sunday, 17 th May 2026			
DAY 3: AM - WELLNESS AND PROFESSIONAL DEVELOPMENT WORKSHOPS			
06:30-08:00	Session 8	RCoA CPD Code	Chair:
	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	Breakfast (Complementary)		
10:00-12:00	Session 9	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 / 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
12:00	Close of B.S.O.A. SSM PROGRAMME for Spring 2026		

ENJOYING POSEIDON and beyond - until departure
 More information will be provided after registration via email:
poseidon.bsoa@gmail.com

