



BSOA-Approved Spring Scientific meeting

"SHAPING THE FUTURE OF ORTHOPAEDIC ANAESTHESIA SERVICES"

15-17 May 2026

Venue: POSEIDON BALNEOTHERAPY RESORT and MEDICAL CENTRE, Nessebar, BULGARIA

Organisers and Clinical content Leads: Drs Svetlana Galitzine (Oxford) and EJ da Silva (Birmingham)

>12 hrs (CPDS to be applied for) of EXCELLENT EDUCATION IN A SUPERB LOCATION!

LECTURES, WORKSHOPS, PBLDs and NETWORKING EVENTS with a FOCUS on:

- patients' perioperative optimisation and outcomes
- workforce sustainability and wellbeing

MAXIMUM 50 F2F participants; option of self-catering accommodation in a relaxing setting of a boutique balneotherapy resort on the Black Sea coast. The "POSEIDON" Balneotherapy medical centre is open 7/7. Accommodation is available in 1,2 and 3-bedroom self-catering apartments in the Resort.

15th May (lectures, pm), 16th May (WSs, am) and 17th May (WSs, am) - for F2F participants only.

16th May (lectures, am&pm) - hybrid facilities for lectures will be available.

LECTURE topics including:

The power or prehabilitation and rehabilitation for the doctor and the patient
Poseidon relaxation, treatment and rehabilitation modalities for patients' care and wellbeing of health professionals
Managing boundaries and managing energy vs managing time
Pillars of Lifestyle Medicine for anaesthetists
Chronic fatigue and associated cognitive overload in theatre teams: Functional Medicine perspective
Cold water dipping: another fashion or evidence based selfcare?
Medical pre-optimisation: the key to success
Functional Medicine in prehabilitation of orthopaedic patients: focus on bone and muscles
Non-opioid analgesic developments
Update on Day case hip and knee replacement: Eastern European perspective
Papers and podcasts in the last 12 months most relevant to orthopaedic anaesthesia
Overcoming barriers and learning from experiences in Europe: anaemia management in orthopaedic patients
Sex and gender: implications for the anaesthesiologist

CLINICAL CASE presentations competition (open to all clinicians): "The patient I will never forget; shared learning from successes and failures"

WORKSHOPS including:

Sunrise Zumba on the beach
Breath-work by the pool
Coldwater dipping and swimming
Ultrasound-guided Regional Anaesthesia Masterclasses

"EARLY BIRD" REGISTRATION for F2F participants: from £295 for BSOA members; for registration and BACS payment details please email poseidon.bsoa@gmail.com. Registration fee covers lectures and networking Dinners. Maximum 50 F2F participants.

For more information on BSOA meetings please visit www.bsoa.org.uk

JOIN BSOA, SAVE THE DAY and REGISTER for THE 2026 BSOA-APPROVED SPRING MEETING at POSEIDON!

