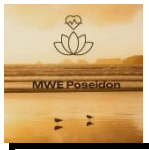
Medics' Wellness & Education Conference, 2027

In collaboration with B.S.O.A and other selected societies and organizations

Thursday 20 May- Saturday 22 May 2027

"TRUE PERI-OPERATIVE CARE BEGINS WITH CARERS"

POSEIDON BALNEOTHERAPY and MEDICAL RESORT, Nessebar, BULGARIA



B.S.O.A
British Society of Orthopaedic Anaesthetists

Revalidation
FOR ANAESTHETISTS

CLINICAL CONTENT and CORE ORGANISERS:
Dr Svetlana Galitzine
Founder & Director of MWE, Consultant Anaesthetist (Oxford, UK)
B.S.O.A Executive Committee Member
&
Dr E J da Silva
Co-Director of MWE, Consultant in Perioperative Care and Anaesthesia (Birmingham, UK)
B.S.O.A Executive Committee Member

DAY 1: Thursday, 20th May 2027

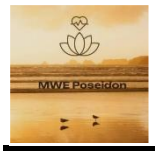
06:30-07:30: START YOUR MORNING with SUNRISE ZUMBA on the BEACH! (workshop)
07:30-08:00: Experiential Breathing (Workshop)

08:00-09:00 Breakfast (complementary for residents, small charge for non-residents)

09:15-12:45	Session 1: PRE-CONFERENCE SITE TOUR and WELLBEING WORKSHOPS (understanding of wellbeing & treatment principles)	RCoA code	Coordinators: Mrs Mel da Silva Dr Svetlana Galitzine, Dr EJ da Silva
09:15-09:35 09:35-09:55 09:55-10:15	POSEIDON Medical Centre facilities &treatments tour	GLOB06, EDUC19, EDUC13	Repeat X 3, Max 15 participants/group *Drs O Gusinskaia & S Galitzine*
	Change over		
10:30-11:10 12:00-12:40	Physical Wellbeing: Experiential Breathing	EDUC01, EDUC07, SCI04	Repeat x 2 Max 25 participants Dr Tim Hughes, Co-founder Breath doctors, Sheffield)
10:30-11:10 12:00-12:40	Physical Wellbeing: Fascial bodywork & self positioning	EDUC07, EDUC 11 SCI04	Repeat x 2 Max 25 participants Angela Bence
10:30-11:10 12:00-12:40	Meta- Physical Wellbeing: Breathwork(Kapalbhati & Nauli)	EDUC13, EDUC11 SCI04	Repeat X 1 Max 25 participants Olga Bykova
10:30-11:10 11:10-11:40	Occupational Wellbeing WS: Peri-retirement options	EDUC14, GLOB04, GLOB06	Repeat x 2 Max 25 participants Dr Andrey Varvinskiy
10:30-11:10 11:10-11:40 12:00-12:40	Financial Wellbeing WS: Make your money work for you	GLOB06, GLOB07, MGMT06	Repeat x 2 Mr Andrew Fenton, AFTAX

12:40-16:30	*Lunch- 1st Complementary for delegates and concessional charge for non-delegates.* *Options (flexible time and place; at participants' own expense) of Guided Tour of Old Nessebar, Relaxation & Medical consultations/Treatments and other activities.*		
16:00-16:30	Registration / Refreshments / Optional Registration for Treatments		
16:30-18:15	Session 2: True perioperative care begins with Carers	RCoA CPD Code	Chair: Dr Bernadette Ratnayake, Consultant in Perioperative care and Anaesthesia, London, UK
16:30-16:40	Opening and Introduction	INTRO	Dr Svetlana Galitzine, Founder & Director of MWE Consultant Anaesthetist (Oxford)
16:45-17:15	Wellbeing treatment modalities & equipment: Poseidon's role in patient care and staff wellbeing	GLOB06, EDUC19, EDUC13	Dr Svetlana Galitzine & Dr Olesia Gusinskaia
17:15-17:45	"Please turn out the lights when you leave" - lessons on burnout from 25+ yrs journey as a Consultant in the NHS	GLOB03, GLOB04, GLOB05	Dr Louise Wilkinson Consultant Radiologist (Oxford)
17:45-18:15	Managing boundaries & Managing Energy vs time	EDUC14, EDUC03, MGMT04	Dr Alex Hughes Consultant A & E, (Sherwood Forest Trust)
18:15-18:30	Refreshments/Break (Can register for complementary or/& paid treatment)		
18:30-20:00	Session 3: Wellbeing of Medics and Patients	RCoA CPD Code	Chair:Dr E J da Silva Co-Director of MWE Anaesthesia & Perioperative Care Consultant (Birmingham)
18:30-18:55	Nutrition as peri-operative medicine for patients and medics (Nutritional Wellbeing)	GEN01 EDUC14 PERI01	Dr Aniko Rendek, Consultant Histopathologist & Functional Medicine Practitioner (Oxford)
18:55-19:15	Positional injuries in theatres: risk factors, prevention and management (Physical Wellbeing)	NEUR25, NEUR26 MGMT02	Mrs Mel da Silva, Specialist Clinical Educator (sponsored by Care Surgical)
19:35-20:00	Screaming Silent Crisis in the NHS: Career Destiny Blueprint	MGMT04 , GLOB03 GLOB06	Mr Kirti Moholkar Orthopaedic Surgeon, Wellbeing coach, Burnout expert.
20:00-22:00	1st NETWORKING DINNER (complementary for participants; small charge for accompanying persons)		

	30 min Motivational talk: Mr Kirti Moholkar



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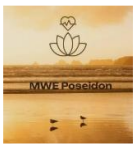
Revalidation FOR ANAESTHETISTS

DAY 2: Friday 21th May 2027

06:30-07:30: START YOUR MORNING with SUNRISE ZUMBA on the BEACH! (workshop)
07:30-08:00: Experiential Breathing (Workshop) Dr Tim Hughes

	Session 4 : WELLBEING WORKSHOPS	RCoA code	
08:30-09:00 09:10-09:40	Meta-physical Wellbeing: Main Yoga Sequences(Asanas, Pranyama & Savansa)	EDUC01, EDUC07, SCI04	Repeat X 1 Max 25 participants Olga Bykova
08:30-09:00 09:10-09:40	Exercises for >45, >55, >65 Fascial bodywork and fascial self positioning	EDUC07, EDUC 11, SCI04	Repeat x 2 Max 25 participants Angela Bence
08:30-09:00 09:10-09:40	Occupational Wellbeing WS 2: Peri-retirement options	EDUC 14, GLOD04, GLOB06	Max 25 participant Dr A Varvinskiy
08:30-09:00 09:10-09:40	Financial Wellbeing WS: Make your money work for you	GLOB06 GLOB07 MGMT06	Repeat x 3 Max 25 participants Mr Andrew Fenton, AFTAX
08:00-09:00	Breakfast (Complementary for Poseidon residents Small charge for non-residents, pre-booking is recommended)		
09:35-11:15	Session 5: UNDERSTANDING EMOTIONAL REPAIR	CPD Code	Chair: Dr Svetlana Galitzine
09:45-10:15	Managing 2nd victim syndrome after traumatic outcome in theatres: learning from surgeons	MGMT04, MGMT01, MGMT05	Mr Adrian Taylor, Consultant Orthopaedic Surgeon (Oxford)
10:15-10:45	Crisis communication: building trust and transparency in theatre teams	ICM15, MGMT02 MGMT03	Prof Vojislava Neskovic, Consultant Anaesthesiologist (Belgrad), Serbia
10:45-11:15	How to do AI well - should we start from here? - or Principles for safe delivery of AI in the NHS / Protecting patients and medics	LEGAL04 EDUC19 GLOB08	Dr Louise Wilkinson Consultant Radiologist (Oxford)
11:20-11:30	Refreshments (Complementary)		
11:30-13:00	Session 6: SHARING GOOD PRACTICE	RCoA code	Chair: Dr TBC
11:00-12:00	Safe Brain Initiative: PND in patients and beyond	GEN01 NEUR04 ICM06	Prof Basak Ceyda Meco (ANKARA, Turkey, ESAIC President Elect
12:0-12:30	Peri-Operative Analgesic Strategies in Paediatric Scoliosis Surgery	PAED02 NEUR23 NEUR24	Dr Bianca Tingle, Consultant Anaesthetist (Oxford)

12:30-13:00	Sarcopenia, inflammation and pain: the new orthopaedic triad	GEN01 EDUC13 PERI02	Dr Aniko Rendek Consultant Histopathologist and Functional Medicine Practitioner (Oxford)
13:00-17:00: LONG BREAK: LUNCH (Complementary) Some Complementary treatments. WELLNESS: Relaxation, Treatments and/or Sports Activities (non-complementary)			
14:00-15:00 Optional RA Masterclass (Dr Dan Dirzu /TBC with local sponsorship and US equipment)			
17:00-20:00	Session 7 PATHWAYS, GUIDELINES and ALGORITHMS	RCoA CPD Code	Chair: Dr Tim Moll Consultant Anaesthetist (Sheffield)
17:00-17:25	DAS and BSOA Guidelines: Airway management in the Unstable cervical spine	NEUR21 NEUR22 NEUR25	Dr EJ da Silva Consultant in Perioperative Care and Anaesthesia (Birmingham)
17:25-17:50	CPOC guidelines and Sleep Apnoea	PERI02-33 ICM05	Dr Tom Chambers Anaesthetic Registrar (London), ESRS
17:50-18:15	Transitional Pain service beyond the OR: lessons from personal experience	PAIN-PROG04 , - PROG01 , - INTER04	Dr Eleni Moka, MD, PhD, MSc, ESRA-DRA, Ass. Professor of Anaesthesiology, Aristotle University of Thessaloniki, Greece
18:30-18:45	Refreshments (Complementary)		
18:45-20:00	Session 8: “Patient(s) I will never forget” Clinical Cases PBLD Competition	RCoA CPD Code	Chair: Dr Galitzine
18:45-19:45	“The patient(s) I will never forget”: Clinical Cases PBLD competition (Open to all grades)	GLOB08 EDUC13 EDUC15	Selected oral presentations and Discussions 10-15’ each
19:45-20:00	Q & A		Dr EJ da Silva
20:00	2nd NETWORKING DINNER (Complementary for participants; small charge for accompanying persons) 30 min Motivational talk: Mr Tim Matcham		



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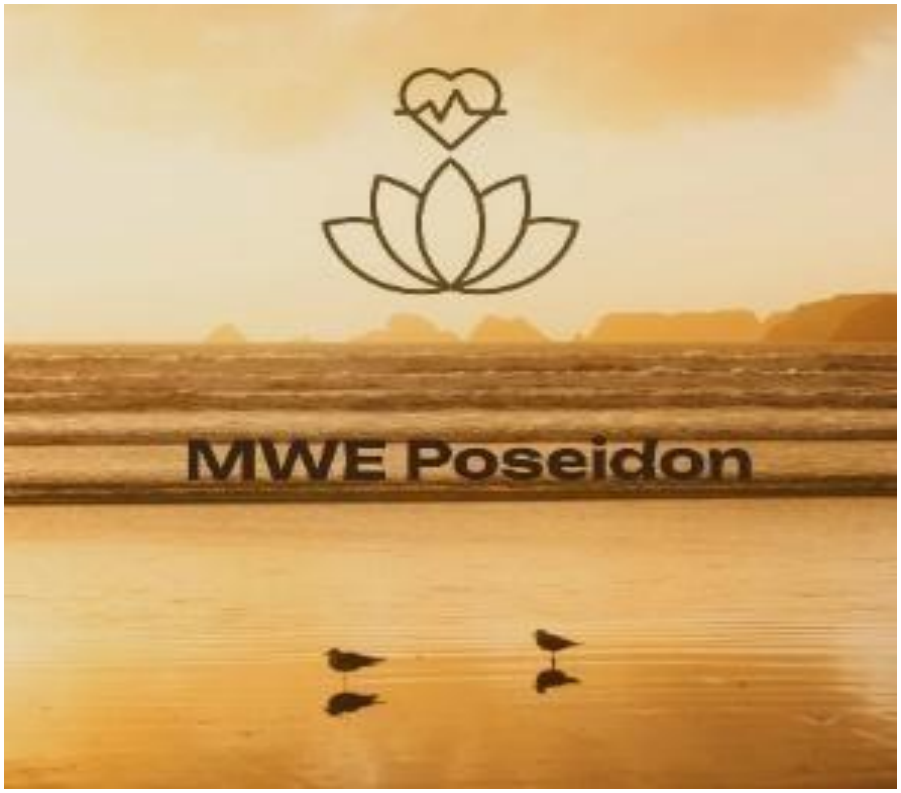
Revalidation
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DAY 3: Saturday 22nd May 2027			
06:30-07:30: START YOUR MORNING with SUNRISE ZUMBA on the BEACH! (workshop) 07:30-08:00: Experiential Breathing (Workshop)			
07:00-08:30	Session 9: WELLBEING WORKSHOPS	RCoA CPD Code	Leads/Coaches
08:00-09:00	Breakfast (Complementary for Poseidon residents Small charge for non-residents, pre-booking is recommended)		
09:00-10:00	Session 10: WELLBEING WORKSHOPS	REG01-5	In parallel with Regional Anaesthesia workshops
09:00-10:00	Metaphysical Wellbeing:Yoga Singing Bowls-Rest, relaxation & recovery	EDUC01, EDUC07, SCI04	Repeat X 1 Max 25 participants Olga Bykova
09:00-10:00	Physical Wellbeing: Experiential Breathing	EDUC01, EDUC07, SCI04	Max 25 participants Dr Tim Hughes, Co-founder Breath doctors, Sheffield)
09:00-10:00	1:1 Financial Wellbeing Clinic	GLOB06 GLOB07 MGMT06	Mr Andrew Fenton
09:00-12:00	Session 11 Acute and Chronic PAIN challenges 1	RCoA CPD Code	Chair: TBC
09:00-09:30	WS RA Masterclass 1	REG01, REG02, REG03	Dr Dan Dirzu Specialist Anaesthesiologist ARAR(Cluj-Napoca, Romania)
09:30-10:00	WS RA Masterclass 2	REG04, REG05	Dr Dan Dirzu Specialist Anaesthesiologist ARAR(Cluj-Napoca, Romania)
10:00-10:30	Beyond pain relief: how RA shapes functional recovery after orthopaedic surgery	ORTHO01 PAIN-PROG01 PAIN-CANC02	Prof Eleni Moka, (Thessaloniki,Greece)
10:30-11:00	CRPS revisited and its implications for the orthopaedic anaesthetists	PAIN-CHRON01 PAIN-CHRON04 PAIN-CHRON05	Dr Tzvetanka Ivanova-Stoilova Consultant in Anaesthesia & Pain Medicine, UK. Member of Honour of the Bulgarian Association for the Study and Treatment of Pain
11:00-11:15	Refreshments (Complementary)		
	Session 12: Acute and Chronic PAIN challenges 2		Chair: Dr Svetlana Galitzine
11:15-11:45	Chronic pain after LL joint replacements	PAIN-CHRON04	Dr Dan Dirzu

11:45-12:15	Scars you can't see: the long-term impact of pain and procedure-Induced anxiety	PAIN-CHRON02	Dr Bianca Tingle, Consultant Anaesthetist (Oxford)
12:15-12:45	Optimising spinals for complex hip surgery: surgeon's and anaesthetist's perspectives	ORTHO02	A Taylor/ Orlando Warner
12:45 - 13:15	Non-opioid analgesic developments	PAIN-ACU06 PAIN-ACU01	Professor Richard Langford Consultant Anaesthetist (London)
13:15 - 13:30	Q & A		Dr Svetlana Galitizne
13:30	Close of MWE Spring 2027 PROGRAMME Wishing you a safe departure and fruitful life		

ENJOYING POSEIDON and beyond - until departure

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



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