



WINTER SCIENTIFIC MEETING

Event Program

2025



Royal Society of
Medicine, London
12th December

Welcome

Welcome to the SOBA Winter Scientific Meeting 2025!

This year's programme brings together experts and advocates to share the latest insights in anaesthesia for people living with obesity—spanning paediatrics, critical care, research, lifestyle medicine, and youth advocacy.

The past year has seen growing national focus on obesity, with the Government's **10-Year Health Plan** highlighting prevention and long-term strategy. SOBA has played an active role, contributing to publications and national conversations around safe, equitable care.



We're also delighted to welcome **Dr Zoe Burton** as our new Vice Chair, following **Dr Becky Black's** outstanding service. The committee continues to grow in strength and ambition.

We hope you find today inspiring, inclusive, and impactful.

Thank you for being part of today's meeting—and for the work you do every day.

Warm regards,

Dr Andrew McKechnie
President, SOBA UK

A handwritten signature in black ink, appearing to read 'A. McKechnie', with a long, sweeping horizontal line extending from the end.

Thank You to Our Sponsors

We are incredibly grateful to our sponsors for their generous support of the SOBA Winter Scientific Meeting 2025. Their contributions help make this event possible and allow us to further education, collaboration, and innovation in obesity and bariatric anaesthesia.

Gold Sponsors

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Silver Sponsor

 **INTERSURGICAL**
COMPLETE RESPIRATORY SYSTEMS

Please take the opportunity to visit their stands during the breaks to learn more about their innovative products and services.

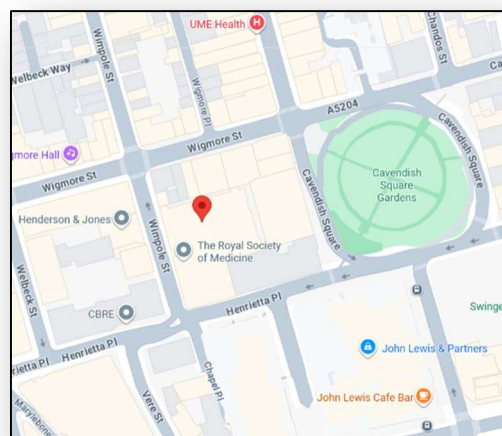
Getting to the Venue



Royal Society of Medicine,
1 Wimpole Street, London W1G 0AE

By Tube

- Oxford Circus (Bakerloo, Central & Victoria lines) – approximately 3-5 minutes' walk.
- Bond Street (Elizabeth & Central lines) – around 7-10 minutes' walk.
- Regent's Park (Bakerloo line) – around 8 minutes' walk.



By Rail

- London Marylebone station – a short 10-minute walk (or 1 stop on Bakerloo line to Oxford Circus).
- London Euston, King's Cross, St Pancras – 12-15 minutes by taxi or 1-2 tube stops.

By Bus

Multiple central London bus routes stop nearby on Oxford Street and Harley Street. Check Transport for London (TfL) for live route updates.

By Car & Taxi

- Postcode W1G 0AE for sat-nav access.
- Note: Parking in central London is limited and expensive. Consider public transport where possible.
- Taxi drop-off is suggested on Wimpole Street or nearby Harley Street.

On-Foot

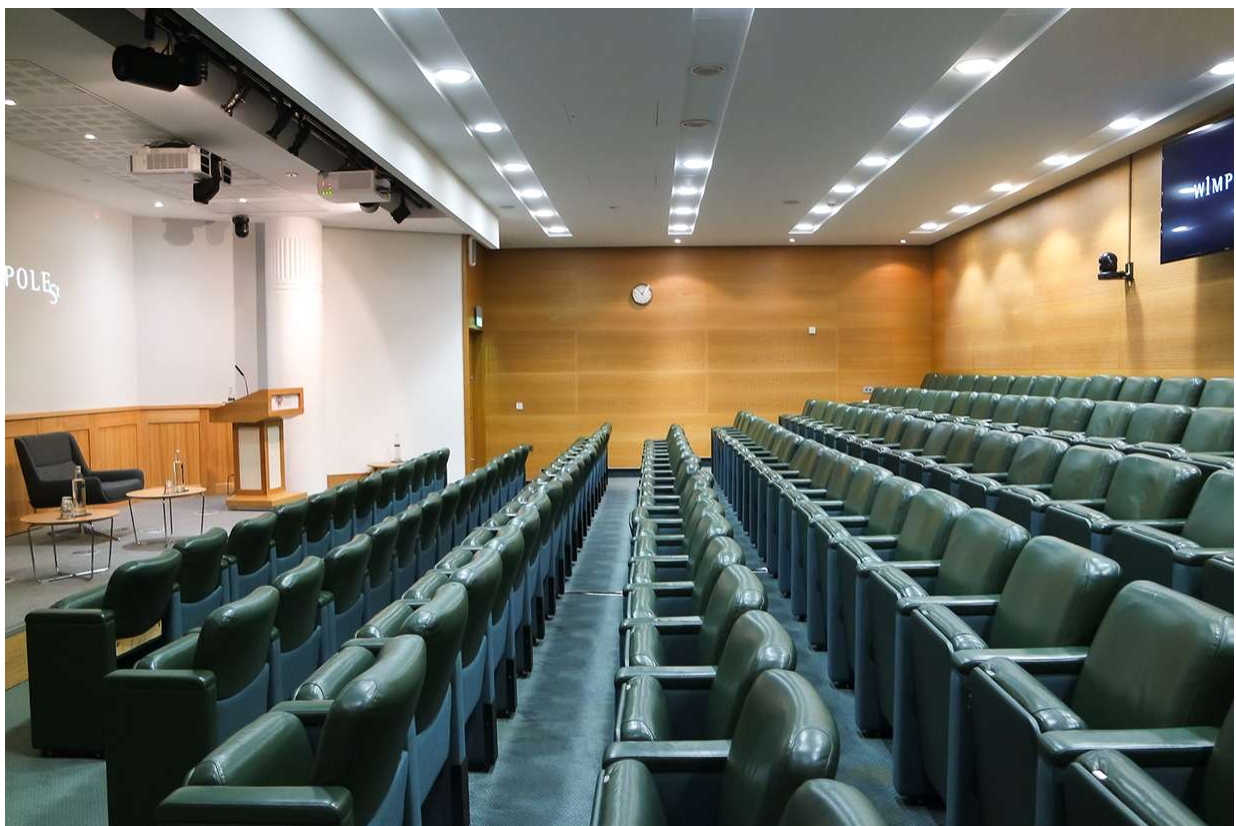
From Oxford Circus exit toward Regent Street → turn down Argyll Place → continue onto Wimpole Street. RSM is on the right-hand side.

By Cycle

- Cycle parking (secure bike racks) is available at the venue — please bring your own lock.
- The venue is within the Central London Cycle Network; from Oxford Street/Regent Street turn into Argyll Place then onto Wimpole Street.

Venue Layout

Lectures:	Max Rayne Auditorium
Refreshments and lunch:	Max Rayne Foyer
Exhibits and posters:	Max Rayne Foyer
Parent and baby room:	TBA
Workshop 1:	TBA
Workshop 2:	TBA



Program*

*Please note that session times and speakers are subject to change



08:30 - 09:00 Registration, Coffee, and Pastries

09:00 - 09:05 Welcome Address
Dr Andrew McKechnie, SOBA President

Session I: Updates in Anaesthesia for Patients Living with Obesity

Chair TBA

09:05 - 09:25 Dr Al McNarry
Consultant Anaesthetist at Western General and St John's Hospitals Edinburgh
Airway Management in Patients Living with Obesity: Insights from WAMM

09:25–09:45 Dr Prit Singh
Consultant, Anaesthesia & Pain Medicine at Changi General Hospital, Singapore
Pain Management in Patients Living with Obesity: Current Challenges

09:45–10:05 Dr Helen Iliff
Specialist Registrar in Anaesthesia, Cardiff and Vale University Health Board
Top Obesity Papers in 2025: What You Need to Know

10:05 – 10:20 Q&A and discussion

10:20 – 10:45 Morning Coffee Break and Poster Viewing



Session 2: Optimising Outcomes in Complex Perioperative Care

Chair TBA

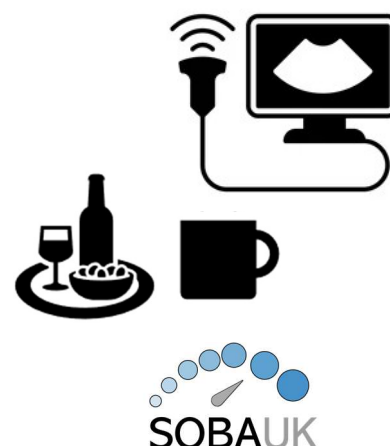
- 10:45 – 11:05 Prof Iain Moppett
Professor of Anaesthesia & Perioperative Medicine at the University of Nottingham, Hon Consultant Anaesthetist at Nottingham University Hospitals
Frailty in the Context of Obesity: What Anaesthetists Need to Know
- 11:05 – 11:25 Dr Victoria Bennett and Dr Richard Breeze
Consultants in Anaesthesia and Intensive Care Medicine, Lewisham and Greenwich NHS Trust
Critical Care Considerations for People Living with Obesity
- 11:25 – 11:45 Dr Fleur Roberts
Consultant Anaesthetist, Sheffield Teaching Hospitals NHS Foundation Trust
Obstetric Anaesthesia in Women Living with Obesity
- 11:45 – 12:00 Q&A and Panel Discussion

Session 3: Future of Obesity Anaesthesia

Chair Dr Meghan Thomas and Dr Iona Murdoch

- 12:00 – 12:10 Abstract Presentation 1
- 12:10 – 12:20 Abstract Presentation 2
- 12:20 – 12:30 Abstract Presentation 3

12:30 – 13:30 Lunch Break and Breakout Sessions



Session 4: Young People, Advocacy and Prevention

Chair Dr Zoe Burton

- 13:30 – 13:55 Dr Dita Aswani
Consultant Paediatrician, Sheffield Children's NHS Foundation Trust
Paediatric Obesity Epidemic
- 13:55 – 14:15 Bite Back Youth Campaigners
Fuel Us, Don't Fool Us: Youth Voices on Food Policy
- 14:15 – 14:45 Dr Ellen Fallows
GP, Brackley Medical Centre, British Society of Lifestyle Medicine
Children, young people and lifestyle
- 14:45 – 15:00 Q&A and Panel Discussion

15:00 – 15:15 Afternoon Coffee Break



Session 5: Real World Anaesthesia

Chair TBA

- 15:15 – 15:35 Dr Mark Barley
Consultant Anaesthetist, Nottingham University Hospitals NHS Trust
TIVA in Patients Living with Obesity: Beyond Number Watching
- 15:35 – 15:50 Case Presentation 1
- 15:50 – 16:05 Case Presentation 2

16:05 – 16:20 Case Presentation 3

16:20 – 16:35 Q&A and Panel Discussion

Closing

16:35 - 16:45 Abstract and Poster Prize Ceremony

16:45 - 16:50 Closing Remarks and Reflections
Dr Andrew McKechnie, SOBA President



Social Media & Networking

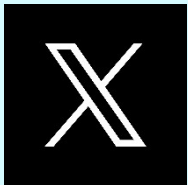
We encourage all attendees to join the conversation and share your experiences from today's event on social media using the hashtag

#SOBAWSM25

Connect with fellow delegates, post insights, and highlight key takeaways from your favourite sessions. Don't forget to tag us on:

Twitter: [@SOBAuk](https://twitter.com/SOBAuk)

BlueSky: [@SOBAuk.co.uk](https://bsky.app/profile/SOBAuk.co.uk)



There will be multiple opportunities throughout the day to connect with colleagues and expand your professional network. Make the most of the coffee breaks, lunch, and Q&A sessions to engage with other attendees and speakers.

Stay connected, share your insights, and help us build a stronger community dedicated to excellence in bariatric anaesthesia and obesity care. We look forward to seeing your posts!

