



WINTER SCIENTIFIC MEETING

Event Program

2025



Royal Society of
Medicine, London
12th December

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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 to the right.

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

Fisher & Paykel
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Silver Sponsors

 **INTERSURGICAL**
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The Infusion Company


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

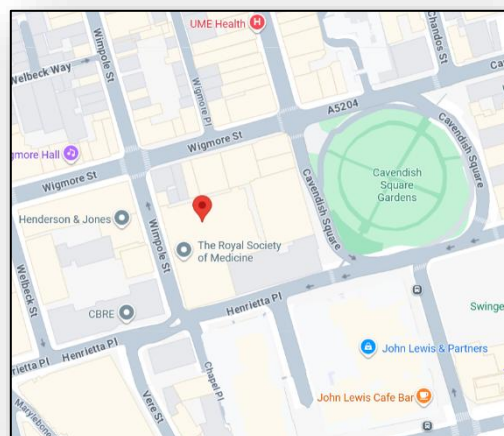
Getting to the Venue



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

***Please note the late change to the main lecture auditorium**

Lectures:

Refreshments and lunch:

Exhibits and posters:

Workshop 1:

Workshop 2:

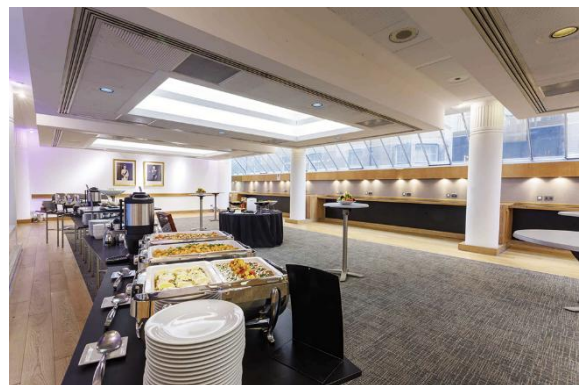
Guy Whittle Auditorium*

Cavendish Room

Cavendish Room

Seminar Suite, (Lower-Ground Floor)

Seminar Suite, (Lower-Ground Floor)



Program at a Glance

	08:30 - 09:00	Registration & Welcome Coffee
SESSION 1	09:00 - 09:05	Welcome Address
	09:05 – 09:25	Airway Management
	09:25 – 09:45	Pain Management
	09:45 – 10:05	Top Obesity Papers in 2025
	10:20 – 10:45	Morning Coffee Break
SESSION 2A	10:45 – 11:05	Frailty in the Context of Obesity
	11:05 – 11:25	Critical Care Considerations
	11:25 – 11:45	Obstetric Anaesthesia
SESSION 2B	12:00 – 12:30	Oral Presentations
	12:30 – 13:30	Lunch Break and Workshops
SESSION 3	13:30 – 13:55	Paediatric Obesity Epidemic
	13:55 – 14:15	Youth Voices on Food Policy
	14:15 – 14:45	Children, Young People and Lifestyle
	15:00 – 15:15	Afternoon Coffee Break
SESSION 4	15:15 – 15:35	TIVA: Beyond Numbers
	15:35 – 16:20	Clinical Cases and Conundrums
	16:35 – 16:45	Abstract and Poster Prize Ceremony
	16:45 – 16:50	Closing Remarks

Full Program

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 Dr Selina Ho and Dr Andrew McKechnie

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 2a: Optimising Outcomes in Complex Perioperative Care

Chairs Dr Vixie Male and Dr Imran Sharieff

- 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 People Living with Obesity
- 11:45 – 12:00 Q&A and Panel Discussion

Session 2b: Future of Obesity Anaesthesia

Chairs Dr Meghan Thomas and Dr Iona Murdoch

- 12:00 – 12:10 Dr Alfie Lloyd
NHS Greater Glasgow and Clyde
Labour disputes: disentangling obesity and epidurals in failure to progress and surgical births
- 12:10 – 12:20 Dr Eoghan Meaney
NHS Education for Scotland (NES)
Association between BMI and Post-Operative Pulmonary Complications Following Robotic Major Gynaecological Surgery- A Single-Centre Retrospective Analysis

12:20 – 12:30 Mr Antoni Gardener
Homerton University Hospital NHS Foundation Trust
*The Impact of Obesity and Multi-Morbidity on Preventable Deaths
in Peri-operative Tracheostomy Care: Insights from a National
Observational Study*

12:30 – 13:30 Lunch Break and Workshops



Hands-on Workshops

12:30 – 13:00 **Gastric Ultrasound: Determining Fasting Status**
Practical point-of-care ultrasound techniques to assess gastric
content and aspiration risk.
Seminar Suite



Neuraxial Ultrasound: Pre-procedural Planning & Guidance
Hands-on ultrasound guidance for spinal and epidural
procedures, improving accuracy and success.
Seminar Suite

How to book a workshop

Our lunchtime ultrasound workshops have limited capacity
to keep the teaching interactive. If you'd like to take part,
please sign up at the registration desk when you arrive.
Spaces will be allocated first come, first served.

Session 3: Young People, Advocacy and Prevention

Chairs Dr Zoe Burton and Dr Philippa Fabb

- 13:30 – 13:55 Dr Dita Aswani
Consultant Paediatrician, Sheffield Children's NHS
Foundation Trust
Paediatric Obesity Epidemic
- 13:55 – 14:15 Ms Caitlin Mahoney
Research Manager, Bite Back Campaign
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 4: Real World Anaesthesia

Chairs Dr Eleanor Warwick and Dr Bran Retnasingham

- 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 Dr Kanish Amin
NHSE Education Kent, Surrey and Sussex
Airway Case

- 15:50 – 16:05 Dr Lucy Hepburn
Consultant Anaesthetist, Great Ormond Street Hospital for
Children NHS Foundation Trust
Teenage Angst: A Cardiac Conundrum
- 16:05 – 16:20 Dr Fleur Roberts
Consultant Anaesthetist, Sheffield Teaching Hospitals NHS
Foundation Trust
The Obstetric Anaesthesia Perfect Storm
- 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

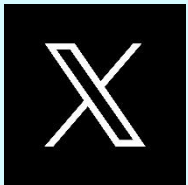
We encourage all attendees to join the conversation and share your experiences from today's event on social media using the hashtag

#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!

Feedback and CPD certificates

Please do complete the feedback using the link and QR code provided below. Your CPD certificate will be sent within 5 working days.

<https://forms.cloud.microsoft/e/GX4q9wX2N8>

We welcome free-text comments, which are particularly valuable to our speakers. All written feedback will be fully anonymised before being shared.

SOBA WSM 2025 Feedback



Event Slido

We're using Slido to manage audience Q&A and live polls throughout the meeting.

Click or type the link below into your browser or use the QR code. No login required.

You can also go to www.slido.com and enter the slido code:

Join the conversation
**Ask questions &
vote in live polls**

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<https://app.sli.do/event/2Dmby8vhyzgyJPvj3foQFA>

Ask questions anonymously
Submit questions during any talk
Upvote the questions you want answered

Session chairs will
select questions from Slido for the Q&A
and there will also be roving microphones
should you wish to use them.



Speaker Profiles

Dr Alistair McNarry

Dr Alistair McNarry is a consultant anaesthetist in Edinburgh specialising in anaesthesia for head and neck surgery and the advancement of safe airway practice. His clinical and academic work spans videolaryngoscopy, THRIVE and apnoeic oxygenation techniques, jet ventilation, and flexible bronchoscopic intubation.

He is the President of the Difficult Airway Society (DAS) and has authored more than 50 publications and book chapters, including contributing to three DAS Guidelines. He also serves as an Associate Editor of the European



Journal of Anaesthesiology. Alistair was the inaugural coordinator of the UK Airway Leads Network and is the project lead for the national eFONA (Emergency Front of Neck Airway) Registry — a programme now shaping airway safety practice internationally.

A passionate educator, he co-directs the Royal College of Anaesthetists' Train the Airway Trainer course and teaches widely for DAS, ICS, the Association of Anaesthetists, and international airway societies. His online teaching has reached over 47,000 clinicians worldwide, earning him the International Airway Management Society Education Award in 2021.

Dr Prit Singh

Dr Prit Anand Singh is a Senior Consultant in Anaesthesia and Surgical ICU at Changi General Hospital, Singapore, where he is Director of the Chronic Pain Management Service.

He is also a Clinical Assistant Professor at Duke-NUS Medical School and serves as Honorary Secretary of the Pain Association of Singapore, where he has been an active contributor since 2018.



Trained in Edinburgh, he is a Fellow of both the Royal College of Anaesthetists and the Faculty of Pain Medicine (UK). His clinical interests include chronic pain management, long-term opioid therapy, regional anaesthesia, simulation, patient safety, and ultrasound-guided techniques. He is currently developing Singapore's first transitional pain service.

Dr Singh has published widely and is regularly invited to speak nationally and internationally on pain medicine, regional anaesthesia, perioperative safety, and simulation-based education.

Dr Helen Iliff

Dr Helen Iliff is a Specialist Registrar in Anaesthesia in Cardiff & Vale University Health Board and an Editorial Fellow with the journal *Anaesthesia*, contributing to peer review, academic writing, and evidence dissemination for one of the field's leading journals. She is also Scientific Officer for the All Wales Airway Group, supporting regional airway training, research, and multidisciplinary safety initiatives across Wales.



Helen has an active academic and public-health interest, including co-authoring the national “Distance Aware” social-distancing initiative during COVID-19, a project adopted by the Welsh Government and widely implemented across the UK. Her clinical and educational interests include airway management, perioperative medicine, and patient-centred communication.

Prof Iain Moppett

Professor Iain Moppett is Professor of Anaesthesia and Perioperative Medicine at the University of Nottingham and an Honorary Consultant Anaesthetist at Nottingham University Hospitals.

He is a national leader in perioperative research, particularly in hip fracture care, the perioperative management of older patients, and patient safety.



He currently serves as Director of the Centre for Research & Improvement at the Royal College of Anaesthetists, and previously led the NIAA Health Services Research Centre, where he oversaw national audit and quality-improvement programmes.

He developed the widely adopted Nottingham Hip Fracture Score and has led multiple NIHR-funded clinical trials in frailty, anaesthesia, and perioperative outcomes. His academic interests also include surgical safety, human factors, and medication safety in anaesthesia. Professor Moppett is an active educator and the University of Nottingham lead for the final-year critical illness attachment.

Dr Victoria Bennett

Dr Victoria Bennett is a consultant intensivist and anaesthetist working across Lewisham and Greenwich NHS Trust and Guy's and St Thomas' NHS Foundation Trust. She has a specialist interest in thoracic anaesthesia and perioperative care for complex respiratory patients.

She is an active member of the European Society of Intensive Care Medicine (ESICM), contributing to their education programmes and international teaching initiatives. Her clinical practice spans both critical care and anaesthesia, with a strong focus on high-quality education and multidisciplinary team training.



Dr Richard Breeze

Dr Richard Breeze is the Clinical Director for the critical care units at University Hospital Lewisham and the Queen Elizabeth Hospital, Woolwich.

He is a consultant intensivist and colorectal anaesthetist, with a leadership portfolio that includes chairing the Trust Clinical Ethics Committee and the Just Culture Committee, supporting organisational fairness, staff wellbeing, and ethically robust decision-making.



During the COVID-19 pandemic, Dr Breeze became a prominent advocate for frontline ICU staff, contributing to national media discussions calling for transparency, system learning, and a statutory public inquiry into the UK's pandemic response. His perspectives on crisis management, moral distress, and sustaining safe critical care services continue to shape discussions on perioperative and ICU practice.

He combines clinical leadership with active involvement in ethics, culture, and patient-safety governance, bringing a thoughtful, multidisciplinary approach to the challenges of modern critical care.

Dr Fleur Roberts

Dr Fleur Roberts has been a Consultant Obstetric Anaesthetist at Sheffield Teaching Hospitals for over 16 years.

Her clinical and academic interests include obstetric difficult airway management, crisis resource management, human factors, and the development of effective checklists and team-training pathways for maternity emergencies.



She is also involved in local multidisciplinary projects to improve physical activity in pregnancy across Sheffield, supporting antenatal wellbeing and perioperative optimisation.

Outside of work, Fleur enjoys life on the edge of the Peak District and can often be found running or walking in the outdoors with her family, friends, and her dog, Abbey.

Dr Dita Aswani

Dr Dita Aswani is a consultant paediatrician specialising in diabetes and weight management at Sheffield Children's NHS Foundation Trust, where she has worked as a consultant since 2012.

She is a nationally recognised leader in childhood and young adult diabetes care and was recently appointed GIRFT Clinical Advisor for the national review of diabetes services for children and young adults.



She serves as the NHS England regional clinical lead for the Children and Young Adults (CYA) Diabetes Programme in the North East & Yorkshire, and previously held a Diabetes UK Clinical Champion role (2021–23). Dr Aswani also contributes to national guideline and quality-improvement work, sitting on the National Paediatric Diabetes Audit methodology and dataset group, NICE committees for diabetes (NG18) and weight management (NG10182), and the Quality Standards Committee for obesity. She is Assistant Officer for Nutrition and Obesity on the RCPCH Health Improvement Committee and represents the College on the National Child Measurement Programme board.

Her work focuses on reducing inequalities in diabetes outcomes, improving access to diabetes technology, supporting transition to adult services, and strengthening the workforce required to deliver high-quality, equitable care. Outside of clinical practice and national leadership roles, she is a mother of four.

Ms Caitlin Mahoney

Caitlin joined Bite Back as research manager in March of 2024 after working on global food security and nutrition research with the World Programme.

Prior to moving to the UK to study for a master's degree at the London School of Hygiene and Tropical Medicine, she worked as a paediatric nurse in Washington, D.C.



Since joining Bite Back, Caitlin has worked with external academics and the internal Bite Back team to build an evidence base for the stories that young people share about their experiences of and challenges with their food environments. So far, this has included 3 research drops from Bite Back's corporate irresponsibility campaign - Fuel Us, Don't Fool Us.

Dr Ellen Fallows

Dr Fallows is an obesity and lifestyle medicine expert who works as an NHS GP where she has led group consultations to support remission of chronic diseases.

She is passionate about driving healthcare change and bringing medicine back to the root causes of ill health in the consulting room; to focus on real people's lives and what matters to them.



As medical director of Liva's "NHS Paths to Remission Programme" she supports people to achieve medication free remission of Type-2 diabetes through weight loss and lifestyle changes. She has been Vice-President and Trustee of the British Society of Lifestyle Medicine (www.bslm.org.uk) where she set up their Learning Academy, writing the first foundation course. She teaches Lifestyle Medicine at Oxford University. As a thought-leader she has opinion pieces published in both the Lancet and BMJ on obesity.

Dr Mark Barley

Dr Mark Barley is a Consultant Anaesthetist at Nottingham University Hospitals NHS Trust, where he serves as both the Airway Lead and Equipment Lead for one of the UK's largest major trauma centres.



His clinical practice includes anaesthesia for major head and neck cancer surgery, upper gastrointestinal and colorectal surgery, major trauma, emergency surgery, and acute pain management, with expertise in epidural analgesia.

He has specialist interests in difficult airway management, total intravenous anaesthesia, and depth of anaesthesia monitoring using processed EEG. As Honorary Secretary of the Society for Intravenous Anaesthesia (SIVA), he is a strong advocate for high-quality TIVA practice and the wider adoption of pEEG monitoring. Mark teaches nationally and internationally, delivering lectures and workshops on airway safety, TIVA, and pEEG.

His wider professional interests include human factors, patient safety, and improving acute care systems. Outside of work, he is a keen runner and cyclist.