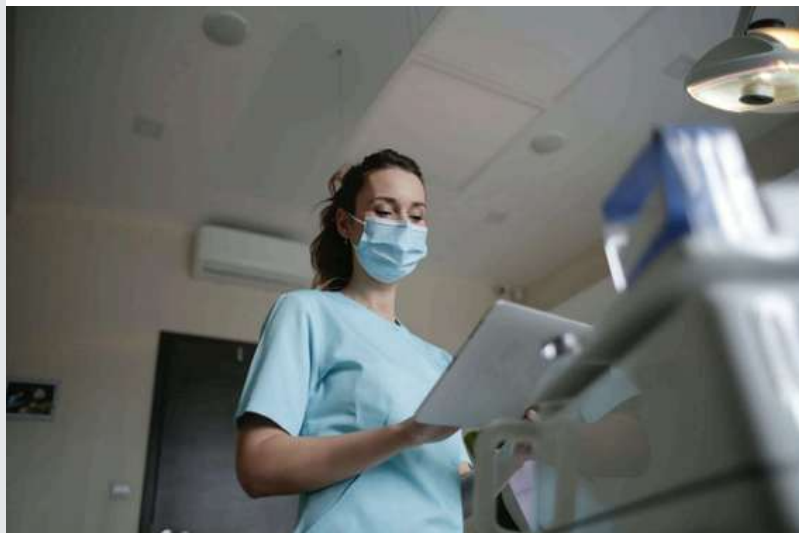


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Trainee bulletin School of Anaesthetics

August 2025



Hello and welcome

In this bulletin, you will find updates on Regional Training Days

- Introduction
- HoS DHoS Updates
- School Resources
- TPD Update
- Regional Training Days
- HET Updates
- PLAN Update

Introduction

Dear colleagues who have just joined us this August.

A very warm welcome to the London School of Anaesthesia. Congratulations in joining not only best medical specialty but also the best region to train in!!

This is the August edition of a monthly newsletter containing useful informant and updates.

I am your deputy Head of School and work with my co-deputy Dr Adrienne (Adi) Stewart. Head of school is Dr Aasifa Treadray.

You should be able to find useful informant as well as contact details for all of us on the school website

<https://london.hee.nhs.uk/specialty-schools/anaesthesia>

We will be running a Trainee Induction Session on September 19th, please register at the link below.

<https://lasepgmd events.hee.nhs.uk/events/regional-training-days/7e571b4a-f99f-4725-86ac-31e66ea02b2c>

Please ensure the NHSE anaesthetic team have an upto date email address for you. This will ensure you can be kept up to date with essential correspondence such as ARCP dates. They can be contacted on england.anaes.lase@nhs.net

Those who are new to anaesthesia or have just joined from overseas should register with RCoA and their Life Long Learning Platform (LLP). They have an online event on Sept 16th which should be useful to you.

New to the LLP Sept 16

<https://rcoa.ac.uk/events/new-to-the-llp-2025>

We look forward to meeting you all soon

Kind regards

Carlos, Adi and Aasifa

School Resources

HEE London School of Anaesthesia website

The London school of Anaesthesia website with links to key information, training days & ARCP information can be found here:

<https://london.hee.nhs.uk/specialty-schools/anaesthesia>

London and South East Support Portal

<https://lasepgmdesupport.hee.nhs.uk/support/home>

For curriculum, LLP, and Exam information

<https://www.rcoa.ac.uk/>

If you have any queries where the answer isn't on either the school website, LASE support portal or RCOA website, and your ES and College Tutor can't help you, please raise a ticket through the support portal and/or contact the TPD for your stage of training. We now have a named TPD for each stage of training for each rotation within the 2 programmes.

PSP link: <https://lasepgmdesupport.hee.nhs.uk/support/home>
(trainee enquiries)

TPD Update

North London SIA update

Thank you to all who attended the SIA update on 3rd July. For those who could not make the meeting this is a summary of what was discussed and questions raised.

As you are aware Stage 3 has 2 parts. 1-year general stage 3-, and 1-year specialist interest area (SIA). For the past 3 years North London schools have joined together for the SIAs, so we are able to offer a comprehensive list of SIA options across the 3 schools, giving more choices and options to work in other regions and hospitals within North London.

SIAs must be 1-year WTE, so if you are LTFT you will be expected to complete the required time. Eg if you are 80%, for a 6-month SIA you would be required to do 8.5 months.

Following feedback from trainers and residents, SIAs will now be undertaken in your ST7 year. Therefore, those starting

ST7 from May 26 – May 27 will be eligible to apply in the next round. We are aware that some people will have more complicated timelines, especially if LTFT or have taken time out. So, if you are unsure if you should be applying, please contact your TPD to discuss. Full details regarding the application process and working LTFT are detailed in the booklet.

The SIA year is the only time in your anaesthetic training where you have a choice as to what you do so we would advise you look carefully at the SIAs offered and consider how and where you see your career as a consultant before making your choices.

We are in the process of finalising the SIA booklet for 2026-2027, and this will be uploaded on the website when ready. There is likely to be little change from last year, so if you wish to start looking the link to the 2025-2026 booklet is below.

https://london.hee.nhs.uk/sites/default/files/north_london_sia_booklet_2025_-_2026.pdf

The application for the next round will open on 1st September and close on 31st September 2025. We plan to send invitations to apply to those who we believe are eligible to apply in late August. As mentioned before if you are unsure, please contact TPD.

Once the applications have been checked they will be sent to the module leads for scoring, and TPDs will meet in early December to do the allocations. We aim to contact everyone with their offers in late December.

It is very important you let us know on the application form and ideally email your TPD if you plan to change your % working for the SIA year. It may not be possible to change this once the allocations have been done, so may risk losing the SIA.

We hope to place everyone in preferred SIAs and in past years have achieved this for the majority. Many SIAs are offered in multiple trust so If there are options of trusts for a specific SIA and you only choose 1 trust, you may not be successful, so please consider this when ranking trusts.

Questions

1. Can Feb starters apply?

Yes, if you move to ST7 in Feb 27 you can apply for 1 SIA.
You would be allocated an SIA in Feb

2. If you only have 1 SIA left to do, can you apply for 2?

Yes, but please make it clear as to which is your preferred option.

3. Is the application form the same as before?

Yes, the application form will be very similar to previous years and is based on the Consultant application form.

4. Can you apply for 2 SIAs?

You can apply for 2 6month SIAs or 1 12-month SIA.

5. I have SIA planned this year and will be ST6, do I need to relinquish this?

No – SIAs currently planned will continue.

We hope you have found this information helpful and please contact us if you have any further questions.

Trudi, Ammo and Steve

North London Stage 3 TPDs

HET Updates

PLAN Update

Launch of GLIMPSE

PLAN, the Pan-London Peri-operative & Research Network, are pleased to announce the launch of GLIMPSE (GLP-1/GIP receptor agonist Management in the Peri-operative Setting), a multicentre service evaluation which will run over a 16-day period. It aims to identify:

1. The proportion of patients established on GLP-1 RAs presenting for surgery
2. How patients established on GLP-1RAs are managed peri-operatively

3. Peri-operative outcomes of patients on GLP-1RAs

GLP-1 receptor agonists are topical due to concerns of increased risk of pulmonary aspiration secondary to delayed gastric emptying. These anti-hyperglycaemic drugs are increasingly being used for the management of both diabetes and obesity, as well as more novel indications. Patients access these medications from online websites, so the proportion of the surgical population established on them is unknown. There could be substantial benefits to clinical practice by improving understanding of the impact of GLP-1RAs on peri-operative care, as highlighted by recent national guidelines (<https://associationofanaesthetists-publications.onlinelibrary.wiley.com/doi/10.1111/anae.16541>).

GLIMPSE is a national, observational, snapshot-style project including all patients established on GLP-1RAs who require anaesthetic care for a procedure (elective or emergency). It will take place in October-November 2025, with the exact 16-day period at the discretion of the participating centre.

Each site will require a consultant and resident doctor lead, who will need to register with the project with their local audit department, as well as local investigators to assist with data collection. A pilot at the sponsor institution demonstrated that the data were easily collected by a small team of residents. Data will be collected onto a piloted proforma and uploaded to a REDCap database.

All participants will be listed as collaborators on the primary publications that arise from GLIMPSE.

If you would like to take part in GLIMPSE as a collaborator, please complete this short form to register and we will be in touch with next steps:

<https://forms.gle/RmVSPy4W1Yag4gFX8>

If you have any questions about the study, please email plan@uk-plan.net.

Resident Doctor Lead - Dr Frances Beatty

Project Lead - Dr Thomas Potter

Chief Investigator - Dr Kariem El-Boghdadly

If you have any questions or queries, please do get in touch with the HET team here at NHSE, either [via the PSP portal](#) or School line below.

Best wishes

Anaesthetics Specialty HET team & HoS Dr Aasifa Tredray
Healthcare Education Team, London and Kent, Surrey and
Sussex

NHS England

KSS & LDN HEE Website: <https://kss.hee.nhs.uk/>
<https://london.hee.nhs.uk/>

PGMDE support portal:

<https://lasepgmdesupport.hee.nhs.uk/support/home>

School line: 0207 866 3237

NHS England is part of the NHS, and we work with partners to plan, recruit, educate and train the health workforce



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