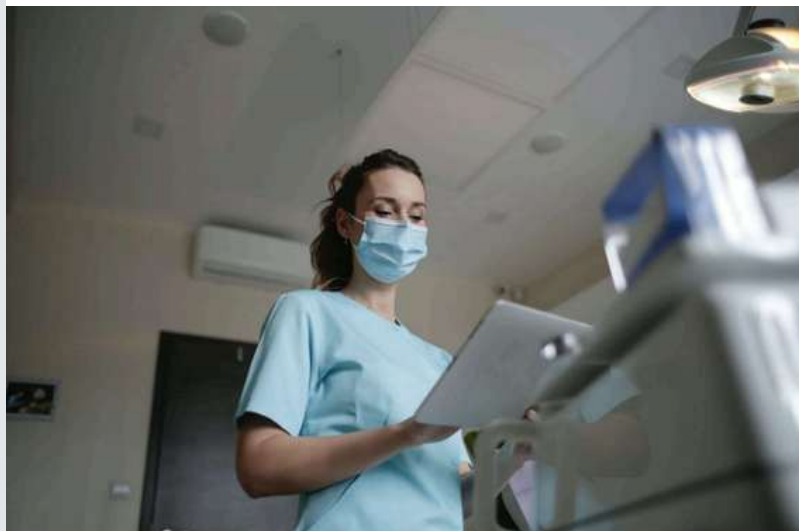


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# Trainee bulletin School of Anaesthetics

July 2025



## Hello and welcome

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

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## Introduction

Dear Colleagues

A warm welcome to the July edition of the Trainee Bulletin.

We hope all those sitting exams were successful. It is inevitable that some of you will have narrowly missed the grades. Please do not be overwhelmed by this. Many of the most successful consultants will not have passed first time. Whist disheartening, you will not be the first or last to need more than one attempt to pass. They are supposed to be tough, please don't be too harsh on yourselves! Please do reach out to colleagues, educational supervisors, college tutors, TPDs or us if you need advice or support.

We hope you have been able to enjoy this glorious weather and have lovely summer breaks planned.

This edition has an update from your reps, PLAN update and TPD updates.

Thank you

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

### Stage 3 TPD NW Rotation Update

Thank you to all residents, supervisors, tutors and our admin team who supported our June ARCPs. I'm very pleased to announce the following individuals were successful in achieving their outcome 6 for CCT!

- Dr Andrew Baird
- Dr Christina Besi
- Dr John Davies
- Dr Lucy Foote
- Dr Emma Forman
- Dr Sarah Morton (dual anaes/ICM)
- Dr Hew Torrance (dual anaes/ICM)
- Dr Jane Vanhoutte
- Dr Xiaoxi Zhang

Wishing you all the best for the next stage in your careers.

**Dr Amardeep Riyat, Stage 3 TPD, NW London**

## HET Updates

### Resident update:

Dear All,

Summer is upon us, ARCPs done and the 2024/25 training year drawing to a close. We would like to take the opportunity to thank the trainee reps across all the regions for being a point of contact for all residents and being the liaison between the School and residents. We are saying goodbye to quite a few reps in August and will be welcoming in some new faces. Once these posts have been filled we will let you all know.

We have seen a huge range of RTDs delivered over the year and a very successful Trainee Conference in March. We hope that next year we will be able to deliver events to a similar quality.

Thank you to all those who fill in the endless surveys we send out. All the information we gather is reviewed and discussed which help bring positive changes to the school.

We hope that you get a bit of time over the summer to rest and recuperate, whether it involves lying on a beach in Cornwall, or partying at Glasto, we hope you have a fantastic summer.

If you haven't joined the Pan London Whatsapp group please do - <https://chat.whatsapp.com/LKZAveQHAOb9yfKtAracN0>

Best  
Jonny & Rana

## PLAN Update

### **Launch of PLAN project - TXAIMS**

PLAN, the Pan-London Perioperative Audit & Research Network, are pleased to announce the start of their annual project, TXAIMS, from August 2025.

TXAIMS is a quality improvement project which aims to increase the use of tranexamic acid in major surgery in accordance with NICE Quality Statement 138. With your help, we are hoping to increase tranexamic acid use in major surgery across London and beyond through adding a prompt to local WHO surgical sign-in checklists and implementing an education and guidance package.

We are looking to recruit a resident lead +/- resident investigators and a consultant lead at each site. Each site team will receive a toolkit to make data collection and implementation as straightforward as possible. For their contribution, resident participants in the study will receive:

- 1) Recognition as a collaborator on all future publications
- 2) A certificate for their portfolio as evidence towards quality improvement, research, and education domains
- 3) A chance to improve quality of care for thousands of

patients

If you would like to learn more about the project, please follow this link to our website PLAN - TXAIMS

(<https://sites.google.com/view/uk-plan/projects/current-projects/txaims?authuser=0>).

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

[https://forms.office.com/Pages/ResponsePage.aspx?id=sITDN7CF9UeyIge0jXdO4yoMq2U\\_H7pEgPUfxPkmxnBUM1hJQjhKTIJZT0I2TU0yOERDVVQxUjFYQy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=sITDN7CF9UeyIge0jXdO4yoMq2U_H7pEgPUfxPkmxnBUM1hJQjhKTIJZT0I2TU0yOERDVVQxUjFYQy4u)

Mayur Murali, PLAN Chair; [plan@uk-plan.net](mailto:plan@uk-plan.net)

## LTFT

Less than full time (LTFT) training update, by Dr Anna Fowler (LTFT TPD/Support Champion London)

### APPLICATION PROCESS

The number of LTFT applications continues to increase. Our school has the highest number of LTFT residents and approximately a third of our residents will train at some point in their training as LTFT. These are positive trends for our training programme in anaesthesia, showing our continuing support for flexible training.

The challenge for the TPDs is to accommodate all the residents wishing to train flexibly or take time out of programme (OOP), taking into account programme capacity, available resources and meet the training and educational needs of all residents.

To help this process, those **residents applying for LTFT training for parental care, disability/ill health or caring responsibilities, can apply at any time during their training year, but need to give a minimum of a 16-week notice period**, unless there are exceptional circumstances, when less time may be considered.

**For all other LTFT, OOP applications and those and those who wish to change their percentage as a LTFT resident or return to being a full-time resident, only 4 application windows apply**, these have start dates aligning with the 4

school rotational months (February, May, August and November). Again, only under exceptional circumstances will applications be considered outside these windows. The appropriate windows can be found on the PGME portal. If you have any queries, you are welcome to contact myself or discuss with your TPD/college tutor.

### **GUIDANCE FOR LONDON LTFT RESIDENTS**

Glad to announce that shortly some very helpful guidance covering many aspects of LTFT training in the London region, written by two of our LTFT residents (Dr Fran Elwen & Dr Eleanor Warwick) will be available. In the next bulletin information how to access these guidelines will be provided.

### **SELF ROSTERING**

I would like to thank the LTFT residents who have been addressing self-rostering for both the LTFT and FT residents, it is work in progress and I will keep you all updated.

## **Events**

### **Paediatric Anaesthetic North-West Thames Meeting**

SAVE THE DATE!

Friday 24th October 2025, Afternoon

Chelsea and Westminster Hospital

RCoA approved CPD

Free meeting

There will be:

Abstract presentations and prizes

Talks by residents and guest speakers

Free lunch!

Programme to be finalised early September

### **Paediatric Anaesthetic North-West Thames Meeting**

### **CALL FOR ABSTRACTS**

Please can Residents and Fellows submit abstracts for quality improvement projects, case reports and research projects

A great opportunity for:  
Portfolio building

Registrar and consultant applications

Presenting your work to peers

Prizes available!

Competition Details:

Submissions should be in AAGBI format to [lucyfoote@nhs.net](mailto:lucyfoote@nhs.net)

Submission deadline: August 29th, 2025

Short oral presentations of accepted abstracts

Don't miss the chance to share your work and boost your career!

**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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