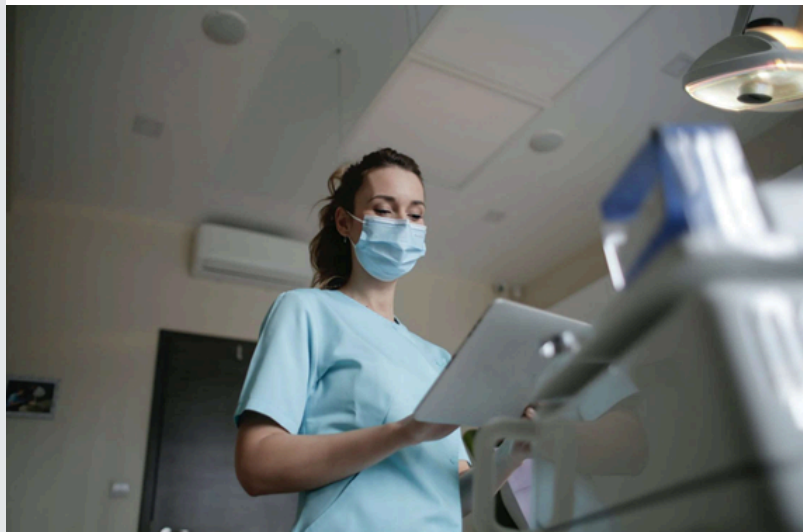


# Trainee bulletin School of Anaesthetics

**June 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

Welcome to the June edition of the bulletin

This month has an update from Dr Anna Fowler who is the Less Than Full Time (LTFT) TPD. There is always information on the school website to supplement this too.

I wanted to add the link below to a very useful podcast from the Medical Defence Union regarding the pitfalls of Drs using social media including WhatsApp. It's an hour long but you

can listen to it at a faster speed if you like. The most useful part from about 25mins to 40 mins. Quite thought provoking, I highly recommend listening to it.

<https://www.themdu.com/guidance-and-advice/podcasts-and-videos/social-media-and-risks-for-doctors-webinar-26-03-25>

Good luck to all those about to sit exams. It's a very stressful and challenging time. Do make sure you try to keep a balance with the studies, your clinical work and also some of the nicer things in life. Please reach out for help if you need it.

Happy Summer all

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 NW Rotation TPD Update

May ARCPs:

Thank you to all residents, supervisors, tutors and our admin team for supporting the May ARCP panels. I am pleased that we had one resident who was awarded her outcome 6 for CCT, congratulations and wishing you well for the next phase in your career:

- Dr Maria Henriksson

2026-27 SIA Applications:

For those NW residents who are eligible to apply for SIAs commencing August 2026 - February 2027, please can you contact me to discuss your application. Note the recent changes to the North London SIA program- you need to be commencing ST7 by May 2026. Those stage 3 residents who have successfully been allocated one SIA and need a second, and any of you who are unsure of your timelines, please also get in touch so we can discuss your program.

**amardeepsingh.riyat@nhs.net**

### **SW London TPD update**

Many congratulations to Caroline Stevens and Alice Gerth who both received Outcome 6 at the recent May ARCP's. We wish them all the very best in their future careers.

Stage 3 induction will be held online on Thursday 4th September at 2pm. This session is aimed at new ST6 residents and those in ST5 who may be joining Stage 3 during the year.

**Anna Walton, Stage 3 TPD, SWL, [anna.walton7@nhs.net](mailto:anna.walton7@nhs.net)**

## **HET Updates**

### **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.

## PLAN Update

### PLAN - 2025 Project Submission

#### 2025 PLAN Project Submission

- Do you have an idea for a research project, service evaluation or quality improvement project that you'd like to take forward through the PLAN network?
- Would you like targeted support and mentoring for your project idea?
- Could you lead the next REPACC, NO MORE GAS or TXAIMS?

PLAN, the Pan-London Perioperative Audit & Research Network, is inviting project proposal submissions to become PLAN's network project in 2025/26. This is open to ALL London School of Anaesthesia resident doctors. Utilise the power of our large, multi-centre, trainee-led research network to realise the potential of your audit, QI and research ideas!

Submissions are open from 1st May and will close on 30th September. Projects will be assessed by the PLAN committee, and shortlisted projects will be invited to present their proposal at the PLAN Annual Scientific Meeting on 21st November, where one proposal will be selected as the PLAN project 2025/26!

We will be assessing your project idea for its scientific rationale, methodology and analysis plan. The committee are particularly interested in project feasibility (i.e. how feasible it is to run through the PLAN network) and the analysis plan.

Proposals should be no longer than 3 sides (see attached template) and should be submitted to [plan@uk-plan.net](mailto:plan@uk-plan.net). You can find out more about the project selection process here (<https://sites.google.com/view/uk-plan/projects/202526-plan-project-submission?authuser=0>).

Interested in knowing about previous winners? You can find previous PLAN projects here (<https://sites.google.com/view/uk-plan/projects/completed-projects?authuser=0>).

If you have any questions, please email [plan@uk-plan.net](mailto:plan@uk-plan.net) or speak to your regional representatives (<https://sites.google.com/view/uk-plan/about-us/committee-members?authuser=0>).

We look forward to hearing your ideas!

The Pan-London Perioperative Audit & Research Network

**Mayur Murali, ST7 Anaesthetics/ ICM and PLAN Chair,**  
[mayur.murali@nhs.net](mailto:mayur.murali@nhs.net)

**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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