

Trainee bulletin School of Anaesthetics

May 2025



Hello and welcome

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

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Introduction

Dear Colleagues

Welcome to the May edition of the bulletin

This month we have information for residents who are in Stage 1 of their training regarding applications to Stage 2. Even if you are at the start of Stage 1, it is useful to look at the

personal specification because you can start to think about areas where you can increase your portfolio score.

For those approaching CCT, there are instructions on where to find information on the website. I have posted the links rather than replicate all the information on the website.

We also have an important update for SIAs in the north London rotations

Hope everyone is able to enjoy some of the glorious weather

Happy reading

Carlos

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

Changes to North London SIA Program 2026 - 2027

Dear Residents

As TPDs representing NE, NC and NW rotations, we have been reviewing how we organise SIAs across North London and have made the decision for SIAs to be competed in ST7 year.

We are aware that stage 2 can be intense time which may require frequent rotations between trusts, sitting the final exam and many residents are doing their specialty placements in ST5 year. Having to apply for SIA during this time is an additional pressure and for some hard to make a considered decision on their chosen SIAs.

Having discussed with faculty leads there is a general view that stage 3 placements should be completed in the SIA specialty before commencing the SIA, so therefore should be in ST7 after the general stage 3 experience has been achieved.

This would also allow for ST6 year to be planned earlier and ensure all general stage 3 can be completed prior to starting SIA year.

Therefore, those who will be starting ST7 between May 2026 – Feb 2027 will be eligible to apply for the next SIA application round, which will be starting in September 2025. There may be some residents who have complicated timelines so they should contact their TPD for any specific discussions prior to applying.

Further information and questions related to this will be discussed at the SIA information meeting which you will all receive an invitation when the date for this has been confirmed.

Thanks

Dr Trudi Young (NC)
Dr Stephen Hallworth (NE)
Dr Amardeep Riyat (NW)

North London Stage 3 TPDs

HET Updates

CCT information

For those nearing the completion of their training (CCT), there are instructions on the London School of Anaesthesia web site under the 'Information for Anaesthetists in Training' tab then 'Recommendation to the Specialty Register' tab.

<https://london.hee.nhs.uk/information-anaesthetists-training>

You can also access useful information on the RCoA site.

<https://www.rcoa.ac.uk/training-careers/training-hub/stage-3-training>

Guidance for Applying to an ST4 / Stage 2 Anaesthetics Training Post in London

Below is some guidance and tips on applying for a ST4 training post. All these resources and advice is available on line too.

Eligibility Requirements

- **Completion of Stage 1 Training:** You must have completed UK Core Anaesthetics Training (CT1-3) or Acute Care Common Stem (ACCS) Anaesthetics, evidenced by a Stage 1 Certificate by the time of initial offers.
- **Primary FRCA:** You must have passed the full Primary FRCA examination before the offer deadline.
- **Right to Work:** You must have the right to work in the UK.
- **Employment History:** Ensure your employment history is up to date and accurate.

Application Process

1. Application Submission (Oriel)

1. Apply via the Oriel online portal during the advertised window on the Oriel website. As a rough guide, the application window for Aug 2025 start was from middle of November to start of December – roughly 3 weeks. See <https://anro.wm.hee.nhs.uk/st4-round-2>.
2. You must select a “cluster” (England & Wales, Northern Ireland, or Scotland). London posts are within the England & Wales cluster^[1].
3. You can only apply to one cluster per recruitment round^[1].

2. Self-Assessment Portfolio

- Complete the self-assessment section as part of your application, scoring yourself against published criteria (maximum 50 marks).

- After applications close, you will be invited to upload evidence supporting your self-assessment scores. This evidence will be verified by assessors.
- Be honest and accurate; scores cannot be amended after submission.

3. Longlisting and Shortlisting

- Applications are first checked against essential eligibility criteria (longlisting).
- If there are more applicants than interview slots, verified self-assessment scores are used to shortlist candidates for interview.

4. Interview

- If shortlisted, you will be invited to an online interview.
- The interview typically consists of:
 - A clinical station (15 minutes): Management of clinical scenarios.
 - A general station (15 minutes): Portfolio discussion and motivation for anaesthetics.
- Prepare by practicing clinical scenarios, reviewing your portfolio, and rehearsing common interview questions^{[4][2]}.

5. Preferencing

- After the interview, you will be able to rank your preferred locations within your chosen cluster (e.g., London hospitals).
- Offers are made based on your performance and preferences.

Tips for a Strong Application

- **Portfolio:** Demonstrate commitment to anaesthetics through relevant experience, audits, QI projects, teaching, and research. Although the application deadline may seem a while away, it is very useful to have a look at scoring matrix. There will be some 'easy wins' where you can accumulate more points by doing things like organising teaching regionally or nationally. These things need a little time and planning and can't be done the evening before the application!
- **Preparation:** Seek feedback on your self-assessment and interview technique. So much of the interview is technique. Practice can make all the difference!
- **Documentation:** Keep evidence well-organized and ready for upload during the evidence window. Makes it

much easier to self-score and identify areas where you can improve the score in advance

- **Deadlines:** Strictly adhere to all deadlines; late applications are not accepted. As always, try not to leave evidence accumulation and submission of the application till the last minute.

Useful Resources

- Anaesthetics National Recruitment Office (ANRO)
 - Royal College of Anaesthetists (RCOA)
 - Medibuddy
1. <https://anro.wm.hee.nhs.uk/Portals/3/ST4 Anaesthetics Applicant Guidance August 2025.pdf>
 2. <https://medibuddy.co.uk/st4-anaesthetics/anaesthetics-st4-interview/> (I have not used this resource personally but it is recommended and it looks quite good)
 3. <https://anro.wm.hee.nhs.uk/Portals/3/Guidance for ST4 applications FINAL.pdf>

LTFT

Both college tutors and TPDs have raised concerns regarding the increasing number of applications for flexible training (LTFT) and time out of programme (OOP) through-out the year. This is making rotation grid management highly complex, leading to multiple gaps across training rotations at all times of the year. These gaps are beginning to impact department rota management and, in some cases, are affecting patient care, particularly out of hours.

Following discussions at our School Board meeting on the 14th of March, we would like to remind all residents of the required process for all London LTFT and OOP applications. Please follow this process carefully to ensure we can continue to support and approve all of your requests.

LTFT Applications

- Parental care
- Disability or ill health
- Caring responsibilities

These can be applied for with a start date at any time throughout the training year. A **16-week notice period** is required, less will only be considered in exceptional circumstances.

For all other LTFT applications and for ALL OOP applications

Only **4 application windows apply**, with start dates aligning with the 4 school rotation months: **February, May, August, and November.**

Only in **exceptional circumstances** (e.g., emergency OOPC) will applications be considered outside of these start dates/windows.

Any requests to change a WTE (**increase, decrease, return to full time**) must also be made during one of the 4 windows.

For LTFT applications falling within the following categories:

- Welfare and wellbeing
- Unique opportunities
- Religious commitment
- Non-medical development
- Flexibility for training and career development

There are 2 LTFT Application windows left for this year:

- August start: 19/03/25 – 02/04/25
- November start: 17/06/25 – 07/07/25

For **all** OOP applications, only one window remains for this year:

- November start: 13/04/25 – 27/04/25

If a resident applies well in advance of the intended OOP start date. Their application will be added to next window.

If a trainee wants to apply for an OOP, but the job advertisement or interview falls within the 6 months' notice period, the trainee should discuss this with their TPD and apply for the OOP in advance to meet the NHSE notice period. The panel can approve the OOP application, noting that this is pending successful outcome at interview. **Start dates must still align with one of our 4 rotation months.**

Please ensure you submit applications within these windows to facilitate smooth processing and avoid disruption to training placements. If you have any questions, please reach out to your TPD.

Refer to the [OOP application form and the OOP windows for 2024](#).

The Postgraduate Dean remains the Responsible Officer for Doctors in training on OOP and they will still require an annual ARCP. You should also ensure you are fully understanding of any impact OOP may have on your visa status, statutory rights, continuation of service and pension. The [FAQ section](#) on the PGMDE Support Portal can help with queries related to this.

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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