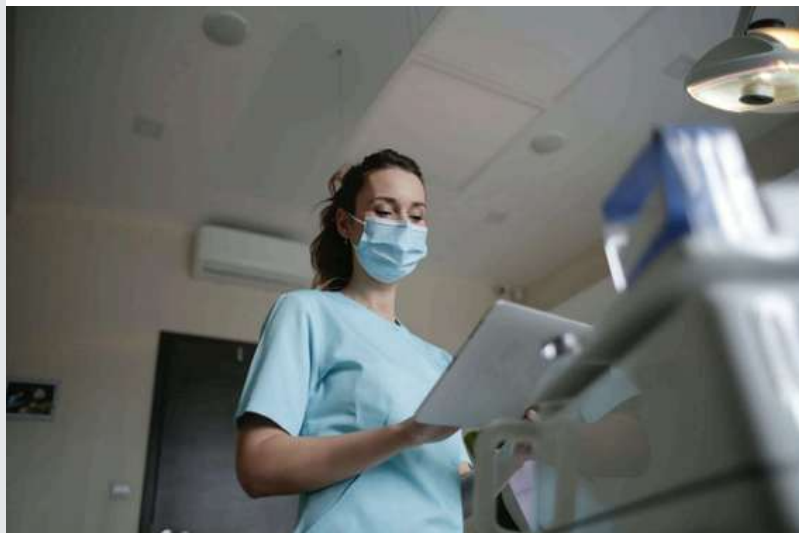


Trainee bulletin School of Anaesthetics

September 2025



Hello and welcome

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

- Introduction
- HoS DHoS Updates
- School Resources
- TPD Update
- SIA Handbook
- SIA Application Handbook
- Regional Training Days
- London School of Anaesthesia Resident Representatives List

Introduction

Dear Colleagues

Welcome to the September edition of the bulletin

This month's edition has a focus on SIAs with updates from our colleagues in North and South London. There is an additional section from our pain team on the pain SIAs. I hope they are informative.

I have copied the link below from RCoA which has an updated checklist for ARCPs. No harm in looking at this early so you can be really aware of what will be needed for your next ARCP!

There is also an updated list of all the LSA resident representatives and contact details.

Reminder, there is the school induction on September 19th for new starters.

All of this information can also be found on the school website.

Many thanks

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://lasepgmdsupport.hee.nhs.uk/support/home>
(trainee enquiries)

National ARCP Checklist

<https://rcoa.ac.uk/sites/default/files/documents/2025-06/National%20Anaesthetic%20ARCP%20Checklist%202021%20curriculum%20v3.0.pdf>

TPD Update

South London SIA Update

Applications now open for posts commencing Aug 26, Nov 26 & Feb 27

Applications for Stage 3 SIA posts commencing in August 2026, November 2026 and February 2027 opened on 1st September and will close at midnight on 30th September.

Applications are open to all South London residents who will have completed Stage 2 training and will be ST6/7 (Stage 3) by the time of commencing the SIA post. LTFT residents or those with interrupted training timelines should discuss their timelines with their TPD if they are unsure about their Stage 3 start date and eligibility to apply in this round.

Full information about the application process can be found on the London School of Anaesthesia website, where you will also find links to the application form and South London SIA handbook, which contains comprehensive information about all the SIAs offered.

If you are interested in applying for the SIA in Pain Medicine, there is a separate application form for this. Please see further details on the London School of Anaesthesia website.

Link to SIA information on London School of Anaesthesia website:

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

Link to South London SIA handbook:

https://london.hee.nhs.uk/sites/default/files/sl_sia_handbook_-_august_2026_february_2027_-_final.pdf

Link to South London SIA application form:

<https://app.onlinesurveys.jisc.ac.uk/s/healtheducationyh/sia-application-form-for-south-london-trainees-august-25-and--2>

The SIAs are the only time in your training where you have a choice as to what you do. Please look at all the SIAs offered and carefully consider how and where you see your career as a consultant before making your choices.

Good luck in your applications!

Anna and Dev

South London Stage 3 TPDs

SIA applications - North London

The SIA application round opened on the 1st September and will close on 30th September.

If eligible to apply you should have received an invite from your TPD

Residents in North London can apply for any SIAs offered by the North London Programme. You should be ST7 when starting your SIA. Those residents who will start ST7 in May 26 - May 27 should apply. If you have not received an invite to apply or are unsure if you should apply, please contact your TPD.

Residents are also able to apply for Pan London SIA in pain medicine. You will need to be in Stage 3 ST6/ST7 at your start date. Information regarding this SIA and application form is available on the website.

The online application form for all SIAs opened on the 1st September 2025 at 00.01 and will close at 23.59 on the 30th

September 2025. There are specialty specific application forms for all North London SIAs.

Further information can be found on the school website.

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

Please refer to the North London SIA Handbook for information on the individual SIAs offered.

https://london.hee.nhs.uk/sites/default/files/north_london_sia_booklet_2026_-_2027.pdf

The application forms can be found on the website

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

Trudi Young NC TPD, Trudi.young2@nhs.net

SIA Handbook

SIA in Pain Medicine - Overview

Clinical Experience:

The majority of training time will be spent in chronic pain outpatient clinics; pain interventional procedure lists and related activity within the multidisciplinary pain service including MDMs and pain management programmes. You will be working within a wider multidisciplinary team that includes specialist nursing, physiotherapy, occupational therapy and psychological therapy. In addition, many pain services work collaboratively with other key specialties including orthopaedics, radiology, urology, gynaecology, palliative care and paediatrics. You will gain some experience in paediatric pain and cancer pain specifically; and will be expected to have experience in acute/inpatient pain also. Additionally, there is the opportunity to participate and gain experience from other specialist clinics/joint clinics to understand the multidisciplinary/multispecialty nature of chronic pain management.

Residents who wish to develop a specialist interest in paediatric pain or neuromodulation would be required to undertake an additional Fellowship in that area. You are

encouraged to discuss this with the Pain TPD or Regional Advisors in Pain Medicine (RAPMs).

Interventional experience will include peripheral nerve blocks, musculoskeletal blocks and neuraxial blocks, including exposure to radiofrequency, fluoroscopic and ultrasound-guided techniques. Neuromodulation is offered at specific pain centres (e.g. GSTT, NHNN, St George's).

Learning Outcomes & Key Capabilities:

Learning outcomes – provides comprehensive management of patients with acute, acute on chronic, chronic and cancer-related pain using physical, pharmacological, interventional and psychological techniques in a multidisciplinary setting.

Manages referrals/triages within pain service

Manages an outpatient pain medicine clinic

Manages pain procedural cases

Participates effectively within a pain MDT

Manages patients who are taking drugs of potential addiction

Has an understanding of the socioeconomic, occupational health and medicolegal aspects of pain medicine

Describes the healthcare infrastructure and the pain service

Manages pain in paediatric patients (chronic pain)

Manages pain in paediatric inpatients (acute pain)

Manages pain in cancer patients

Training Support:

You will have a Pain TPD-led induction when you start and local pain induction with your Pain Faculty Tutor who will guide and support your training. Under their supervision, you will have quarterly assessments in accordance with the FPM (please review the curriculum for more details on assessments). The Pain TPD and RAPMs will also review and guide your progress formally. These reviews take place via MS Teams biannually.

There are a number of online educational resources to support learning and training. These can be found on the FPM website and include the FPM National Teaching Programme which provides remote monthly teaching which is mapped to the curriculum.

FFPMRCA Examination:

The FFPMRCA exam has been established since 2011 and runs twice a year. The examination is mandatory for credentialing but not currently a requirement for completing the SIA; however we strongly recommend completing this as otherwise this may impact your future career in Pain Medicine and affect your ability to work as a Pain Consultant. The format of the FFPMRCA is changing. The proposed changes include transitioning from MCQ in the first part of the exam to 'single best answer' and 'extended matching questions'. This part of the exam can be undertaken before starting the SIA. The second part of the examination is moving from a structured oral examination to a more OSCE style format. The provisional timeline for these changes is autumn 2026. Further information can be found on the FPM website (<https://fpm.ac.uk/training-examinations/ffpmrca-examinations>).

Audit and Research:

There may also be opportunities to contribute to pain audit and clinical research depending on the centre you go to.

Pain TPD, Dr Fauzia Hasnie, Fauzia.Hasnie@nhs.net

SIA Application Handbook

Overview:

The SIA in Pain Medicine is outcome based with an indicative 12-month (or WTE) training period. The SIA may be undertaken for 6 months, combined with another SIA of your choice; however please note that you will not be able to register completion of pain training with the Faculty of Pain Medicine, meaning you would not be able to work as a Consultant in Pain Medicine (as a full 12 month period is required in order to achieve the key capabilities). Therefore, if you are interested in a career in Pain Medicine, we

recommend applying for the 12 month SIA. If you are a SL anaesthetic resident, you may undertake the SIA in ST6/7; however, NL residents can only undertake the SIA in their final ST7 year. You may wish to complete Stage 3 Pain first.

SIA Posts:

Across London, we have a number centers offering SIA training, though the exact placements offered at any one time will depend on availability. The majority of rotations comprise 6 months in a DGH and 6 months in a teaching hospital. In some cases, two teaching hospitals may be paired (e.g. King's and GSTT). We currently offer one or two 12-month run-through posts at GSTT and C&W (although this may be subject to change and will only be advertised if available). Each centre may also offer opportunity for different clinical experiences based on their pain service (bios with contact details for each centre can be found on the LSA website).

You may apply for any post pan-London (i.e. a NL resident may apply for a SL post) and more than one timeline (although this is only relevant to SL residents who currently have flexibility in when they start and may wish to increase their chance of securing a particular rotation). You will be able to make a short statement on the application if you wish this to be taken into account when posts are allocated, although please remember that application is competitive and you will be scored and ranked anonymously.

Please note that all SIA posts currently include anaesthetic on-call service commitment with the exception of Royal National Orthopaedic Hospital (RNOH)/National Hospital for Neurology and Neurosurgery (NHNN) rotation.

SIA Posts commencing Feb 2026:

(You will be asked to rank in order of your preference)

POST 1 *LSA RESIDENTS ONLY: Hillingdon (Feb 26-Aug 26)/ Chelsea & Westminster (Aug 26-Feb 27)

POST 2 *LSA RESIDENTS ONLY: St. George's (Feb 26-Aug 26)/ Epsom St. Helier (Aug 26-Feb 27)

OR

POST 3 *KSS RESIDENTS ONLY: St. George's (Feb 26-Aug 26)/ Medway OR Maidstone Tunbridge Wells (TBC) (Aug 26-Feb 27)

SIA Posts commencing Aug 2026 (LSA Residents only):

(You will be asked to rank in order of your preference. Please note rotations may be subject to minor change).

POST 1: Hillingdon (Aug 26-Feb 27)/ Chelsea & Westminster (Feb 27-Aug 27)

POST 2: RNOH (Aug 26-Feb 27)/ NHNN (Feb 27-Aug 27)

POST 3: Bart's Health – Royal London Hospital (Aug 26-Feb 27)/ Whipp's Cross (Feb 27-Aug 27)

POST 4: St. George's (Aug 26-Feb 27)/ Epsom St. Helier (Feb 27-Aug 27)

POST 5: King's (Aug 26-Feb 27)/ Guy's & St. Thomas' (GSTT) (Feb 27-Aug 27)

POST 6 *LTFT ONLY: GSTT (From Aug 26 - whole WTE)

SIA Posts commencing Feb 2027 (LSA Residents only):

(You will be asked to rank in order of your preference. Please note rotations may be subject to minor change).

POST 1: Chelsea & Westminster (12 months Feb 27–Feb 28)

POST 2: Hillingdon (Feb 27-Aug 27)/ C&W (Aug 27-Feb 28)

POST 3: RNOH (Feb 27-Aug 27)/ NHNN (Aug 27-Feb 28)

POST 4: St. George's (Feb 27-Aug 27)/ Epsom St. Helier (Aug 27-Feb 28)

POST 5: King's (Feb 27-Aug 27)/ GSTT (Aug 27-Feb 28)

Pain TPD, Dr Fauzia Hasnie, Fauzia.Hasnie@nhs.net

LSA Resident Representatives

Rep Position	Name	Role	Email
North London Lead	Jonny Kaberry	-	Jonathon.kaberry@nhs.net
South London Lead	Rana Mallah	-	r.mallah@nhs.net
NE Rotation:			
Stage 3	Shreya Bali	Lead NE	shreyabali@gmail.com
Stage 2	Aastha Chawla		Aastha.chawla96@gmail.com
Stage 1 Core	Sian See Tan		sian.tan2@nhs.net
Stage 1 ACCS	Aditi Nijhawan		aditi.nijhawan1@nhs.net
LTFT	Hadia Farooq		hadia.farooq@nhs.net
NC Rotation:			
Stage 3	Salem Shawaf	Lead NC	salemshawaf@gmail.com
Stage 2	Joseph Reason		joseph.reason@nhs.net
Stage 1 Core	Shayan Simakani		shayan.simakani@nhs.net
Stage 1 ACCS	Wise Lim		cheehwai.lim2@nhs.net
LTFT	Prashant Khadanga		drprashantk6587@gmail.com
NW Rotation:			
Stage 2 & 3	Kristina Ooi + Pooja Kamath		kristinajtooi@gmail.com, poojakamath27@gmail.com
Stage 1 Core	Shriya Kumar		shriyabkumar@gmail.com
Stage 1 ACCS	Louise Young		louise.young33@nhs.net
LTFT	Flora Kormendy		jemije20@gmail.com
SE Rotation:			
Stage 3	Charlotte Brathwaite Shirley	Lead SE	c.brathwaiteshirley@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

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