



Hello and welcome

In this bulletin, you will find updates on:

- HoS/TPD updates
- Trainee rep updates
- HET updates:

HoS/TPD updates

Good to luck to everyone who has an ST4 interview over the next few weeks and good luck to those of you who are waiting for exam results. We are here to support you through these events, so please contact us if you need to.

HEE have also put together some FAQs related to the industrial action. This was circulated to all trainees in February 2023, but just in case you missed it, please click on the link below, to take you to them. The information includes a section on Progression and ARCPs.

https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/industrial-action-and-management-of-doctors-in-postgraduate-training?utm_campaign=Industrial%20action%20and%20management%20of%20doctors%20in%20postgraduate%20training&utm_source=emailCampaign&utm_content=&utm_medium=email

[Training updates](#)

PLAN

Our next project NO MORE GAS (Nitrous Oxide Manifold and Other Reduction of Emissions - Green Anaesthesia Survey) is fast approaching. This study will look at nitrous oxide usage in hospital sites across our network and create the largest dataset

of its kind. It offers trainees the opportunity to participate in a multi-site research project, and play an important role in the green anaesthesia movement. We are aiming to start data collection in early Summer 2023.

We are still looking for trainee leads at the following sites:

- Maidstone and Tunbridge Wells
- Medway
- Lewisham
- Ashford and St Peter's
- Kingston
- Great Ormond Street
- London North West Healthcare Trust
- Central Middlesex
- St Mary's
- West Middlesex
- Royal Brompton
- Homerton
- Barts
- King George
- Queens Square
- Royal ENT
- Stanmore

Trainees can register their interest with

PLANnomoregas@gmail.com

More information is available at <http://www.uk-plan.net/PLANnomoregas>

Matt Sinnott
PLAN Chair

Website: www.uk-plan.net

Email: plan@uk-plan.net

Twitter: @periopresearch

Dear Colleague

I am writing to invite you to participate in the

**URAISE Study: Ultrasound Regional Anaesthesia
Interpretation Skill Evaluation.**

IRAS ID: 294856

The main aim is the development of a validated, reliable and defensible tool to test UGRA image interpretation skills. Below is a study summary for your reference and attached is a participant information sheet.

Study Summary

Title	URAISE: Ultrasound Regional Anaesthesia Interpretation Skill Evaluation
Design	Prospective study based on psychometric principles
Aims	To generate a validated test of UGRA ultrasound image interpretation that can be used to differentiate reliably between different skill levels.
Outcomes	<p>Primary outcome:</p> <p>Development of a validated, reliable and defensible tool to test ultrasound guided regional anaesthesia image interpretation skills.</p> <p>Secondary outcomes:</p> <p>Development of a validated, reliable and defensible assessment tool assessing anatomical, clinical knowledge and the performance of ultrasound guided regional anaesthesia:</p> <p>Assessment of anatomical knowledge relevant to performing a local anaesthetic injection around peripheral nerves</p> <p>Assessment of clinical knowledge relevant to regional anaesthesia required to perform a local anaesthetic injection around peripheral nerves</p> <p>Assessment of knowledge relating to the performance of an ultrasound-guided local anaesthetic injection around peripheral nerve</p>
Population	UK anaesthetic trainees and consultants
Eligibility	Participants must be registered in an approved UK anaesthetic training programme, anaesthetic consultants on the GMC register

Please remember, this study is seeking to develop a test that any anaesthetist can take in order to test their regional anaesthesia ultrasound interpretation skills.

Publication

We intend to publish the results of this study.

We hope that you will accept our invitation to participate in this study. To do so, please reply to this e-mail (boyne.bellew@nhs.net).

Thank you for your time.

Dr Boyne Bellew, on behalf of URAISE study team: Dr FA Cook, Dr M Murali, Dr S Habib, Dr S Haddad, Dr J Brandreth, Dr Amit Pawa, Prof AJ Macfarlane, Dr Peter Merjavy, Dr Madan Narayanan, Dr Lloyd Turbitt, Dr James Bowness, Prof William Harrop-Griffiths, Dr Ko, Dr McCarter, Dr Lewis, Dr McMahon

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Dr Boyne Bellew BSc, MBBCh, DA(SA), FRCA, EDRA

Consultant Anaesthetist

Regional Anaesthesia Program Director / Regional anaesthesia

Lead, Imperial College Healthcare NHS Trust

Honorary Clinical Senior Lecturer, Imperial College London

E: boyne.bellew@nhs.net

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<https://twitter.com/boynebellew>

https://www.researchgate.net/profile/Boyne_Bellew?ev=hdr_xprf

The **Queen's Primary FRCA OSCE course** will be held on Saturday 15th April 2023. This highly-rated one-day course

includes two complete OSCE circuits held under exam conditions, access to hot-topic lectures including anatomy and resuscitation as well as tips from an ex-primary examiner. We have a large and enthusiastic faculty comprising both recently successful candidates and experienced consultants (including previous college examiners).

Places are limited.

Our highly rated **Queens' VIVA Club** is a 4 week course aiming to help you polish and create finesse with your answering techniques. You will have access to a weekly masterclass/tutorial. This masterclass will cover SOE answering techniques, discussions around difficult topics (chosen by you) as well as a discussion around difficult questions. You will also be a part of a group of motivated trainees sitting the exam and therefore be able to arrange practice viva sessions with each other at times to suit you. The club will begin in the week commencing 11th April 2023.

The **FRCAnatomy course** is a one day online anatomy revision course. The aim of the course is to provide a good breadth of basic and functional anatomy to be able to direct and consolidate your anatomy learning. This course is delivered by post fellowship anaesthetists, consultant surgeons and previous anatomy demonstrators. Date TBC – please register your interest via link below.

Please register your interest here:

<https://forms.gle/6wNuDGDFncdoVutL7>

We look forward to helping you pass.

Kind regards,

Pooja

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Dr Pooja Shah

Anaesthetics SpR

+44 796 049 0767

Dear Trainee,

ASLEEP (Anaesthesia South London Education & Examination Programme), has for several years been providing regular, free viva practice for Anaesthesia South London trainees.

We are currently organising vivas for the May 2023 exam sitting with sessions taking place every Tuesday and Thursday in the four weeks before the exams at 6pm to 8pm. The first session will be on Monday April 17th. The viva sessions will be conducted via Microsoft Teams in conjunction with GSTT.

We may not be able to offer all candidates all choices for sessions as we will aim to have a maximum of four candidates to one examiner but will be as fair as possible.

If you are sitting the Primary FRCA OSCE/VIVA exam and wish to sign up please email us your-

Name

Grade

Hospital

Sitting

Candidate number (as soon as you know it)

TO asleepuk@gmail.com

and we will send you a doodle poll link for candidates.

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ASLEEP Faculty

Trainee rep updates

South London Anaesthetic Programme (SLAP) WhatsApp Group

We have decided to initiate a SLAP WhatsApp group to give a quick means of communication to SL trainees, with the aim of keeping you up to date and giving a sense of community. To minimise traffic, posting will be from trainee reps only, in working hours (unless in exceptional circumstances). The group info section has all our contact details so you can contact us directly with any questions or post requests. Please join and

spread the

word: <https://chat.whatsapp.com/EB0cMDeYsbUIUozPVPZgHY>

South West London Rotation Stage 2 & Stage 3 Trainee Rep Vacancies

These roles will be available from April to join us! Are you are interested in advocating for trainees, taking an active role in the school and contributing to quality improvement initiatives that can support the non-clinical domains of your portfolio? Please see the Trainee Rep Guide to understand more about the role: <https://drive.google.com/file/d/10DjSB6mjvL2sw8Ais8GGmhtUL2C3q6Jk/view?usp=sharing>

To apply, please send a brief supporting statement (max 200 words) to slaptraineereps@gmail.com by **Friday 21st April**. If there is more than one application for each role, a vote will be held amongst the relevant trainee cohort.

The next round of recruitment for other roles across London is anticipated to be in summer 2023, so keep your eye on the bulletin if your are interested.

[HET updates](#)

ARCP

With Anaesthetics summer ARCPs approaching, please see below for dates.

North Central	23/05/2023	26/05/2023	18/07/2023	
North East	22/05/2023	14/06/2023	26/07/2023	
North West	12/05/2023	17/05/2023	23/05/2023	14/07/2023
South East	22/05/2023	23/05/2023	17/07/2023	
South West	15/05/2023	16/05/2023	19/07/2023	

All trainees will receive an email invite as follows:

Dear Trainee

Subject: Annual Review of Competence Progression (ARCP) in Specialty – on Date

As a requirement of your training and as specified in the Gold Guide, it is necessary to undertake an annual review of competence progression (ARCP) This process includes the review of documentation that pertains to your GMC licence to practise and revalidation. Revalidation occurs every 5 years or at the point of certification/certificate of completion of training (CCT/CESR).

Preparation

To assist with the preparation for the ARCP process, refer to:

1. For more information on Revalidation please see Gold Guide / PSP / GMC

2. For more information on what an ARCP is please see Gold Guide/PSP
3. Decision Aid – for more information please see College/Faculty website
4. Checklist – for more information please see College/Faculty website/PSP

Remote Review – in absentia ARCP

Your TPD has recommended that your e-Portfolio be reviewed by the panel remotely. This means you will not need to attend your ARCP. However, to ensure the panel give you the best outcome possible you will need make sure your e-Portfolio is up to date with all the relevant documentation. Therefore, please can you make sure your e-Portfolio is up to date by date 2 weeks before review.

FORM R

You will need to submit your ARCP Form R (parts A, B and Covid 19 self-declaration) using the digital Form R, included as a core part of TSS. Please note that you will no longer submit Form Rs outside TSS, if you have any issues, please contact us [via PSP](#).

1. Navigate to <https://trainee.tis-selfservice.nhs.uk/>
2. Sign-up using the email address we contacted you
3. Complete and submit your Form R parts A & B

If you need more information on the TIS Self Service system, please see our website <https://tis-support.hee.nhs.uk/trainees/>

The Form R must cover the entire period from **the date of your last FORM R to this one.**

You must include all periods of time out of training in your TOOT declaration. This includes OOPC, OOPE, OOPR (if not being counted for training) and maternity/paternity leave. Regarding maternity leave, please note that time off whilst using accrued annual leave should not be included, only the actual dates of maternity leave itself.

Please use consecutive calendar days when calculating/declaring TOOT, not just days that you were rostered to be at work.

Please note that you are required to upload your Form R onto your e-Portfolio, should you fail to do so, you will automatically receive an outcome 5 and you will be given 2 weeks to upload the missing evidence. You will also be invited to a meeting with the Postgraduate Dean (or representative of the Dean) to discuss the reason for the non-submission.

Failure again to submit a Form R within this 2-week period will result in the award of an Outcome 2, 3 or 4. Repeated failure

to submit Form R will result in trainees being referred to the GMC for non-engagement with revalidation.

For more information on ARCP outcomes please see <https://lasepgmdesupport.hee.nhs.uk/support/solutions/articles/7000019047-what-does-each-arcp-outcome-mean->

ESSR

Please submit one ESSR for the full period under review where the start date is the day following on from the end date set for your previous ARCP. Please clearly label this ESSR on your LLP as your 'ARCP ESSR'.

Please link all required documentation to this ESSR as not all panel members have access to your document store and if any evidence is missing and cannot be found at your ARCP, we will have to award you an outcome 5.

Please find below the following documents to assist in preparation for your ARCP. The ARCP panel will be using these documents as reference during your ARCP to decide what outcome to award you.

1. RCOA National Anaesthetic ARCP Checklist 2021 and Transition Guide <https://rcoa.ac.uk/training-careers/training-hub/2021-curriculum-arcp-checklists-guidance>

2. RCOA National Anaesthetic 2010C ARCP Checklist
<https://www.rcoa.ac.uk/sites/default/files/documents/2020-02/RCoA%20National%20ARCP%20Checklist%20V5.pdf>

3. ACCS ARCP 2022-2023 Decision Aids
<https://rcoa.ac.uk/sites/default/files/documents/2023-03/ACCS%20ARCP%202022-23%20Decision%20Aid.pdf>

4. 2021 Curriculum for a CCT in Anaesthetics
<https://www.rcoa.ac.uk/training-careers/training-anaesthesia/training-news/2021-curriculum-cct-anaesthetics>

For those of you who are transitioning from the 2010 to 2021 Curriculum, please contact your TPD if you don't know which transition arrangement (RCOA transition guide) is relevant for your stage of training.

The RCOA has recently reviewed and updated some of these documents, so please check the documents on the training hub again, prior to your ARCP, so you are always using the latest guides. <https://www.rcoa.ac.uk/training-careers/training-hub>

Dual Trainees

Dual Trainees will have a separate ARCP in both specialties and will be awarded 2 outcomes, one for each speciality every time. For your Anaes ARCP please follow the guidance documented in this invitation.

Please be aware that only your Anaes portfolio can be accessed and reviewed at the Anaes ARCP and by the Anaes TPDs, even if you have linked evidence through from your ICM portfolio to your Anaes ESSR. Therefore, any evidence which needs to be reviewed by the Anaes ARCP Panel, needs to be loaded onto the Anaes section of the LLP too.

To support you in achieving the best outcome, it is imperative that you are provided with an ES for Anaesthetics and ICM in every trust you rotate through. Please let the college tutor and faculty tutor in Anaesthetics and ICM know that you are working in their trust so this can be organised for you, and they can help you with the relevant ARCP preparation.

Final ARCP

If this is your final ARCP, to assist the panel from having to explore your entire document store, if you completed some higher and/or advanced clinical and non-clinical units of training, on the old e-portfolio platform, please include a summary of this evidence on your ARCP ESSR.

<https://www.rcoa.ac.uk/2010-curriculum>

Shielding

Trainees who have been shielding and would like to count time towards training, please contact your supervisor (ES/module lead) to review your evidence collected during this period to

see how much can count to training. Further guidance on support for shielding trainees can be found here:

<https://www.hee.nhs.uk/covid-19/support-displaced-or-shielding-trainees>

OOP Trainees

If you are currently on an OOP (not counting towards training), you will still need an ARCP to review this period out of programme.

If your OOP has not been recognised for training, the panel will need to receive a supervisor's report from you, please complete an OOP update form which will be attached your ARCP invite email. You can also submit an ESSR as your Supervisors report. This report should indicate what you are doing during your OOP time. Please also submit a Form R too.

If part of the year under review has included some in training time, you will need to submit an ESSR for the in-training period under review. Many trainees find it easier to then submit one ESSR that includes information about their in-programme activities and out of programme activities.

Academic Trainees

For all Academic trainees undertaking an ACF, CL or those who are currently on an OOPR, you are also required to

complete the Academic Progress Report form and upload this to your portfolio. A copy of this form can be found here.

https://london.hee.nhs.uk/sites/default/files/academic_progress_report_form_2020.pdf

Once completed, please send a copy of the form to Dr Gudrun Kunst, Anaesthetics and Critical Care Academic Pan-London TPD, at least 2 weeks before your ARCP date so that she can review and include her comments as the Academic ARCP representative.

You can send the completed form to Dr Kunst at

gudrun.kunst@hee.nhs.uk and Gudrun.kunst@kcl.ac.uk.

On completion of your ARCP

You will be notified via the Lifelong Learning Platform when your outcome form has been completed by the ARCP panel. Please remember to review this form and accept it.

The date of your next ARCP is normally 12 months later, but please review your outcome form to see if the panel has suggested an ARCP in less than 12 months time.

Please note any objectives that have been set by the ARCP panel. If you are unsure of any of the comments on the form or objectives that have been set, please discuss this with either your ES or TPD.

For certain outcomes, your TPD will contact you directly to discuss the outcome awarded.

Additional Available Resources

- HEE London School of Anaesthesia Website - <https://london.hee.nhs.uk/specialty-schools/anaesthesia/anaesthesia-arcps/>
- RCOA Website - <https://www.rcoa.ac.uk/training-careers>
- Gold guide v9 - <https://www.copmed.org.uk/images/docs/gold-guide-9th-edition/Gold-Guide-9th-Edition-August-2022.pdf>
- CCT date calculator - <https://www.jrcptb.org.uk/training-certification/less-full-time-training>

Should you have any queries relating to the ARCP review, please do not hesitate to contact us via PSP (link attached below)

[https://lasepgmdesupport.hee.nhs.uk/support/solutions/articles/7000023901-what-if-none-of-the-faqs-answer-my-](https://lasepgmdesupport.hee.nhs.uk/support/solutions/articles/7000023901-what-if-none-of-the-faqs-answer-my-question-)

[question-](https://lasepgmdesupport.hee.nhs.uk/support/solutions/articles/7000023901-what-if-none-of-the-faqs-answer-my-question-) click the link on the page where it indicates ‘If no FAQ has answered your questions. This will generate an enquiry form which you need to complete and raise your query in the “Your Enquiry” box.

If you have a query or issue related to your LLP, please contact the RCOA at lifelong@rcoa.ac.uk or call 0207 092 1556.

Events

For those interested in joining the 8th cycle of The East London Writers Club!

We will be starting this round on Tuesday 9th May 2023 in preparation for the Final FRCA CRQ exam on Tuesday 12th September 2023.

It will involve us sending out 4 CRQ style questions each week which should be returned to us by the following week. This will then be followed by 'model answers' together with a new set of CRQs. Each candidate can decide whether to use these questions as an open-book exercise to guide revision or treat them as a test as you progress with your revision.

This process will then be repeated until the February 2023 exam. There will be an early bird joining fee of £55 per candidate for those who register at any point before the start date of the Writers Club.

Our questions and 'model answers' have been adapted from all of the previous CRQ exams as well as previous FRCA SAQ papers, recent BJA Education articles and the RCoA Curriculum.

Please email ELwritersclub@outlook.com to register your interest or if you have any questions.

Very best wishes,

The 'East London Writers Club' organisers:

Archana Depala ST6 Anaesthetics | Central London School of Anaesthesia

Ankit Kumar ST7 Anaesthetics/ ICM | North East Thames School of Anaesthesia

ELwritersclub@outlook.com

@ELwritersclub

One Lung Course - UCLH Ed Centre 30th June 2023

One Lung is a simulation and practical skills course in thoracic anaesthesia, specifically designed for anaesthetists, surgeons and anaesthetic assistants wishing to learn about lung isolation, single lung ventilation and the management of common thoracic anaesthetic emergencies.

The course has been designed by a group of thoracic experts from across the UK and has been running at UCLH for the last 6 years.

We split the day into two parts: in the morning, we hold skills workshops to learn techniques and knowledge for lung

isolation. In the afternoon we go through four scenarios in the simulator.

Link to registration and more information:

<https://www.uclhcharitycourses.com/courses/one-lung-course>

Hello,

We are excited to inform you that the Zambia Anaesthesia Development Program (ZADP) is currently accepting applications for fellowship positions from August 2023 and February 2024. These posts are available for both **in-country and remote placements**. In-country fellows will volunteer in Zambia, while remote fellows will volunteer from home.

As a [ZADP fellow](#), you will have the opportunity to support anaesthesia development in Zambia through training, quality improvement, and research. **Remote fellows can volunteer from home** and support Zambian anaesthesia trainees through a remote teaching program, exam preparation, research, QI mentorship and much more. **In-country fellows, will support training from Zambia** through clinical training, exam support, mentorship and much more. Time will be allocated for both clinical and non-clinical activities.

To qualify applicants should have completed at least two years of anaesthesia training and the Primary FRCA (or equivalent exam).

To learn more about the ZADP fellowship program, please [visit our fellowship page](#) to see role descriptions and learn about the program or email us at info@gadpartnerships.com.

You can also [take a look at our most recent impact report](#) to learn more about how your role as a fellow can make a difference.

We would be grateful if you could **circulate this email** and the poster attached to your departments, colleagues and any relevant networks. **The deadline for applications is 27th March 2023.**

If you would like to apply, have any questions or would like further information, please do not hesitate to contact us at info@gadpartnerships.com

Best wishes.

Dr Emma Coley, Dr Sonia Akrimi, Dr Nathan Betteridge & Dr Masuzyo Zyambo

On behalf of ZADP

Dear Trainees

We are pleased to be holding the next **Oxford Final FRCA Viva course** on the **22nd-23rd May 2023**.

The course will be held face-to-face at Lady Margaret Hall in Oxford. The first day of the course will be a full day of interactive revision sessions covering core basic science topics and other areas of the exam that candidates typically find more challenging. The second day will be a full day of mock vivas, mirroring the RCoA exam format.

Please see the attached flyer and visit the Oxford Final FRCA Viva Course website for more details:

www.oxfordfinalfrcacourse.co.uk

Registration will open via our website on 3rd April. There are only a limited number of places on the course and demand is always very high, so please register promptly if you would like a place.

Best wishes

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Dr Amisha Burumdayal

Consultant Anaesthetist OUH

Dr Anika Sud

Consultant Anaesthetist OUH

Dr Annie Smith

Consultant Anaesthetist OUH

Dear all

Please can you kindly circulate this email to your doctors.

Please find attached a link to the [New to the NHS Simulation Course](#) taking place on 29 June and 30 June 2023. There are still places left. Book now to avoid disappointment.

Details on how to book on are in the link.

Best wishes

Global Partnerships Team

Global Partnerships

Royal College of Anaesthetists

Churchill House | 35 Red Lion Square

London | WC1R 4SG

Email: global@rcoa.ac.uk

Direct Line: +44 20 7092 1559

Switchboard: +44 20 7092 1500

Web: www.rcoa.ac.uk | Twitter: [@RCoANews](https://twitter.com/RCoANews)

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

Best wishes

Anaesthetics

Healthcare Education Team, London and Kent, Surrey and
Sussex

Health Education 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>

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