

Trainee bulletin

School of Anaesthetics



April 2024



Hello and welcome

In this bulletin, you will find updates on:

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Introduction

Welcome to the April 24' edition of the London School of Anaesthesia bulletin.

Going forward we aim to circulate this bulletin other month to keep all trainees and trainers informed of everything that is happening within the school and with NHS England.

The content of the bulletin will vary from edition to edition depending on what is happening with the school. If you want to include any submissions, please use the following link: <https://forms.office.com/e/pQ5rYxw1GJ>, submissions via email are no longer accepted.

HoS and DoS Updates

London School Anaesthesia

Head of School- Dr Aasifa Tredray
Deputy Head of School – Adrienne Stewart & Carlos Kidei

| London Anaesthesia Specialty Training Committees (STC) | | | | |
|--|--|---|---|--|
| North London Anaesthetic Programme | | | South London Anaesthetic Programme | |
| North West TPDs | North Central TPDs | North East TPDs | South East TPDs | South West TPDs |
| Ruth Bedson(S1) Philip Peel(S2) Amardeep Riyat (S3) | Abigail Whiteman(S1) Kate Sherratt(S2) Trudi Young(S3) | Naomi Hancox(S1) Stephen Hallworth (S2 & S3) | Marina Choudhury(S1) Dev Mahtani (S2 & S3) | Dr Adam Shonfeld (S1) Daniela Mathew(S2) Anna Walton(S3) |
| Regional Advisor - Sian Jagger | Regional Advisor- Sonia Brocklesby | Regional Advisor- Roger Cordery | Regional Advisor- Oliver Rose | Regional Advisor – Rene Sulte |
| Pan London and KSS Advanced Pain Training- London and KSS Pain Training Advisory Group (LKPTAG) | | | | |
| Pain Training Programme Director- Fauzia Hasnle | | | | |
| Faculty of Pain Medicine Regional Advisors- North London: Ashish Shetty, South London and KSS: Sandesha Kothari | | | | |
| Pan London Anaesthetic Educational Delivery TPDs – Gunjeet Dua, Emilie Martinoni Hoogenboom | | | | |
| Pan London Anaesthetic Simulation Leads – Janis Ferns, Ching Pang | | | | |
| Pan London Anaesthetic Academic Training Programme Director – Gudrun Kunst | | | | |
| Pan London Anaesthetic Less Than Full Time Training Advisor and SRTT Champion – Anna Fowler | | | | |
| School Trainee Reps and HEE Education Fellows | | | | |
| Pan London HEE Funded Anaesthesia Associate Training Programme - AA Training Lead – Dan Heaton, AA Ambassador – Frances Marfleet | | | | |
| Anaesthetics Health Education Team | | | | |
| Service Delivery Manager (SDM)- Titalayo Akintoye, Operations Manager (OM) - Jessica Banks-Cromack | | | | |
| ICM and KSS Officer - Deborah Bunce | | | | |
| Email: anaes.ase@hee.nhs.uk (trainer enquiries), PSP link: https://asegmdsupport.hee.nhs.uk/support/home (trainee enquiries) | | | | |
| North London Anaesthetic Programme | | | South London Anaesthetic Programme | |
| North London Officer – Kelvin Carrasco | | | South London and Pain Officer - Claire Bowden | |
| Administrators - Ben Owusu-Ansah (NE & NW), Mubeen Akhtar (NC) | | | South London Administrator - Mohammed Rayhan (Rayhan) | |

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://lasepgmdsupport.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)

REGIONAL TRAINING Days

Training days are all advertised on the website here so please check the website regularly:

<https://london.hee.nhs.uk/specialty-schools/anaesthesia/regional-training-days>

Trainees should attend training days that they feel are appropriate for their level. Virtual events are generally open Pan-London.

You can find the HEE Events Training calendar here:

<https://london.hee.nhs.uk/calendar4>

When searching on the HEE calendar make sure you select the below and check both Pan/ London Region. For Sub Specialty please ensure you select Not Applicable.

| | | |
|--|--|--------------------------------------|
| Specialty Suitable for all specialties ACCS Anaesthetics Clinical Oncology Clinical Radiology Dental General Practice Emergency Medicine | Sub Specialty Suitable for all sub specialties Not Applicable Acute Internal Medicine Allergy Audiological medicine Cardiology Cardio-thoracic surgery Chemical pathology & metabolic medicine | |
| Suitable for Trainees | Region North West London North Central and East London South London Pan-London | Date rang -Month -Month |

Regional Training Days

New platform for Regional Training Day recordings

The HET team have developed a new platform for storing RTD recordings on the NHS Learning Hub. Trainees can access the [NHS Learning Hub](#) using their e-LfH or OpenAthens credentials and then request access to the [London School of Anaesthesia catalogue](#). This is a restricted catalogue for London trainees only so trainees will need to request access for the HET team to approve.

Online RTDs will continue to operate on MS Teams and the recordings will be uploaded to the online catalogue on the NHS Learning Hub within 48 hours.

HET Team

Parent Anaesthetic Trainee Study

For this I am studying the challenges and enablers faced by trainees who are parents, in completing a CCT in Anaesthetics. The aim of this project is to gain a UK

specialty-specific picture of training in Anaesthetics, as a parent. I aim to publish the findings to shed light on challenges faced for trainees in our specialty, and to broaden awareness of areas of supportive practice.

Taking part will involve a short interview by myself, carried out over TEAMS.

For more information please visit the study website: <https://parentanaesthetictrainee.uk/>

Any questions email: x4o44@students.keele.ac.uk or fill in the contact form: <https://forms.gle/xBTSBaF1aYxpb6D8>.

Thank you.

Dr Sarah Stavert, Consultant Anaesthetist, Study organiser.

Email:x4o44@students.keele.ac.uk

Courses

Transfer Medicine MOOC

On April 15th the MOOC in Transfer Medicine will be open for its second run!

The first run last year was successful with almost 3000 participants worldwide, and we have updated and expanded the material for this run hoping to continue that engagement.

It's been endorsed by the RCOA, British Association of Critical Care Nurses, SOBA-UK and College of Paramedics amongst others and supported by FICM.

Free access for 4 weeks from sign up. Upgrade eligible for reimbursement via Study Leave budget.

<https://www.futurelearn.com/courses/transfer-medicine>

e.hoogenboom@nhs.net

Emilie Martinoni Hoogenboom TPD educational delivery

Exam Resource

East London Writers Club - Final FRCA Exam Course

The 9th cycle of The East London Writers Club will be starting on Tuesday 7th May 2024 in preparation for the Final FRCA CRQ exam on Tuesday 12th September 2024.

It will involve receiving 4 CRQs each week, followed by 'model answers' the subsequent week. This process will be repeated until the September 2024 exam.

The 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.

There will be an early bird joining fee of £65 per candidate for those who register at any point before the start date.

Please email ELwritersclub@outlook.com to register your interest.

Very best wishes,

The 'East London Writers' Club' organisers:

Archana Depala ST7 Anaesthetics | London School of Anaesthesia

Ankit Kumar ST8 Anaesthetics/ ICM | London School of Anaesthesia/ ICM

Archana Depala, ST7 Anaesthetics, archana.depala@nhs.net

Research

Parents Anaesthetic Trainee Study

As we are all aware achieving a CCT in Anaesthetics is a long and difficult process, arguably becoming increasingly so. Trainees who are parents experience additional challenges during their training.

I am an Anaesthetics Consultant, based at Walsall Manor Hospital, currently completing my Masters in Clinical Education project at Keele University.

For this I am studying the challenges and enablers faced by trainees who are parents, in completing a CCT in Anaesthetics. The aim of this project is to gain a UK specialty- specific picture of training in Anaesthetics, as a parent. I aim to publish the findings to shed light on challenges faced for trainees in our specialty, and to broaden awareness of areas of supportive practice.

Taking part will involve a short interview by myself, carried out over TEAMS.

For more information please visit the study website: <https://parentanaesthetictrainee.uk/>

I can be contacted via the contact form: <https://forms.gle/xBTSBaF1aYxpb6D8>

or via my Keele University email: x4o44@students.keele.ac.uk

Dr Sarah Stavert - MBBS MRCS FRCA

Jonny Kaberry on behalf of Dr Sarah Stavert - x4o44@students.keele.ac.uk

TPD Update

Stage 1 North Central TPD Drop-in session

From the latest trainee feedback, there was a strong signal that a TPD drop-in session would be useful. Hence, I'm going to trial this on Thursday 18th April 12:30-15:30.

If you are a NC Stage 1 trainee and want to discuss any aspect of your training, please book into a slot using the link below.

Meetings will be virtual on Google Meet and 15 minutes in length.

Look forward to seeing some of you then.

<https://calendar.app.google/zTW3z4HdpDyryMHP9>

Abigail Whiteman. NC Stage 1 TPD. abigail.whiteman1@nhs.net

SW Stage 3 drop in session

I will be running a drop-in session for South West London Stage 3 trainees who want to discuss training issues, placements or SIA plans. It would also be suitable for trainees nearing the end of Stage 2 who have questions about Stage 3. I will be based at St George's anaesthesia department but will also be available to talk on the phone or online if you wish. Please email me to arrange a suitable time.

Anna Walton, Stage 3 TPD, SWL anna.walton7@nhs.net

Stage 3 TPD Update- NW Rotation

Stage 3 Induction/Overview/Q&A Opportunity:

I will be delivering another stage 3 virtual induction on Tuesday 16th April 09:00-11:00 via MS Teams. It will be an updated discussion from my August 2023 presentation, intending to provide an overview of stage 3, including curriculum requirements, allocations, SIAs and HALO/ARCP assessment. This is not mandatory, but since the curriculum continues to pose many questions for both trainees and trainers, it will benefit those in the final few months of stage 2 (post FRCA only please) and already in stage 3. Please email me directly if you would like to attend.

TPD Queries:

In the recent north London STC, some trainees reported they would value regular meetings with their TPD, although it was not clear which stage or region of London this was referring to. As TPDs we do oversee a significantly large number of trainees and we do our best to ensure some contact with our trainees, but given the numbers it is not always feasible/practical to deliver. But I can certainly speak for myself in that I would like to be contacted if there are NW stage 3 issues which you want to discuss. I would also encourage you to speak to your ESs and college tutors in the first instance.

LTFT Circumstances:

Many of you are choosing to work LTFT, which can bring specific queries, both with your training program itself and local/contractual issues (rotas, leave etc). I would encourage you to read the LTFT information on the school website, particularly the notice periods required to begin LTFT or to change your LTFT percentage. The college have recently

published some excellent guidance regarding delivery of LTFT training (see college website). Your local tutors are experienced with supporting LTFT trainees and we also have a LTFT TPD, Dr Anna Fowler, who has been extremely supportive and approachable. For contractual issues at trust level, I would suggest contacting your postgraduate department and/or your guardian of safe working hours for further advice. LTFT SIAs have been topical recently and I urge you to be aware of the SIA guidance on the SIA section of the school website.

Medical Education for Anaesthetists RTD- stage 2 and 3 trainees, 8th May 2024, Northwick Park Hospital:

I'm very pleased that the RTD I had to postpone due to recent strike period has been re-scheduled to Wednesday 8th May, in person event at Northwick Park hospital. A topic I have always been passionate about, mapped to stage 2 and 3 education domains, come and listen to some exciting and inspiring speakers! The day will end with a session on how to teach clinical skills, facilitated by my expert colleagues in regional anaesthesia, which will provide further needling training for the challenging regional anaesthesia domain! Links to sign up are on the RTD section of the school website. Why would you miss out???

Dr Amardeep Riyat, Stage 3 TPD, NW London

amardeepsingh.riyat@nhs.net

HET updates

LTFT

Following the removal of LTFT categories and central comms, you can find all the latest information on LTFT eligibility, when to apply and the form via the PGMDE portal FAQs here:

<https://lasepgmdsupport.hee.nhs.uk/support/solutions/folders/7000009142>

For specific timelines and information of windows you need to apply in, please refer to this FAQ:

<https://lasepgmdsupport.hee.nhs.uk/support/solutions/articles/7000018502-when-can-i-apply-for-ltft-what-is-the-notice-period->

*Please note you can only apply for LTFT, under the below grounds, within the windows for your rotation Month:

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

Please ensure you discuss all applications with your TPD prior to submitting your application form.

Notice period for LTFT: 16weeks for grounds you can apply for throughout the year, and within the rotation windows for the remaining grounds above.

Events

Primary FRCA Viva Pair to Pass Course

Primary FRCA Viva Course: running for the May sitting. For more info ± to sign up (limited availability and deadline end of March) visit the site:

www.anaestheticsforjuniors.com/primary-pair-to-pass

Rana Mallah - r.mallah@nhs.net

DAS webinar 25th March 2024 18:00-19:30: Key Airway Messages from NAP 7

Please join us at the next DAS evening webinar on the 25th March 2024: Key Airway Messages from NAP 7!

It promises to be an informative and interesting evening with confirmed panellists so far including Professor Tim Cook, Dr Fiona Oglesby, Professor Kariem El-Boghdadly and Dr Imran Ahmad!

If you are unable to make the date, the event will be recorded and sent out after the event so please do register to benefit from this. RCoA CPD points have been applied for (pending).

Free to DAS members, non-members can book onto the event for £40 (full membership) or £10 (associate members e.g. ODPs, anaesthetic nurses). This includes DAS membership for a year with free attendance to the next year's upcoming webinars.

Previous webinars have had excellent feedback - don't miss out, sign up now!

You can book onto the event here - <https://bookcpd.com/course/das-webinar-NAP7>

Jonny Kaberry, Lead Trainee Rep, jonathon.kaberry@nhs.net

SETSA Spring meeting - Submissions open for trainee posters/presentations!

We are excited to announce the return of the SETSA Spring Meeting 2024, hosted by Kings College Hospital. This 1 day meeting will be held on Tuesday 23rd April 2024

The Meeting will feature a trainee poster and oral presentation opportunity with prizes available.

The deadline for abstract submissions is Friday March 29th 2024

<http://setsa-online.org.uk/next-meeting>

Charlotte Brathwaite-Shirley c.brathwaiteshirley@nhs.net ST5 Anaesthetics, stage 2 rep

Northwick Park Primary FRCA VIVA/OSCE Course

Date: Wednesday the 17th of April 2024

Location: Northwick Park Hospital

Venue: Education Centre

Course Fee:£150.00

Contact us: lnwh-tr.pgtaf-pf@nhs.net

A one day course for candidates preparing to sit the OSCE and SOE components of the Primary FRCA exam

- 16 Station mock OSCE
- Two full VIVA sessions in format of College exam
- Individual candidate feedback
- Key anatomy revision
- Examination technique and tips
- Intense Exam Preparation!

Booking link -

<https://forms.office.com/pages/responsepage.aspx?id=DQSIkWdsW0yxEjajBLZtrQAAAAA&AAAAAANAAY78pBUMDNYT0s0QkZPTTNUWUQyQjFOQkwwNjk0VC4u&origin=QRCode>

Jonny Kaberry - Lead Trainee Rep, jonathon.kaberry@nhs.net

NCL Primary FRCA SOE Course *FREE*

- 3 weeks of 3 sessions per week starting 16/04/24
- Sessions on Tues/Weds/Thurs

- 7pm start (flexible) for approx. 75 minutes
- 2 weeks covering Pharmacology, Physiology & Physics
- 1 week of clinical scenarios
- Run via MS Teams
- Max 4 candidates per session
- Receive a course guide which includes hints and tips
- £0

Sign up form: <https://forms.gle/3svpC9tpgrjKttKQA>

For more information contact: stuart.clarke8@nhs.net, alice.wilkinson2@nhs.net, g.mond1@nhs.net

PLAN Update

New Trainee Research Opportunity with PLAN – REPACC

New PLAN Project - REPACC

The structural and organisational impacts of perioperative enhanced care services in the UK: a retrospective evaluation of post-operative alternatives to critical care (REPACC)

PLAN is co-ordinating a national service evaluation, the REPACC study endorsed by the Centre of Perioperative Care (CPOC), and we are looking for enthusiastic trainees to help lead the project at a local level.

REPACC is a project investigating the provision and delivery of enhanced care, a model of care that lies somewhere between HDU and normal wards, such as post anaesthetic care units (PACU) or overnight intensive recovery (OIR) units. The hope is to use this data to make enhanced care services more efficient, reduce pressure on critical care beds, and prevent unnecessary surgical cancellations.

At each site, we will need a trainee lead, trainee investigators, and a consultant supervisor. Local teams will complete a survey describing the structure of enhanced care at their organisation. They will also perform a retrospective audit to quantify the rates of on-the-day cancellation, alongside several other measures of organisational efficiency, amongst patients referred for postoperative enhanced and critical care.

All participants will receive the following for their involvement:

Recognition as a collaborative author on all future publications

- A certificate for their professional portfolio that can contribute to both research and quality improvement domains

- Fulfilment of the “yearly audit” training requirement

- A chance to influence future practice in a field that is rapidly evolving in anaesthesia and critical care

If you are interested or would like some more information, please respond to this email or get in touch with the study team directly via repacc.plan@gmail.com.

Further information and study documents are available at <http://www.uk-plan.net/REPACC>

All the best,

PLAN Committee

Website: www.uk-plan.net

Email: plan@uk-plan.net

Twitter: [@periopresearch](https://twitter.com/periopresearch)

Thomas Davies PLAN TRN Chair portlinfo@gmail.com. REPACC project committee repacc.plan@gmail.com

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

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>

School line: 0207 866 3237

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