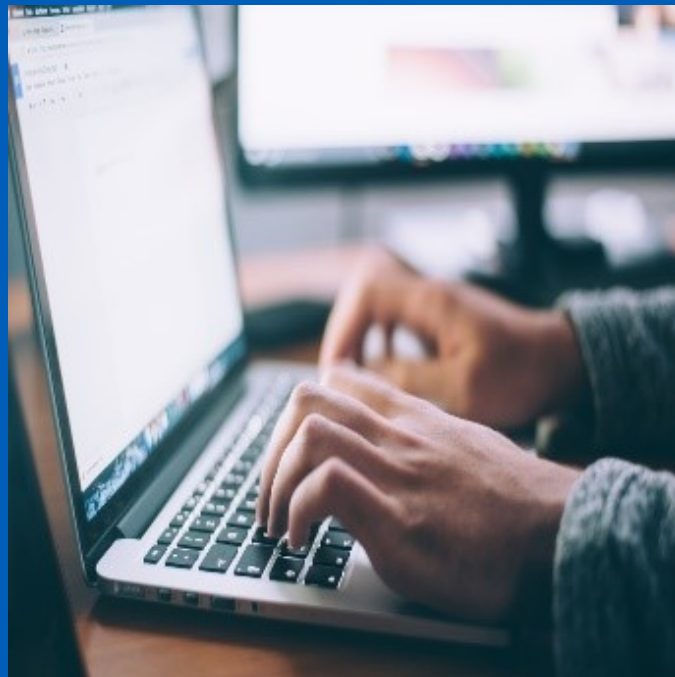


Trainee Bulletin

School of Intensive Care Medicine

April 2024



Hello and welcome

In this bulletin, you will find updates on:

- Head of School update
- HET updates:
 - ARCPs
 - LTFT

- OOPs
- Regional Training Days and Simulation events
- Courses
- Trainee Representative vacancy – apply by Sunday 19 May
- PSU and SRTT Support available to trainees
- Trainee Rep update
- TPD updates:
 - Stage 1 update from Louise Ma
 - Stage 2 update from Russ Hewson
 - Stage 3 update from Viplaw Shuklar

Head of School Update

Dear ICM Trainees and Trainers,

It was wonderful to catch up with so many of you at the LSICM conference, London Intensivists in Training (LIIT) 2024. Thank you to the organisers (Trainee Reps-Alastair, Tig, Jo and Tim, the TPD's and HET) for putting together an exciting and thought-provoking programme, and to all the excellent presenters and panel chairs who so generously gave their time & expertise. Please don't forget to return your feedback – the team uses this to plan the next conference.

Thank you to Alastair White who is stepping down as Trainee Rep this Spring. The school is seeking a replacement; more information on how to apply below.

Welcome Dr Louise Ma, our new LSICM Stage 1 TPD. Lou is an experienced educator who has previous TPD experience, so stage 1 is in very safe hands!

It's exam "season" again; all the best to everyone awaiting the OSCE/SOE results and don't forget to let Russ know how you got on, one way or the other.

Good luck to everyone sitting the FFICM MCQ in June too.

Congratulations: The following doctors have secured an ARCP outcome 6 (gained all the competencies for the programme) so far this year – Many

congratulations!

- Thomas Lindberg
- Jennifer Overend
- James Goddin
- Robert Tidswell
- James Heaton
- Tanjinder Sanghera
- Michael Toolan

With very best wishes
Charlotte

HET updates

ARCPs

The ICM Summer ARCPs will be taking place on **7, 9 and 22 May**. All trainees due to have a Summer ARCP should have received an email with the details of the upcoming dates and requirements for their ARCP.

The exact date for your ARCP has also been confirmed, so the deadline for uploading all evidence to the Lifelong Learning Platform is **1 week before** your given ARCP date.

To avoid an outcome 5, please ensure:

- That your ESSR is completed in plenty of time and signed off by your Faculty Tutor.
- your logbook is linked to your ESSR.

We have synced your ARCPs to the end of stage. You do not need to have an end of stage certificate prior to your ARCP. The certificate will be issued after the ARCP and instructions on who to approach for this will be included within the panel feedback. Please ensure that you check your ARCP outcome form.

If you think you should have an ARCP and have not received an ARCP email, please send us a message via the [PGMDE Support Portal](#).

OOPs

The application window for trainees who wish to apply to go [Out of Programme \(OOP\)](#) from November 2024 will open between 15 - 29 April 2024.

Trainees will be notified of their outcome after 7 May 2024.

[Application details and further guidance](#) can be found on the PGMDE Support Portal.

LTFT

The application window for trainees who wish to apply to work Less Than Full Time from November 2024 will open between 21 June - 5 July 2024.

[Further details regarding LTFT](#) can be found on the PGMDE Support Portal.

Regional Training Days and Simulation Events

Details regarding upcoming RTDs and Simulation training days and registration details are listed on the [ICM London website](#).

It is important that you register your place on each training day, to be able to receive a certificate of attendance and the trainee feedback survey for completion.

New platform for ICM RTD 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 Intensive Care Medicine 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.

Courses

Leadership and management courses

Trainees interested in leadership and management courses are encouraged to explore the [Leadership through Education for Excellence Patient Care \(LEEP\)](#) or [Edward Jenner programme](#) (through NHSE) which is free before they look for discretionary course approval.

Courses available on the NHS England Professional Support Unit

Similarly, the NHS England Professional Support Unit run courses to [Prepare for Consultant applications and interviews](#) that trainees should consider before submitting applications via the discretionary course approval process.

UK Consultants in Transition Course (21 - 22 May, Edinburgh)

A FICM endorsed event in collaboration with the Scottish Intensive Care Society.

This course is designed for senior trainees, CESR candidates and Consultants in their first 2 years following CCT. It explores the challenges and rewards of non-clinical consultant work and aims to equip attendees with the knowledge, skills and attitudes to ease the transition to consultant life.

<https://www.ficm.ac.uk/index.php/events/consultant-in-transition-course>

Communication Skills Webinars run by Frontline Communication

Frontline communication provides a catalogue of communication skills webinars ranging from breaking bad news to managing challenging conversations with colleagues. They are relevant to all health care professionals.

<https://frontline-communication.com/webinars/>

Trainee Representative vacancy – apply by Sunday 19 May

The London School of ICM welcomes applications for those wishing to apply for the role of trainee representative. Further information regarding the role can be found on the [ICM website](#) and candidates can submit their application using the online form [TRAINEE REP ROLE ONLINE FORM](#) by **Sunday 19 May**.

Support for Postgraduate Doctors in Training

A reminder that NHSE has a wide range of support services on offer for Postgraduate Doctors in Training:

- The [Professional Support Unit \(PSU\)](#) is a free service, primarily dedicated to supporting doctors and dentists, and other NHS healthcare professionals, in postgraduate training. The PSU works independently of specialty schools, training programmes or trusts and can offer confidential and impartial support and advice for those who need it.
- [Single Point of Contact \(SPOC\)](#) is a free, confidential, and impartial service. Trainees can sign up for a confidential 45-minute appointment with senior advisors, within the Professional Support Unit, to discuss any difficulties or dilemmas they are currently facing. These confidential appointments can be one-off conversations or, if necessary, can include a follow-up appointment.
- [The Supported Return to Training \(SuppoRTT\)](#) programme aims to support all trainees to safely and confidently return to training after a sustained period of absence.
- You can [access immediate support via the BMA's Wellbeing Support Services](#) which is a free telephone counselling service available 24/7 for any doctor, not just BMA members. Their direct line number is [0330 123 1245](tel:03301231245).
- You will [find a range of organisations, services and websites which can offer help](#) via the Academy of Medical Royal Colleges webpages.
- [Support and help are also available via the Samaritans.](#)

Trainee Rep Updates

London Intensivists in Training (LIIT) Conference

Firstly, thank you to everyone who attended and contributed to the Conference last month. It was great to see so many people there and it was a really enjoyable day. Special thanks to the StR's Paddy Collins, Laura Douglas-Beveridge and Rich Carden for organising and chairing such excellent sessions. Thanks to Nish (academic TPD) and Tim (academic StR rep) for facilitating an entertaining (and educational!) Pro-Con debate. Also thanks to the Healthcare Education Team (HET), our Head of school, and our TPD's

(especially Dave Melia) for the support in the organisation and execution on the day.

Congratulations to Muska Miller who won the Angela McLuckie prize for best StR presentation. Thanks to Ahmed Al-Hindawi and Mohammad Bilal Habib and all the other speakers who kindly gave their time and effort for our benefit.

If you feel there is a theme relating to ICM that you are passionate about or you don't think gets addressed enough during our training then please think about organising it as a session for the conference next year.

Regional Training Days

Due to poor in-person attendance at regional training days (when there has been the option), we will be surveying you all on the best format moving forwards. Please look out for our email.

A recent survey showed that >80% of the StR's that responded are unable to access the RTD recordings. The HET have consequently set up a new platform for this which you will hear about separately.

National training updates

Following concerns raised by a national ICM StR survey there has been a best practice statement from FICM relating to managing Intensivists in Training which along with the survey report and other responses can be found [on the FICM website](#). This includes a new FAQ page and National Reporting System for raising issues or concerns with training.

TPD Updates

Stage 1 update

Louise Ma, Training Programme Director

Stage 1 rotations

You all should have had your full Stage 1 ICM rotations (Anaes, Medicine ICM) allocated. Any previous experience (CESR-CP) would have counted and

considered when your rotations were allocated. This however, will only be officially reviewed and recognised at your 1st ICM ARCP.

We try to be flexible and accommodating to requests and change in circumstances before then, but it is very difficult to flex up and down your specialty rotations throughout the year; and we need to bear in mind the impact on the rest of the ICM trainees' rotations and new recruits.

Out of Programme (OOP)

All details regarding applying to go Out of Programme are listed on the [PGMDE Support Portal](#) including the [form and application windows](#). Trainees are eligible to apply for an OOP after successful completion of stage 1 ICM training. Exceptional circumstances will be considered on a case-by-case basis.

FFICM MCQ exam applications

There have been a number of questions regarding exam eligibility for Stage 1. Please refer to the [FICM exam eligibility and exceptions](#) for further information.

The [LSICM website](#) also has a wealth of information regarding the training programme, but do contact me if you have any queries. My life has got in the way of my training programme at times, so I can understand how it can be really difficult to get through rotations. It's going to be a busy few months with allocation of posts to new recruits and ARCPs coming, but I'm happy to be contacted to talk/meet when needed.

Stage 2 update

Russ Hewson, Training Programme Directors

Would like to echo other comments about the conference which was excellent and was great to be able to catch up with some of your in person.

Dual training recruitment

I wish those trainees applying for dual training for August success with their applications. Do let me know if you are successful so we can work out your timeline going forward with input from the TPDs in the other speciality. For those wishing to apply in the future, get in touch so I can assist you with any queries.

SSYs and timelines going forward

Once the August recruitment comes through in late April, I'll be in touch to complete the timelines for those that joined in 2023. If you are planning to be standalone and haven't got an SSY organised then please have a look at [the handbook](#) and have a think about your top three (at least) choices in advance.

Stage 3 update

Viplaw Shukla, Training Programme Director

Mind the Gap project – access to communication courses for Stage 3 trainees

Following a recent audit conducted by Kat Elliott, our previous Education and SIM fellow which focussed on identifying training gaps in stage 3, the School is exploring a communication course offering for stage 3 trainees. We anticipate running a pilot course later in the year. In the interim trainees can access to online communication courses through the [Frontline communication](#) website and the course fees will be reimbursed through the study leave budget process.

Information on shortening training time:

A small number of trainees have enquired about accelerating their stage 3 training by 3 months. Discussions with FICM have indicated this may be supported for exceptional high performing trainees only (eg where there is no further learning that could be obtained). It is important to recognise that whilst the curriculum is capability based it is the bare minimum expected and training is a limited one-time event. Confidence (from adequate experience) is as important as capability when preparing for a lifelong career in ICM. Any acceleration of training therefore requires careful consideration and discussion with your local trainers & TPD. (For dual trainees any advancement of CCT date will also need to be supported by your dual specialty programme and permissible by that curriculum; please be aware that some speciality curricula do not allow the advancement of stage 3 ICM so you will need to check with your partner specialty TPD/RA.) Discussions must start early with me prior to penultimate ARCP.

Acting Up:

You will have seen in the last school bulletin that “Acting up” provides trainees

with the experience of navigating the transition from junior doctor to consultant, whilst maintaining the supervision associated with being a trainee. Trainees who are within one year of their anticipated completion of training date are eligible to 'Act Up' as consultants. LSICM is very keen to support acting up opportunities. Please take a look at the formal process and be aware of the requirements and application timelines.

<https://lasepgmdesupport.hee.nhs.uk/support/solutions/folders/7000009240>

Best wishes

ICM

Healthcare Education Team, London and Kent, Surrey and Sussex

London Website: <https://london.hee.nhs.uk/>

PGMDE support portal: <https://lasepgmdesupport.hee.nhs.uk/support/home>



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