

# Trainee bulletin

School of Anaesthetics

February 2024



## Hello and welcome

In this bulletin, you will find updates on:

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## Introduction

Welcome to the February 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

Dear colleagues

I hope you all had a lovely festive period and those who were not on call managed to have some quality time with family and or loved ones.

A warm welcome to any new trainees who have just joined us. I hope you are settling in smoothly.

We have just completed the January ARCPs and are delighted to report that the outcome 5 rate has significantly reduced to a school rate of just 10%. A huge thanks to those trainees who ensured all their documents present and correct, well done. We will send reminders in the April bulletin for those who have summer ARCPs. Hopefully we can maintain this rate.

Congratulations to those trainees who were awarded an outcome 6. Although you will no longer be in a training role, you will always be part of the London School of Anaesthesia. Please do keep in contact and do consider joining us in an educational role.

Good luck to those sitting the primary MCQ and final written exams shortly.

Please make sure you highlight any challenges you may be having. You can contact any of the education faculty - ES, CT, TPD.... We know some aspects of the training journey can be difficult at times for many of us. Please do reach out early for support.

Kind regards

**Carlos Kidel, DHoS**

<b>London School Anaesthesia</b> Head of School- Dr Aasifa Tredray Deputy Head of School – Adrienne Stewart & Carlos Kidel				
<b>London Anaesthesia Specialty Training Committees (STC)</b>				
<b>North London Anaesthetic Programme</b>			<b>South London Anaesthetic Programme</b>	
<b>North West TPDs</b>	<b>North Central TPDs</b>	<b>North East TPDs</b>	<b>South East TPDs</b>	<b>South West TPDs</b>
Ruth Bedson(S1) Philip Peel(S2) Amardeep Riyat (S3)	Abigail Whiteman(S1) Kate Sherratt(S2) Trudi Young(S3)	Naomi Hancock(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 Suite
Pan London and KSS Advanced Pain Training- London and KSS Pain Training Advisory Group (LKPTAG) Pain Training Programme Director- Fauzia Hasnie 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 Peng 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				
<b>Anaesthetics Health Education Team</b> Service Delivery Manager (SDM)- Titalayo Akintoye, Operations Manager (OM) - Jessica Banks-Cromack ICM and KSS Officer - Deborah Bunce Email: <a href="mailto:anaesbase@hee.nhs.uk">anaesbase@hee.nhs.uk</a> (trainer enquiries), <a href="https://anaesbase.support@hee.nhs.uk/support/home">PSP link: https://anaesbase.support@hee.nhs.uk/support/home</a> (trainee enquiries)				
<b>North London Anaesthetic Programme</b> North London Officer – Kelvin Carrasco Administrators - Ben Owusu-Ansah (NE & NW), Mubeen Akhtar (NC)			<b>South London Anaesthetic Programme</b> South London and Pain Officer - Claire Bowden 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.

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

## Regional Training Days

We would like to welcome all new trainees to the School of Anaesthesia! We organise a wide educational programme, covering aspects of the curriculum.

You can find more information and links to register to the RTDs and to other courses such as exam courses, on the following link on the London School of Anaesthesia website: <https://london.hee.nhs.uk/specialty-schools/anaesthesia/regional-training-days>

For any queries related to RTDs please contact

Dr Emilie Martinoni Hoogenboom and Dr Gunjeet Dua.

Dear Trainees,

Please note that the details of the RTDs relevant for your region and stage of training are available on the school website. This include date, booking link, programmes as soon as those are made available by the organisers.

Emails will not necessarily be sent out - please check the information on the website on a regular basis.

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

**Emilie Martinoni Hoogenboom, TPD for educational delivery**

## Trainee rep updates

### **Trainee Conference - 8th March 2024**

Hello all,

We are very pleased to announce that you can now sign up to the London School of Anaesthesia Trainee Conference on Friday 8th March. This is a free, catered event which is open to all London trainees of all grades. There will be talks on regional, obstetrics, trauma, consultant interviews, and much more.

Click on the link below to book your place (insert link below) and don't forget to book your study leave.

<https://lasepgmdeevents.hee.nhs.uk/events/specialty-conferences/18b759eb-b697-40f0-86c5-8780b3e26aaf>

Best wishes,

**Jonny & Rana**

**Jonny Kaberry, North London Lead Rep, [jonathon.kaberry@nhs.net](mailto:jonathon.kaberry@nhs.net)**

### **ARCP, TPD and ES Survey**

We are doing some work at LSA looking at TPDs, ARCPs and ES. We would be very grateful if you could fill in the quick survey below to help guide potential changes that will hopefully improve things for anaesthetic trainees in London.

Thank you for your engagement.

Jonny & Rana

The link to the survey is <https://forms.gle/omxVcoB7xyhnm879A>

**Jonny Kaberry, North London Lead Trainee Rep, [jonathon.kaberry@nhs.net](mailto:jonathon.kaberry@nhs.net)**

## TPD Update

### **NW London Rotation Stage 3 TPD Update**

Over the first year of my TPD role, I've had the privilege in overseeing a number of trainees gain their CCT. I've listed below those NW trainees who completed their program from summer 2023 onwards. I would like to wholeheartedly congratulate all of you for completing your training:

From summer 2023:

Dr Aditya Pal

Dr Asantha Jayaweera

Dr Christina Georgiou

Dr Daniel Leslie

Dr Eleanor Ford

Dr Haren Jothiraj

Dr Hirenkumar Tailor

Dr James Selby

Dr Jose Viera

Dr Kush Amin

Dr Leda Lignos

Dr Matthew Samuel

Dr Richard Wand

Dr Zainab Aboud

Dr Abtin Sadeghi

Dr Natalie Silvey

Dr Icel Souleimanova

2024:

Dr Kylie Edwards

Dr Sonia Abid



Dr Saaman Neriman

Dr James Parry

Dr Gurleen Kooner

Dr Angus Royal

Wishing you the best for the next phase of your careers (and thrilled to have some of you as my colleagues!).

Queries Relating to HALOs:

I've had number of queries recently from trainees and trainers regarding HALOs. The college set the standards for this- please ensure you are familiar with the HALO assessment guidance on their website:

<https://rcoa.ac.uk/documents/2021-curriculum-assessment-guidance/holistic-assessment-learning-outcomes-halos>

Common themes of these queries were either the timing of HALO completion or the content of evidence required. For the timing, the college response is copy-and-pasted below. For the GA and Peri Op HALOs, I suggest closing these mid-ST7, accepting there will be a peak of HALO activity for both trainees and trainers:

'More succinct domains such as Pain, Procedural Sedation and even Regional Anaesthesia may be completed ahead of the end of the stage of training. However, General Anaesthesia and Perioperative Medicine and Health Promotion are likely to be completed nearer to the end of the stage of training'

Regarding the evidence required for HALO completion, the college have provided the following statement on the same website:

'How do you determine appropriate clinical exposure/logbook contents for HALO sign off? Will there be standardisation nationally or across schools?'

There is guidance on the experience required in the Assessment Guidance. Schools can adapt this HALO guidance according to local circumstances but the anaesthetist in training will still need to meet the key capabilities at the supervision level advised.'

I think this paragraph is important when assessing the evidence in each HALO, again taken from the college website:

'Towards the end of the stage of training if the anaesthetist in training does not have an SLE which demonstrates the required supervision level, the HALO can still be completed if the assessment faculty agree that the trainee is performing safely at the required level. This should be supported by the Multiple Trainer Report feedback.

'A HALO cannot be approved if there is no evidence linked to a cluster or individual key capability. All clusters or individual key capabilities should have some form of evidence linked.'

<https://rcoa.ac.uk/documents/2021-curriculum-assessment-guidance/holistic-assessment-learning-outcomes-halos>

Amardeep Singh Riyat

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

### **Invitation: participate in research project into predictive models in perioperative practice**

Predictive models and clinical scores are widely used throughout healthcare, including for patients awaiting or undergoing surgery. From NELA to NEWS2 and SORT to SOFA, these models/scores have varying degrees of influence over the treatment patients are offered.

But which models/scores are used most frequently, and in what context? A team of researchers in the West Midlands need your help to find out.

To take part, please visit the project website:

<https://www.periopprediction.co.uk/survey>

**Joseph Alderman, clinical research fellow, [j.e.alderman@bham.ac.uk](mailto:j.e.alderman@bham.ac.uk)**

### **Introduction to Regional Anaesthesia - Plan A blocks for Stage 1 & 2 Trainees**

Dear Stage 1 & 2 Trainees,

Don't miss this great opportunity to improve your Regional Anaesthesia skills by joining us at University College Hospital:

- small group hands-on practice course
- scanning on live models
- one Consultant and one Regional Anaesthesia fellow to teach you in each station
- state of the art US machines and RA teaching gadgets thanks to our generous sponsors
- RA-UK approved course
- fully reimbursable as per December 2023 HEE Study Leave list (code ANAES0043)

LIMITED SPACES: already >50% booked!

Follow the link to book (or copy and paste in your browser <https://qrs.ly/i9fh17g>)

**Mattia Baldini (Anaesthetics ST7, London School of Anaesthesia),  
[mattia.baldini@nhs.net](mailto:mattia.baldini@nhs.net)**

## Massive Open Online Courses

Two new massive open online courses have been launched by the team at UCLH/UCL. All the learning materials are available for free.

### Opioids and Surgery

Opioids play an important role in facilitating recovery and return to function after surgery, however they are not without their risks. To develop healthcare professionals' skills in competent opioid management, a new, freely accessible, online course on safer opioid prescribing and perioperative opioid stewardship has launched. Designed for a global and multidisciplinary audience, Opioids and Surgery will run over three weeks with 3-4 hours of learning per week. You'll learn via a mixture of peer-reviewed articles, video interviews with clinicians and experts, patient stories, interactive case discussions and quizzes.

### How to Drive Sustainable Healthcare: Educate, Engage, and Empower

Discover the importance of sustainability in healthcare. It is a three-week course that has been created to not only educate, but more importantly to engage and empower all health professionals from across the globe to take action and enact change within their healthcare setting. It is open access and free and will run for 3 week cycles every few months throughout the year. It has been developed with all health professionals, globally. Though healthcare systems play a vital role in society, they also have a considerable environmental impact. As we face the climate crisis, we must identify ways to reduce this impact. On this three-week course, you'll discover how healthcare systems negatively affect the environment and what you can do in your healthcare setting to mitigate this. With this understanding, you'll gain skills to promote sustainability and improve the health of your patients and the planet.

Please check the links below:

<https://www.futurelearn.com/courses/opioids-and-surgery>

<https://www.futurelearn.com/courses/how-to-drive-sustainable-healthcare>

**Emilie Martinoni Hoogenboom - TPD e.hoogenboom@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

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