



Hello and welcome

In this bulletin, you will find updates on:

- HoS/TPD updates
- School Resources
- TPD Update
- Trainee rep updates
- HET updates:
 - ARCPs
 - LTFT
 - OOPs
- Research Project Update
- Events

Introduction

Welcome to the June edition of the London School of Anaesthesia bulletin. Going forward we aim to circulate this bulletin on the 1st Wednesday of every

month to keep all trainees and trainers informed of everything that is happening within the school and within HEE.

The content of the bulletin will vary from edition to edition depending upon what is happening within the school.

If you want to include any submissions, please email them to the HET Anaesthetic team 1 week before the publication date. A copy of each Bulletin will be uploaded to the London School of Anaesthesia website under a new tab titled 'trainee bulletin'.

HoS/TPD updates

Good luck to all trainees sitting the SOE part of Final FRCA this month and good luck to all trainees who will be receiving the results of their Primary exams. Please let us know how you got on and if you need any further support or advice following the results.

Thank you to everyone who completed their ARCPs in May. Overall, 80% of our trainees received a good outcome (O1, O2, O8 or O6) which is excellent. Very few trainees were unaware of when their ARCP date was, which is good news. Panel members noticed how well you presented your evidence, all the amazing work you have been doing and I was pleased to see so many positive comments noted by the panel on your outcome forms.

Our outcome 5 rate on average for the whole school, remained at around the 20%-mark Common reasons were:

MSFs- not ready, missing, or less than 12 responders.

MTRs- not ready, missing, or no clear comments on MTR about IACOA

ESSRs- start dates incorrect, missing comments from ES, with a lot of missing CT comments too.

FORM R- less of an issue this time which is good. We had a few not reflecting TOOT accurately, with common mistake being not including OOP time which has not been recognised for training.

These are all things which can be easily improved so please take a note of them for next time. If you are due an ARCP in July, please double check your evidence and correct any of the above now so we don't have to issue you with an outcome 5 on the day.

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

REGIONAL TRAINING

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

<https://london.hee.nhs.uk/specialty-schools/anaesthesia-and-intensive-care-medicine/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.

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 range

-Month

-Month

TPD Updates

Dear NW stage 3 trainees,

I'm pleased to announce Dr Urvi Sanganee was awarded an outcome 6 in the May ARCPs- congratulations Urvi and wishing you the best for the next stage in your career.

Thank you to all trainees who prepared LLPs for the May panels - overall I was very impressed with the quality of evidence and high levels of achievement within them.

Dr Amardeep Riyat
Training Program Director (NW Stage 3)

Trainee rep updates

Trainee Rep Vacancies from August 2023

With current reps due to finish stages of training, the following trainee rep roles are available from August 2023:

South West - Stage 1 ACCS, Stage 2

South East - Stage 1 Core, Stage 3

North West - Stage 2

These roles offer fantastic opportunities to advocate for your fellow trainees, take an active role in the school and contribute 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 Isatraineereps@gmail.com by **Friday 30th June**. If there is more than one application for each role, a vote will be held amongst the relevant trainee cohort in July.

HET updates

ARCP

Please see below for remaining anaesthetics ARCP Dates

North Central	18/07/2023	
North East	14/06/2023	26/07/2023
North West	14/07/2023	
South East	17/07/2023	
South West	19/07/2023	

All trainees will receive an email invite as follows:

Dear Trainee

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://lasepgmdsupport.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://lasepgmdsupport.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.

Please regularly review the information about ARCPs on the School website

<https://london.hee.nhs.uk/specialty-schools/anaesthesia/anaesthesia-arcps/>

There is also a wealth of useful information located in the RCOA Training Hub, ACCS & FICM websites.

<https://www.rcoa.ac.uk/training-careers/training-hub>

<https://www.accs.ac.uk/>

<https://www.ficm.ac.uk/training-examinations>

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://lasepgmdesupport.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://lasepgmdesupport.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.

OOPs

We note that following the central rollout of OOP windows, this has caused some confusion with the existing Anaes windows.

Please refer to the Anaes webpage on the London HEE website for Anaes specific windows, notice periods and further information here:

<https://london.hee.nhs.uk/specialty-schools/anaesthesia> (under the 'OOP- Out of Programme' tab)

For further information on the OOP application form and guidance, please refer to: <https://lasepgmdesupport.hee.nhs.uk/support/solutions/7000038225>

***Please note that 2024 windows should fall back in line with the 6months notice as per the Anaes current windows, but for the remainder of 2023 refer to the Anaes specific webpage for the Anaes specific windows.**

Research Project Updates

PLAN UPDATE

Thank you very much for everyone working hard on our current project, NO MORE GAS. We have some exciting upcoming opportunities with PLAN, the trainee research network.

PLAN ASM - Call for project submissions!

Could you run the next AeroComp, DREAMY, or NO MORE GAS?

We are inviting trainees across London to submit proposals for the next PLAN project. Utilise the power of our large, multi-centre, trainee-led research network to realise the potential of your audit, QI and research ideas! Details about our projects and selection process can be found on our website: <http://www.uk-plan.net/PlanASM2023>

Committee Positions - Open for Application

We are currently recruiting for motivated and organised anaesthesia trainees to join us on the committee as new Regional Representatives for the following areas:

- North Central (1 committee vacancy)
- North West (2 committee vacancies)
- South West (1 committee vacancy)
- South East (2 committee vacancies)

The role involves contributing to project selection and development, and assisting with the running of the network. Previous research experience is not essential, but enthusiasm is!

If you are interested, please see details on selection criteria and how to apply at <http://www.uk-plan.net/article.php?article=140>. Deadline for applications is 30th June 2023.

Anaesthetic provision of emergency airway management on general wards Survey

Please take a moment to complete this very short survey on your experience of emergency airway management during cardiac arrests at your hospital.

There are fewer than 10 questions all of which are multiple choice. Kindly click on the link below to complete the survey.

<https://docs.google.com/forms/d/e/1FAIpQLSej2WVMGLCofGWsK82ybQXLJfK9xqvMuRwl8osjMkjc7CY7ig/viewform>

Thank you for your time,

David and Rebekah
(Core trainees, Queen's Hospital)

Events

ANAESTHESIA AND THE LAW

It is a whole day event covering all legal aspects of Anaesthetic practice. It will be held at the Royal Armouries in Leeds and will cover many aspects of the hard-to-reach aspects of the new RCOA 2021 curriculum.

The link to buy tickets is <https://buytickets.at/yorkshireanaesthesiaevents/894589>

Association of Anaesthetists Trainee Conference 2023

Trainee Conference 2023

6-7 July 2023, Hilton Leeds City, Leeds

Book your study leave and join us this summer in Leeds for Trainee Conference 2023, the UK's leading conference for anaesthetists in training, foundation doctors, medical students and first year consultant anaesthetists.



Let's learn, network and socialise together!

Trainee Conference offers practical workshops and session topics on obstetrics, paediatrics, extreme physiology, assisted dying, and more. Keynote from Dr Daniele Bryden, Sheffield and Dean, Faculty of Intensive Care Medicine. Plus, a free fun social event as part of your ticket price!

Discounts for Association members, including early booking savings.



Association
of Anaesthetists
Trainees

Book now! ➔

anaesthetists.org/TraineeConference



Guys Airway Management Course (GAMC)

22nd and 23rd June 2023

New Hunt House, KCL Campus, Guys Hospital

Places are still available to attend the world renowned GAMC course this year!

Now in its 17th year, Guys Advanced Airway Management Course promises to be a complete guide to Airway Management delivered by International Experts.

This is a two-day course with Day 1 consisting of Lectures and Expert sessions and Day 2 focusing on Advanced Airway workshops.

Places are still available to attend Day 1 in person (£150) or virtually (£100)

Places for Day 2 workshops are full, but it is possible join the waiting list as more places may be released.

Please find the link below.

Advanced Airway Management Course - Guy's Hospital - Home (guysamc.co.uk)



N.A.T

Neonatal Airway Training Course

Course Date: 20th June 2023

Location: Great Ormond Street Hospital Clinical Simulation Centre.

Cost: £200 for internal and external candidates

How to sign up: <https://courses.gosh.org/event/NATJun23>

Please email simulation@gosh.nhs.uk for support if you have issues signing up.



Do you have to manage a neonatal airway?



Do you want more confidence with difficult neonatal airways and tracheostomies?

Enthusiastic & experienced faculty of paediatric anaesthetists, neonatologists and tracheostomy team.

Basic & advanced airway skills
Small group approach

All levels of paediatricians/anaesthetists welcome; from feedback, course ideal for paediatricians ST4-7 and anaesthetists ST3-5

6 CPD points



"RCPCH has approved this activity for CPD in accordance with the current RCPCH CPD Guidelines."

Neonatal airway course advertisement

London Trainee Conference 2023

The London Trainee Network is pleased to announce its 2023 conference 'Futureproofing Your Career in Healthcare'

Speakers to be announced soon

28 July 2023

Hallam Conference Centre

Free admission, with food and refreshments available throughout the day!

Poster and oral presentation submissions are welcomed now. Please submit an abstract of 250 words by 1 July to londontraineenetwork@gmail.com

Eventbrite link with further info below

<https://www.eventbrite.co.uk/e/london-trainees-conference-2023-future-proofing-your-career-in-healthcare-registration-629911541377>

Fellowship Opportunity

Fellowship opportunity at Moorfields Eye Hospital Moorfields is a single specialty Ophthalmic Centre, with educational opportunities including: Day case surgery, Paediatrics, TIVA, Sedation and ophthalmic anaesthesia. We are a supportive and nurturing department and consistently have excellent feedback from trainees. On-calls are limited to day time hours. 3 years minimum anaesthetic experience required. If you want to know more, please contact Mariepi Manolis Cylwik (College Tutor): mariepi.manoliscylwik@nhs.net

Stress and examinations workshop

Date: Wednesday 28th June 2-5pm

Location: Riverside Medical Centre, Hobart House, 18 Wandsworth Road, London SW8 2JB – (nearest tube/train: Vauxhall)

This face-to-face session will be facilitated by an experienced CBT practitioner and provides techniques for dealing with anxiety and stress in the lead up to and during exams.

The session will help trainees identify how exam anxiety is triggered, and attendees are guided to develop own formulation, exploring how current thinking and behaviour are worsening their anxiety. The trainee is guided to change unhelpful thinking and develop new, more helpful thinking and behavioural response.

Trainees will begin by voicing personal experiences in failing exams or the motives for joining the workshop; the course is designed to respond to individual concerns, providing techniques to manage them. After brainstorming about anxiety as a whole, specific anxieties experienced in examinations or around them are explored in depth. Cognitive behavioural therapy formulation is used to address anxiety in a real-life exam situation.

Places are limited and are reserved for postgraduate doctors and dentists who hold a London or KSS training number.

To book your place: <https://lasepgmdevents.hee.nhs.uk/events/psu/2e6ce509-0b4e-468d-bc35-eb66342fb28c>

Any queries to psu.lase@hee.nhs.uk

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 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



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