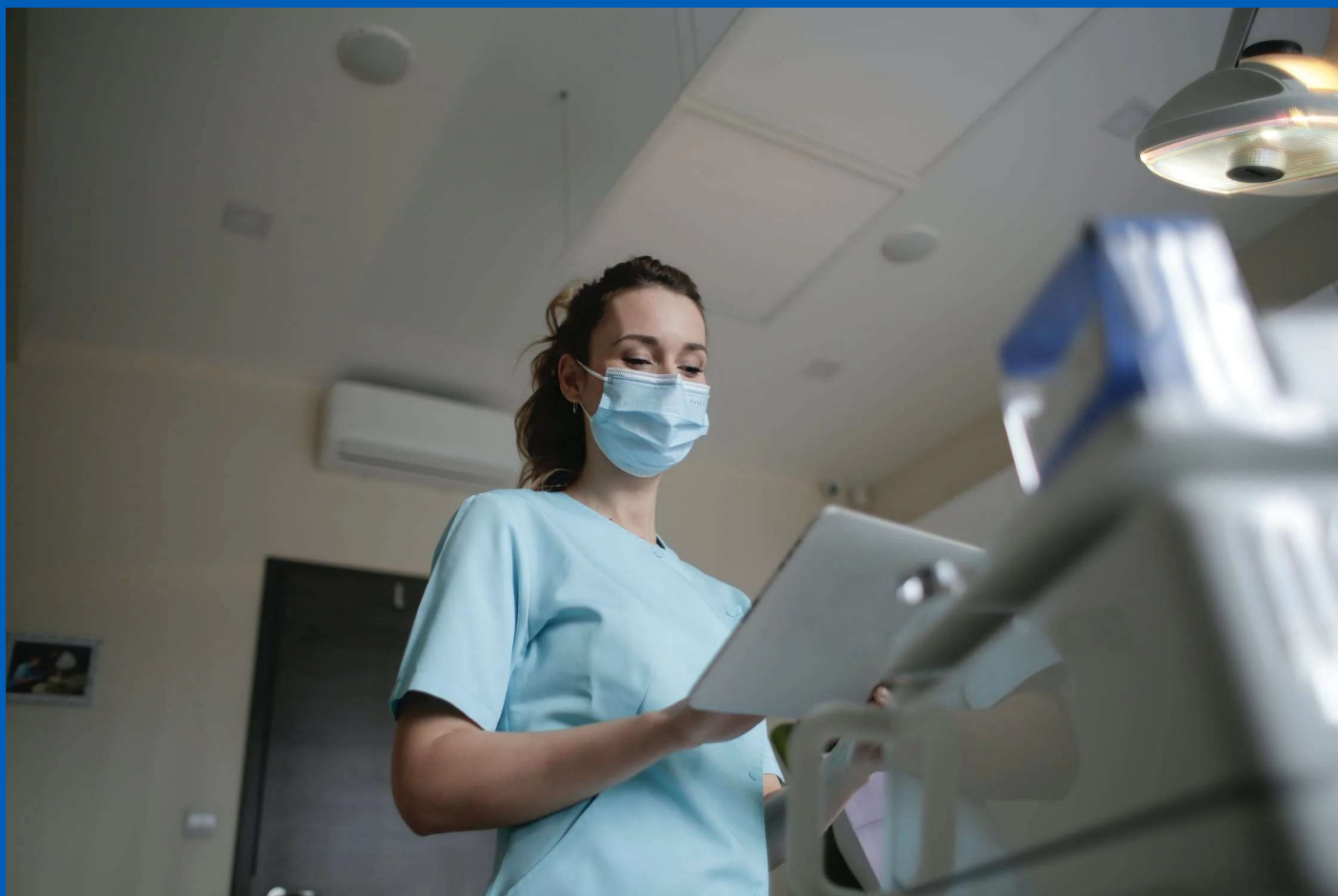




Health Education England



Trainee Bulletin

London School of Intensive Care Medicine Bulletin

December 2022

Hello & Welcome

Introduction from the Head of School

Dear ICM Trainees, Trainers and Colleagues,

Welcome to the inaugural issue of the London School of ICM bulletin. The bulletin will be circulated to all London ICM Trainees, Faculty Tutors and Regional advisers on a quarterly basis to keep you up to speed with the goings on in the school. I hope you will find them useful.

It is an exciting time for ICM training in London with the recent establishment of our ICM Specialty School as well as the FICM announcement to scope an independent college for intensive care medicine. I am thrilled to take on the role of Head of School at this time and the ICM TPD's, Trainee Reps, HET team and I have been working hard to establish the school structure and develop a number of projects aimed at enhancing the trainee experience in London. Please read on for more information including TPD announcements with a "who's who", training developments & updates and key dates for your diary (not least the 2023 Trainee conference). We also have a new School of ICM webpage under development which we anticipate will act as a central point for training related information in the region including key contact details. Each bulletin will be added to the specialty bulletin section of the ICM webpage please let your ICM training networks know

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

I hope you will find this helpful.

With very best wishes,

Charlotte Anderson
Head of School
London School of ICM

TPD Announcements

[Stage 1 ICM TPD](#)

Hi all, I am Dr Jenny Townsend, Consultant in ICM, Anaesthesia and Major Trauma at Kings College Hospital & your new Stage 1 TPD. I will be in touch with all stage 1 trainees soon to check we are on track. In the meantime, please email me at jenny.townsend@hee.nhs.uk if I can help.

[Stage 2 & Lead ICM TPD](#)

I'm Russ Hewson, the stage 2 ICM TPD. I'm a Consultant Intensivist and Anaesthetist at the Royal London Hospital and have been TPD for just over a year having previously been a long serving Faculty Tutor. As well as overseeing subspecialty and SSY modules I also tend to be most involved with dual training (as it generally throws up more queries in stage 2 than the other

stages) and OOPs as they are predominantly undertaken in stage 2 time. We have lots of trainees moving into stage 2 from August 2023 and I'll be emailing with your provisional placements before Christmas; it's tight from a post perspective so it has taken longer than usual to ensure that everyone gets their specialty training covered and a Special Skills Year (SSY) choice that supports their career plans. For those of you who dual train please be aware that your SSY is your partner specialty training and for those that dual with anaesthesia your stage 2 training is organised by your anaesthetic TPD and delivered from your anaesthetic training programme (with my support).

I have also recently taken on the lead TPD role, so if you have any queries regarding ICM training that cannot be answered by the HEE Operations Team through the support portal and do not neatly fit into a specific stage of training please get in touch.

My email address is russell.hewson@hee.nhs.uk and I try to put an out-of-office on for busy clinical periods and leave so you get a good feeling for how quickly I'll be responding.

Stage 3 ICM TPD

This is an exciting time for us, having our own school (London School of ICM) within the umbrella of Health Education England. I am your stage 3 Training Program Director, and my responsibility is to look after your training needs during the last year of ICM training. I work as consultant intensivist at Epsom and St Helier Hospital NHS Trust. I have been actively involved in ICM training and have had the opportunity to work as a college tutor and regional adviser (interim) in past.

I fully understand the importance of stage 3 placements, as this is the year where you are preparing to step up from a trainee to future consultant. Every year between August and September I shall be asking for stage 3 placement preferences (with ranking) from all the trainees who are transitioning to stage 2. I suggest you should rank units bearing in mind your commute needs and possible consultant post ambitions. I will aim to complete allocations by the end of the year.

It's important to be aware that the purpose of stage 3 training is to consolidate competencies, develop high level management and leadership skills, and become progressively more autonomous in readiness for consultant practice. The stage 3 curriculum is not designed to deliver subspecialty training, so placements will be in general ICU's (although some may have subspecialist patients in their normal general case-mix). If you are interested in planning a

subspecialty career, options would include undertaking the relevant Special Skills Year in stage 2 ICM (single specialty ICM training curriculum) or you could organise an out of programme (OOP)/or post CCT fellowship in your chosen area of expertise. Obviously, I shall be engaging with you all to look after your needs on a case-by-case basis.

I appreciate the value of engagement with trainees either face-to-face or virtual. Please feel free to drop me an email with any queries or concerns on my HEE email ID which is viplaw.shukla@hee.nhs.uk or find a suitable time and date by using the following MS Team booking link and we will have a chat!!

<https://outlook.office365.com/owa/calendar/LondonICMTraining@hee.nhs.uk/bookings/>

I finish my message by welcoming you to the London ICM Training Program and wish you all a very successful career!

Viplaw Shukla

Stage 3 ICM Training Programme Director

Trainee Rep updates

Firstly, thanks to the previous London ICM trainee representatives, Zoe, Charlie and Maryam. You have supported the trainees through the most challenging few years our specialty has ever experienced, and we have big shoes to fill!

We're lucky to have started our new roles at a point of optimism for the specialty. The establishment of the London school of ICM, along with the faculty beginning the process of developing an independent UK college of Intensive Care Medicine, make this a very exciting time to be an ICM trainee.

With this in mind, we are thrilled to be organising the first London ICM school conference 'for the trainees, by the trainees'. We have a wide range of sessions being organised and chaired by trainees with a special interest in the topics voted most popular by the school. Further announcements can be expected soon but please start looking to book study leave for **March 2nd 2023**, for the first face-to-face event for London ICM trainees in years. Please

see below in the events section for more details about the London ICM Conference

We look forward to seeing you there,

Alastair, Jo and Tig

Alastair White

Jo-Anne Strul

Sittiga Hassan Reshat

HET updates

School Webpage:

We have been working hard on a School webpage which will help signpost you towards useful information for ICM Training in London (including key contacts). Please [click here](#)

ARCPs

ARCPs this year have been challenging whilst we all become more familiar with the new electronic portfolio, LLP. You will be pleased to know there are improvements in the works, which should improve the visibility of your portfolio to ARCP panels in London and hopefully reduce the number of outcome 5's (over 60% of trainees had missing/not visible evidence on some panels!). Nevertheless, please be aware of the following points which will help streamline the process further:

The Educational Supervisor Structured Report is a key document and must cover the date range from the last ARCP. All evidence (including form R) needs to be linked before it is "signed off" in order to be visible. For that reason, it should be done as the very last thing when preparing for an ARCP. At the time of writing the LLP does not automatically notify Faculty Tutors that an ESSR requires ratification so please ensure you inform your FT of an impending ARCP and ESSR (with plenty of notice!). Other guidance is available both from the faculty and the London School of ICM webpages, including a presentation that we did for the trainers to introduce the new curriculum which is still relevant.

Dual anaesthetic/ICM trainees please be aware that evidence on the anaesthetic side of the LLP cannot be seen by your ICM trainers. We have requested this but it may not happen quickly so everything will need to be evidenced and visible in your ICM portfolio.

Any issues with the LLP that can't be resolved with your local trainers would be worth raising with your TPD, whom might be able to give advice gleaned from elsewhere, or for more technical things to llp@ficm.ac.uk

Covid derogations are still with us, however at this point they are increasingly rarely utilised and almost only pertain to trainees who are already on a covid outcome for a missed module that still has not been afforded in the programme. Of course, there may be unique sets of circumstances where this is not the case and ESSR's should detail where a trainee would have progressed were it not for covid alone.

ICM ACRPs are held quarterly. The majority are conducted in January & May, but in order to streamline the process we are trying to align them with critical progression points e.g., end of stage. In general, we try to keep a 12–15-month window between ARCP's to achieve this this however rarely this will require an ARCP 6 months apart to get trainees on the right ARCP “axis”. Please keep an eye out for your ARCP notification and get in contact with the HET Operations team or your TPD if you have any concerns. If you are a dual trainee, please be aware you will have an ARCP in BOTH specialities on an annual basis.

All ARCPs are in absentia and this is unlikely to change. However, it is very helpful for you to be contactable by mobile phone on the day for post ARCP feedback if needed.

Provisional ARCP Dates

Please see below for the London ICM ARCP dates up to August 2023:

- 16th & 18th January 2023
- 11th 22nd & 24th May 2023
- ARCP washup – 25th July 2023

LTFT

A gentle reminder for dual trainees to discuss LTFT plans with TPDs in both specialities please.

OOPs

We now have an established Out Of Programme panel process. Please refer to the OOP section of the London ICM webpage.

Events & Courses

London School of ICM Trainee Conference

The 1st London ICM trainee conference is confirmed:

- **Date:** Thursday 2nd March 2022
- **Venue:** Mary Ward House Conference Centre, Tavistock Place, London
- **Booking Link:** [Click here](#)

We are delighted to announce the four topics for the conference and the trainees selected to chair each session:

1. ECMO and Mechanical Circulatory Support - Dr Marie Buckel
2. Critical Care Recovery - Dr Sunil Patel
3. Obstetric Critical Care - Dr Jessica Barnwell
4. Point-of-Care Ultrasound in Intensive Care - Dr Jennifer Gosling

Each session will have relevant expert speakers as well as an opportunity for up to three trainees to give a short, Pecha Kucha style presentation on a QIP/audit/research project relevant to the topic.

This means presentations of no more than 6 minutes and 40 seconds i.e., 20 slides with 20 seconds per slide.

There will be a prize for the best trainee presentation for each session. If you are interested in taking part then please email a 150 word abstract for your presentation to Sittiga.Hassan-reshat@nhs.net and we will forward your abstracts onto the relevant chairs.

- The deadline for submissions is **January the 8th 2023**.

We are also looking for a trainee to act as social media Tsar for the conference - if you are interested then please email any of the trainee reps to state your interest.

In addition to the four sessions above we will have a key note speaker and a Pro-Con debate on the role of Artificial Intelligence in ICM between Dr Dom Marshall and Dr Ben Post. We will also be planning a post-conference social.

More information will follow but please start booking study leave to attend and get in contact if you're interested in any of the opportunities above.

Regional Training Days (RTDs)

These are listed on the regional training day section of the ICM Webpage (with registration link). Please remember to regularly review this section on the school website and enrol on future events.

New dates for London RTDs in 2023

- 01/02/2023 (this date will be amended as per trainees' request: Law, Ethics, End of Life)
- 01/03/2023: Neuro
- 05/04/2023: Respiratory
- 03/05/2023: Haematology
- 07/06/2023: Outcome, prognosis & Rehab
- 05/07/2023: Neuro
- 06/09/2023: TBC
- 04/10/2023: TBC
- 01/11/2023: TBC
- 06/12/2023: Cardiac

Please contact Dr Gonzalo de la Cerda for issues regarding the RTDs:

gonzalo.de-la-cerda@hee.nhs.uk

All recordings will be added to the ICM School MS Teams channel, if you have any problems with access, please submit a query through the PGMDE Support Portal.

Simulation

We have recently piloted a fully immersive, high fidelity, simulation training day aimed at specialist modules and common high stakes encounters, aimed at our Stage 2 trainees.

We will be rolling this out soon across ten dates per academic year in two centres, which should allow trainees to select a date and centre most convenient to them. It will be free of cost and we hope that all Stage 2 trainees will partake in the course before entering Stage 3. More information to follow soon from the School Simulation Lead, Dr David Melia

david.melia@hee.nhs.uk

FFICM Preparation Courses:

A number of trainees have requested details of FFICM preparation courses run in London - please see below.

If you are a trainer and run an exam course you would like to advertise here, please contact the operations team through the PGMDE support portal

The London FFICM Course is a well-established course with the aim of providing an intense but rewarding day of both SOE and OSCE practice. The course has been run successfully - both in person and virtually during the pandemic - for a number of years. Our experienced faculty, consisting of consultants and post-FFICM senior trainees, try to closely recreate the exam experience for candidates. The course has had great feedback and been of huge benefit to those sitting the final FFICM examination. For further information and updates about upcoming courses, our email address is londonfficm@gmail.com and our Twitter handle is [@LondonFFICM](https://twitter.com/LondonFFICM)

- **London Final FFICM Finishing School - FFFS!** Please contact Simon Sparkes simon.sparkes1@gstt.nhs.uk for future dates
- Details on exam courses run in London and beyond can also be found on this link:

<https://ficm.ac.uk/trainingexamsexaminations/resources-for-candidates>

Getting in Touch

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

- **School Line:**
0207 866 3237
- **PGMDE Support Portal:**
https://lasepgmdesupport.hee.nhs.uk/support/tickets/new?form_7=true
- **London ICM Website:**
<https://london.hee.nhs.uk/specialty-schools/intensive-care-medicine>

London ICM HET Team

Health Education England

Stewart House, 32 Russell Square, London WC1B 5DN



[Contact Us](#)

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