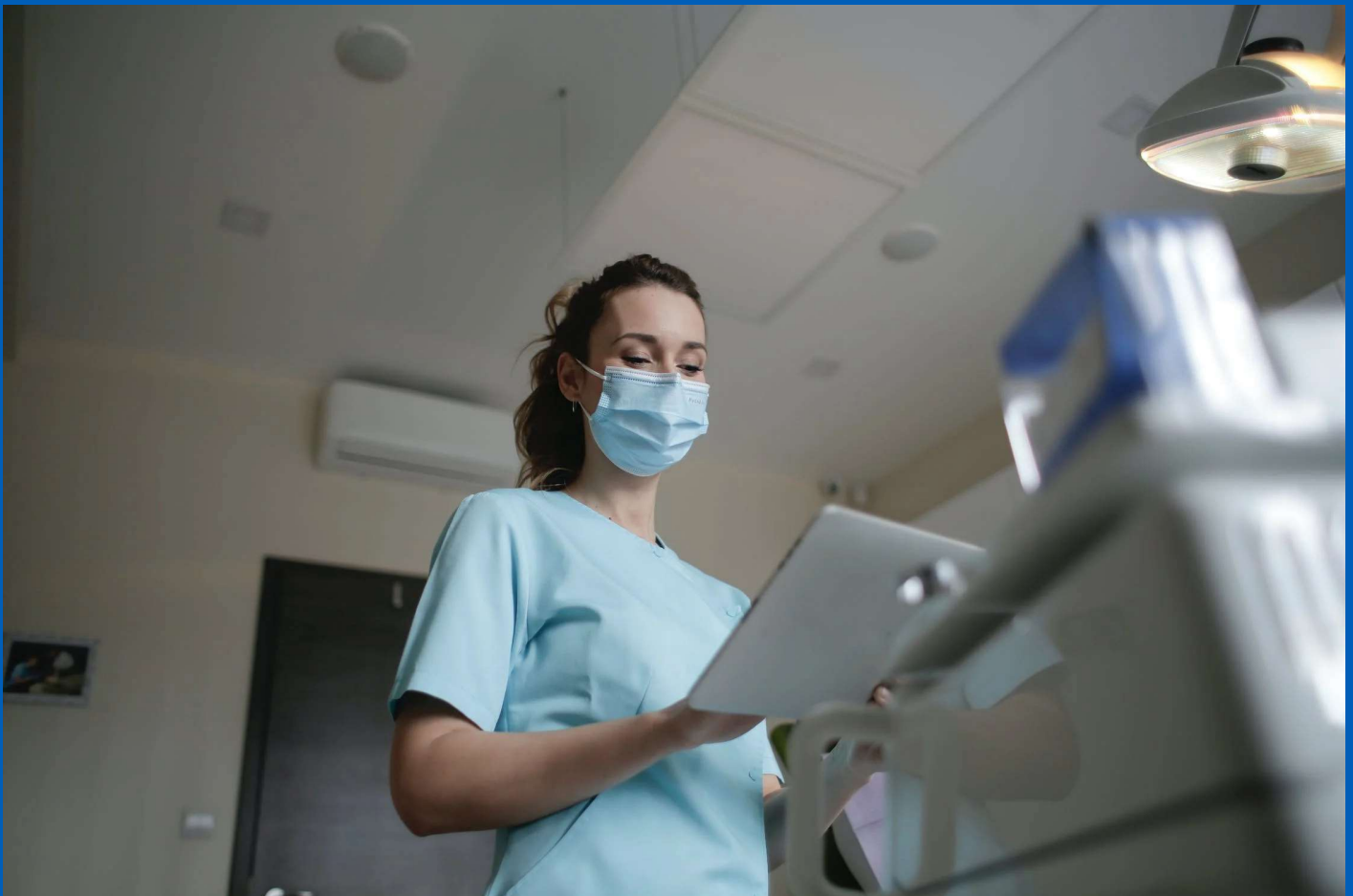


## Trainee Bulletin

London School of Anaesthesia

November 2023



## Hello & Welcome

In this bulletin, you will find updates on:

- HoS and DOS update
- School resources

- Regional Training Days & Exam Courses
- HEE updates
  - ARCP
- Courses/Events

## Introduction

Welcome to the November edition of the London School of Anaesthesia bulletin.

Going forward we aim to circulate this bulletin on the first day of every 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 email them to the HET Anaesthetics team 1 week before the publication date. A copy of each bulletin will be uploaded to the London School of Anaesthesia website under the tab titled trainee bulletin.

## HoS and DOS updates

## London School Anaesthesia

Head of School- Dr Aasifa Tredray

Deputy Head of School – Adrienne Stewart & Carlos Kidel

### 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) Phillip 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 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 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				
<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:anaes.lase@hee.nhs.uk">anaes.lase@hee.nhs.uk</a> (trainer enquires), PSP link: <a href="https://lasepgmdesupport.hee.nhs.uk/support/home">https://lasepgmdesupport.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)	

Trainees are reminded to use the email addresses below to contact their TPDs going forward.

PAN LDN	HoS	Aasifa Tredray	Aasifa.Tredray@nhs.net
PAN LDN	DHoS	Carlos Kidel	c.kidel@nhs.net
	DHoS	Adrienne Stewart	adrienne.stewart1@nhs.net
<b>NE</b>	Stage 2&3 TPD	Stephen Hallworth	stephen.hallworth@nhs.net
<b>NE</b>	Stage 1 TPD	Naomi Hancox	n.hancox@nhs.net
<b>NC</b>	Stage 1 TPD	Abigail Whiteman	abigail.whiteman1@nhs.net
<b>NC</b>	Stage 2 TPD	Kate Sherratt	kate.sherratt2@nhs.net
<b>NC</b>	Stage 3 TPD	Trudi Young	trudi.young2@nhs.net
<b>NW</b>	Stage 3 TPD	Amardeep Riyat	amardeepsingh.riyat@nhs.net
<b>NW</b>	Stage 2 TPD	Phillip Peel	philip.peel1@nhs.net
<b>NW</b>	Stage 1 TPD	Ruth Bedson	ruth.bedson@nhs.net
<b>SW</b>	Stage 1 TPD	Adam Shonfield	adamshonfield@nhs.net
<b>SW</b>	Stage 2 TPD	Daniela Mathew	daniela.mathew@nhs.net
<b>SW</b>	Stage 3 TPD	Anna Walton	anna.walton7@nhs.net
<b>SE</b>	Stage 1 TPD	Marina Choudhury	marina.choudhury@nhs.net
<b>SE</b>	Stage 2&3	Dev Mahtani	dev.mahtani@nhs.net
<b>Pan London</b>	TPD – LTFT	Anna Fowler	anna.fowler@nhs.net
<b>North London</b>	TPD – Education Delivery	Emilie Hoogenboom	emilie.hoogenboom@nhs.net
<b>South London</b>	TPD – Education Delivery	Gunjeet Dua	gunjeet.dua@nhs.net
<b>Pan London</b>	Academic TPD	Gudrun Kunst	g.kunst@nhs.net

## TPD Update

I'm pleased to announce that the following two trainees were both recently awarded outcome 6 for their final ARCP! Wishing you both the best for your consultant careers:

*Dr Icel Souleimanova*

*Dr Natalie Silvey*

**Dr Amardeep Riyat**

Training Program Director (NW Stage 3)

## 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 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 range

-Month

-Month

## Regional Training Days & Exam Courses

### Career support courses for anaesthesia trainees

Pan London event for trainees of all stages taking place on 14th December 2023, 12th January 2024, and 15th February 2024. Kindly click on the link to book a place. Event is open for Pan London trainees and will take place virtually.

14th December 2023 - <https://lasepgmddevents.hee.nhs.uk/events/regional-training-days/c591032b-1364-4c43-9381-8f4ff7efa912>

## London School of Anaesthesia Personal and Professional Effectiveness - Managing Stress and Improving Self-care

### Summary of workshop

With the demands of working in the NHS, it's important for staff to prioritise self-care in order to prevent burnout and ensure they are able to provide the best care possible for their patients and remain motivated at work. This workshop equips individuals with the tools and knowledge needed to thrive in their roles.

### What will be covered?

- Take time to reflect on recent challenges and how they may have impacted your overall health and performance at work.
- Develop a deeper understanding of the effects that health, illness, stress, and fatigue can have on your work and learn how to manage them more effectively.
- Discover how to manage your energy instead of just your time, allowing you to work more efficiently and with greater focus.
- Gain valuable insights and practical strategies for improving your wellbeing and maintaining high levels of resilience.
- Learn proven strategies for self-care that will not only enhance your own resilience but also enable you to support the resilience of your colleagues and patients

This course will be delivered by experienced NHS doctors who have a deep understanding of the unique challenges and demands faced by healthcare professionals. Our facilitators bring a wealth of practical knowledge and experience to the discussion, and they will be able to provide valuable insights and guidance to help participants navigate the complexities of working in the NHS.

### Who is it for?

Postgraduate doctors, SAS, local employed doctors, consultants, and allied healthcare professionals.

6  
Hours

Min - 4  
Max - 24  
Numbers

Virtual

Thursday 14th December 2023

Start: 9:30 (Doors open 9:15)

Finish: 3:30

Location: Virtual

Breaks: Coffee 10:45, Lunch 12:30 - 1:15,  
Tea 2:30

**Book with your local centre**



*DoctorsTraining is a collaboration of senior doctors in postgraduate medical education, executive coaches, and experienced medical leaders.*

*We provide space to think, share ideas and to learn with fellow professionals.*

*We are authentic, highly credible, and passionate about supporting the current and future NHS workforce*

**Meet the team**

*"An expert presentation on resilience and how to motivate ourselves post-pandemic to a Surgical Congress. Simon has a wonderful reflective style of presenting, thought-provoking and useful to the audience. Fantastic feedback and I would love to have Simon back again to provide more talks. Very professional, useful and highly recommended."*

Mr Christian Macutkiewicz  
Consultant Surgeon  
Association Surgeons  
Great Britain and Ireland (ASGBI)

[www.doctorstraining.com](http://www.doctorstraining.com)

Training and support for doctors by doctors

15th February 2024 - <https://lasepgmdeevents.hee.nhs.uk/events/regional-training-days/719f445e-d20d-4e50-8fef-a6e318978599>

## London School of Anaesthesia Personal and Professional Effectiveness - Managing Your Career

### Summary of workshop

Our workshop on Personal and Professional Effectiveness will equip participants with practical tools to manage their career effectively. Led by experienced NHS doctors, this course is designed to help participants assess their work values, evaluate career options, and develop a career action plan.

### What will be covered?

During this one-day workshop, participants will have the opportunity to:

- Complete self-assessment exercises to evaluate your work values, achievements, skills and interests, stresses, and strains, and role models
- Explore career options using the ROADS model (Realistic, Opportunities, Anchors, Development, and Stress) to explore potential career paths and evaluate their suitability
- Learn informed decision-making strategies to help participants weigh the pros and cons of different career options and make difficult decisions
- Develop a career action plan to set goals and priorities for your career development
- Learn goal-setting and progress-tracking strategies to maintain motivation and focus on your career goals

Led by experienced doctors who have a wealth of knowledge and expertise in managing careers, this course is designed to provide practical guidance and support to help participants take charge of their professional development.

### Who is it for?

Postgraduate doctors, SAS, local employed doctors, consultants, and allied healthcare professionals.

6

Hours

Min - 4  
Max - 24  
Numbers

F2F

Friday 12th January 2024

Start: 9:30 (Doors open 9:15)

Finish: 3:30

Location: Face to Face

Breaks: Coffee 10:45, Lunch 12:30 - 1:15,  
Tea 2:30

Please book with your local centre



DoctorsTraining is a collaboration of senior doctors in postgraduate medical education, executive coaches, and experienced medical leaders.

We provide space to think, time to share ideas and an opportunity to learn with fellow professionals.

We are authentic, highly credible, and passionate about supporting the current and future NHS workforce

#smallchanges-bigimpact

Meet the team

*"An expert presentation on resilience and how to motivate ourselves post-pandemic to a Surgical Congress. Simon has a wonderful reflective style of presenting, thought-provoking and useful to the audience. Fantastic feedback and I would love to have Simon back again to provide more talks. Very professional, useful and highly recommended."*

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Association Surgeons  
Great Britain and Ireland (ASGBI)

www.doctorstraining.com

Training and support for doctors by doctors

## HET Updates

### ARCP

North-Central	18/01/2024
North-East	18/01/2024
North-West	12/01/2024
South-East	15/01/2024

Please [click here](#) for the ARCP email that trainees will receive ahead of the January ARCPs.

Please be reminded that we are awaiting final review by the Regional ARCP team, and any planned changes are planned post review, we will communicate this to trainees via the December Bulletin.

## Events/Courses

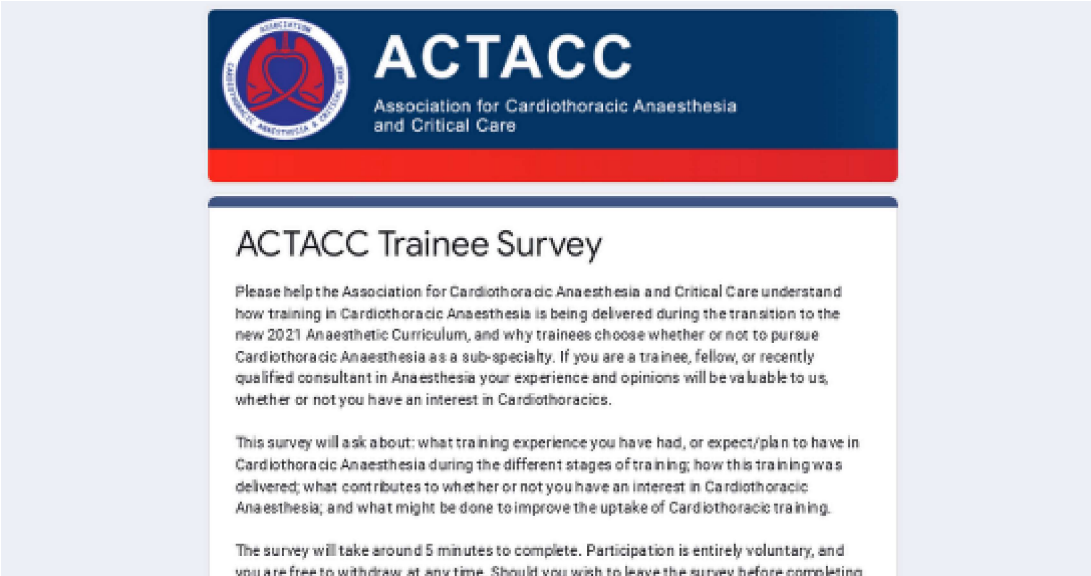
### ACCS Winter Teaching Programme

Please [click here](#) for the ACCS winter teaching programme.

### Association for Cardiothoracic Anaesthesia and Critical Care Training Survey

Are you a trainee, fellow, or recently qualified consultant? ACTACC would like your help understanding the delivery and uptake of Cardiothoracic Anaesthetic training. Whether or not you are interested in Cardiothoracics, please complete our short survey, which is entirely anonymous and open now:

<http://tinyurl.com/ACTACCTraineeSurvey>

The banner features the ACTACC logo on the left, which consists of a circular emblem with a heart and lungs, surrounded by the text 'ASSOCIATION FOR CARDIOTHORACIC ANAESTHESIA AND CRITICAL CARE'. To the right of the logo, the text 'ACTACC' is displayed in large, bold, white letters, followed by 'Association for Cardiothoracic Anaesthesia and Critical Care' in smaller white text. Below this, the title 'ACTACC Trainee Survey' is written in bold black text. The main body of the banner contains a paragraph explaining the purpose of the survey: 'Please help the Association for Cardiothoracic Anaesthesia and Critical Care understand how training in Cardiothoracic Anaesthesia is being delivered during the transition to the new 2021 Anaesthetic Curriculum, and why trainees choose whether or not to pursue Cardiothoracic Anaesthesia as a sub-specialty. If you are a trainee, fellow, or recently qualified consultant in Anaesthesia your experience and opinions will be valuable to us, whether or not you have an interest in Cardiothoracics.' This is followed by another paragraph detailing the survey's focus: 'This survey will ask about: what training experience you have had, or expect/plan to have in Cardiothoracic Anaesthesia during the different stages of training; how this training was delivered; what contributes to whether or not you have an interest in Cardiothoracic Anaesthesia; and what might be done to improve the uptake of Cardiothoracic training.' The final paragraph states: 'The survey will take around 5 minutes to complete. Participation is entirely voluntary, and you are free to withdraw at any time. Should you wish to leave the survey before completing'.

### Generic Professional Capabilities Hub Leadership Development 2-day Workshop

**What:** A two-day workshop designed in association with the Faculty of Medical Leadership and Management. It is specifically intended for trainees taking on leadership roles, as trainee leads within departments or on specific projects. Open to all trainees of any seniority, to help support personal and professional leadership development, as well as collaborating with other anaesthetic trainees across London.

**When:** Day 1: 4th December 2023.

Day 2: 11th April 2024

**Where:** Sherman Education Centre , Guy's Hospital, London

**Cost:** £500 form aspirational study budget

**How:** More information and booking link through BookCPD

<https://bookcpd.com/node/497>

### **GPC sustainability symposium**

Pan London event open to all trainees on 18th December 2023. Training day on sustainability in the NHS. Talking on climate change, local and National projects currently working towards net zero nhs. Please book using the link below. <https://london.hee.nhs.uk/pan-london-anaesthetics-rtd-gpc-sustainability-symposium-st1-st7>

### **NTS Survey**

# MAKE CHANGE HAPPEN

Take the survey.  
Make the difference.



## OPEN 3 OCTOBER - 28 NOVEMBER 2023

The NETS is the voice of the health workforce working  
and learning in health and care services across England.

The survey takes just 10 minutes to complete, and your  
feedback is vital in ensuring that all learning environments are  
safe, inclusive and support healthcare professionals to work  
together to deliver the highest standards of care.



The survey takes  
**10 minutes** to  
complete and will  
open on 3  
October for **8**  
**weeks** until **28**  
**November 2023**  
at **11:59pm**.



Please don't miss this opportunity to tell us  
about your experience and influence your  
future by completing the NETS today  
<https://poll.hee.nhs.uk/s/nets23/>

### Anaesthesia Careers Evening



### **North London STC FEEDBACK**

Please click the link below to view feedback to trainees from the June 2023 North London STC meeting:

[June 2023 STC Trainee Feedback Response](#)

**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

NHSE

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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