



Hello and welcome

In this bulletin, you will find updates on:

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Introduction

Welcome to the July 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 updates

Good luck to all trainees who have received their Final FRCA exam results this month and good luck to all trainees who have an ARCP this month too.

I also wanted to wish all the trainees who will be leaving the School in August the very best of luck with their onward careers and congratulate (in advance) all trainees who receive an O6 at their Final ARCP and are awarded their CCT. Well done.

Educational Development Time (EDT)

The issue of variable access to EDT has been raised at the STC meetings so I thought I would provide trainees with some additional clarity.

It is unfortunately not possible for the School to suggest a single set of standards for all trusts to adhere for EDT, given the variations of how departments within the school are organised and also the varying needs of each cohort of trainees.

The RCOA has however, set out some key principles which all trainees and trainers should refer to.

https://www.rcoa.ac.uk/sites/default/files/documents/2021-12/Guidance%20for%20Educational%20Development%20Time_Nov%202021_0.pdf

In summary, the RCOA recommends all S1 and S2 trainees are eligible to receive up to 2 hours per week of EDT, all S3 trainees are eligible to receive up to 4 hours of EDT and LTFT trainees should receive EDT pro rata.

The RCOA has made suggestions for what EDT should be used for and trainees need to discuss and plan their EDT with their ES. My suggestion is this takes place at your initial meeting with them so as to maximise all the time

you have at that trust. All work undertaken needs to be monitored by your ES and recorded in your ARCP ESSR for review.

If you are finding that the department you are working in, is not following the RCOA guidance, please let your trainee reps know, so this can be feedback to the School.

Best Wishes

Aasifa

Dr Aasifa Tredray MBChB FRCA

Head of the School

London School of Anaesthesia

TPD Updates

Update regarding SIAs

As we prepare for the next SIA application window, we have made a number of changes to the process. All changes are in direct response to feedback received from Trainees and SIA module leads.

Key changes for this year include:

There will be a new application form. The form is currently being trialled and will be ready for the new application window in September.

The questions have changed slightly. There are now fewer questions, and some questions have a character limit. This is to make it easier for trainees to complete, and for module leads to mark.

We have looked closely at which SIAs were popular and those that were less popular, and will continue to monitor this closely, in order to ensure that we have as many posts as possible in more popular specialties.

Guidance around training LTFT during SIAs has changed slightly for this year. We are currently revising our guidance so that we align with recommendations set out by the Royal College of Anaesthetists. The guidance is currently under

review, and will be released in advance of this next application window. More definitive information will follow, but broadly, it is likely that SIAs offered for this next application window will be for a whole time equivalent length of time for certain specialties.

Finally, the application window will open on 1st September 2023 and will close at a set time on 30th September 2023

We will be holding an information session on Tuesday 5th September for trainees and SIA module leads to attend. This will give a broad overview of the process and provide an opportunity for questions and answers.

All trainees will receive further information prior to the application window opening, plus we will continue to publish information via the Bulletin. We hope to see as many of you as possible at the information session on the 5th September. This will be held via teams, so that as many of you as possible will be able to attend.

We are very much committed to continually improving this process, so that as many trainees as possible receive SIAs in the specialty and Trust of their choosing.

Adi Stewart

NW Rotation Stage 3 Virtual Induction/Meet 'n' Greet your TPD- Save the Date- Tues 22nd August Morning

Inviting all NW stage 3 trainees (and those in the latter half of ST5) to a stage 3 induction and open forum for questions on **Tuesday 22nd August 2023, 09:00-11:00**. If you are interested please can you email me directly. I'm planning a virtual event for convenience since many of you will be starting your new placements, but will consider face-to-face (at Northwick Park) depending on demand- let me know your thoughts when you contact me.

Dr Amardeep Riyat
Training Program Director (NW Stage 3)
AmardeepSingh.Riyat@hee.nhs.uk

ARCP

Please see below for remaining anaesthetics ARCP Dates

North Central	23/05/2023	26/05/2023	18/07/2023	
North East	22/05/2023	14/06/2023	26/07/2023	
North West	12/05/2023	17/05/2023	23/05/2023	14/07/2023
South East	22/05/2023	23/05/2023	17/07/2023	
South West	15/05/2023	16/05/2023	19/07/2023	

All trainees will receive an email invite as follows:

Dear Trainee

Subject: Annual Review of Competence Progression (ARCP) in Specialty – on Date

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://lasepgmdesupport.hee.nhs.uk/support/solutions/articles/7000019047-what-does-each-arcp-outcome-mean->

RCoA Update

Dear all,

Following the College Tutors' meeting we would like to clarify the purpose and use of supervision levels in the supervised learning events (SLEs):

- SLEs are low stakes episodes of feedback and reflection in the workplace. They are not individual assessments of competence.
- Supervision levels are indicative and are intended to guide and reflect progress.
- Supervision levels are not marks. They are the outcome of a reflective discussion and feedback between the anaesthetist in training and the trainer.
- Supervision levels should indicate the level of supervision the anaesthetist in training would require for the activity if they were to repeat it 'right here, right now'
- Supervision levels may not necessarily be the same as the supervision that took place for that activity. For example: a senior trainee may require the consultant to attend a challenging case because guidelines dictate that. The anaesthetist in training is observed doing the case, and the reflective discussion during and after the case indicates that if they were given that case to do again, they have the ability to undertake it independently. The supervision they had for the case may indicate a level of 2b but the supervision level that they would need if the activity were to be repeated 'right here, right now' is 4.
- Anaesthetists in training do not have to have a specific SLE with the suggested supervision level to meet the HALO requirements but they do need to demonstrate progress and the faculty decision will be made based on all the evidence supplied and observation in practice.
- When completing an SLE, anaesthetists in training can suggest the supervision level that they feel is appropriate for them if they were to repeat this activity.

We would be grateful if you would pass this on to anaesthetists in training, educational supervisors and any other trainers.

Further useful information about the assessments in the new curriculum is contained in the [2021 Curriculum Assessment Guidance](#) document on the College website.

Best wishes,

Claudia

Claudia Moran | Head of Training
Royal College of Anaesthetists

**Anaesthesia and RCOA Primary
Examinations Fellow opportunity**

It would be a fantastic opportunity for one of our pre-Final FRCA trainees to work in the College.

There are a number of educational fellows working with us in exam development, and it would be great to have some of the London trainees join us.

https://www.healthjobsuk.com/job/UK/Cambridgeshire/Peterborough/North_West_Anglia_NHS_Foundation_Trust/Anaesthetics_Critical_Care/Anaesthetics_Critical_Care-v5417228?_ts=2953

Many thanks in advance for your support.

Best wishes,

Fiona

Fiona Daniels | Head of Examinations
Royal College of Anaesthetists

Telephone: +44 20 7092 1566 | Web: www.rcoa.ac.uk

Plan Update

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>

Best wishes,

Matt Sinnott
PLAN chair

Exam Courses

St George's Final FRCA viva course

Course Leads needed

Finished the FRCA?

Want to give back to all those trainees still revising?

Need management and teaching experience?

We are looking for committed individuals to help us run the St George's FRCA viva course. This fantastic course is free, run by senior trainees and uses consultants as examiners.

It's is always positively received and gives those who run it valuable management skills, introduces them to consultant colleagues and keeps clinical knowledge fresh

If you would be interested in joining the team please email us with a 100 word statement at georgesfrcavivacourse@gmail.com

Many thanks

Sarah

Sarah Crabtree

ST6 Anaesthetics



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