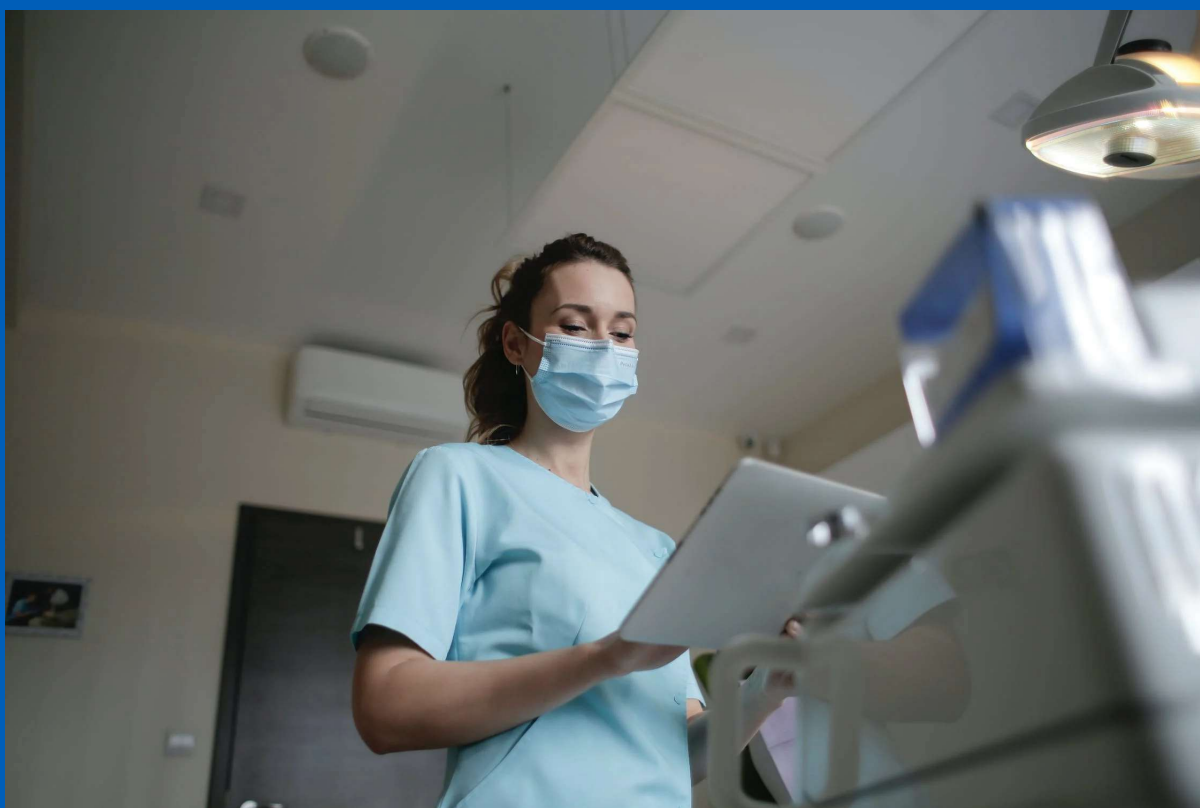


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Trainee Bulletin

London School of Anaesthesia

September 2023

Hello & Welcome

In this bulletin, you will find updates on:

- Introduction
- HoS and DOS update
- School resources
- Regional Training Days & Exam Courses
- Trainee Rep Updates
- HEE updates
 - LTFT
 - SIA Process
- Courses

Introduction

Welcome to the September 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

Thank you to Harriet Scott, Daisy Riddle and Mina Arsanious who have stepped down as trainee reps for NE rotations. We have really appreciated their input into improving the school and we wish them all the best in their onward careers.

Best Wishes,
Aasifa

Aasifa Tredray

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				
Anaesthetics Health Education Team Service Delivery Manager (SDM)- Titalayo Akintoye, Operations Manager (OM) - Jessica Banks-Cromack ICM and KSS Officer - Deborah Bunce Email: anaes.lase@hee.nhs.uk (trainer enquires), PSP link: https://lasepgmdesupport.hee.nhs.uk/support/home (trainee enquiries)				
North London Anaesthetic Programme North London Officer – Kelvin Carrasco Administrators - Ben Owusu-Ansah (NE & NW), Mubeen Akhtar (NC)			South London Anaesthetic Programme 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://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://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.

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

Regional Training Days & Exam Courses

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.

RESOURCE FOR NOVICES

Hello Novices and a very warm welcome to the world of anaesthetics. Congratulations on making it to the speciality for those doing anaesthetics, ICM, ED or Acute Med!

Eoin Dore, an anaesthetic registrar working in Thames Valley and colleague Duncan Kemp have created the NovPod: a beginners guide to anaesthetics. It is near peer coffee room level conversation designed to improve your novice training experience. The 15 episodes will cover everything from first day to induction to wellbeing. Duncan and Eoin have designed, produced and edited this and launched this in association with the RCoA. We have a variety of guests of ranging from a novice, a professional comedian who is also an ED trainee and the RCoA President Fiona Donald!

There will be 3 batch releases the first is out on Spotify, Apple Podcasts and wherever you get your podcasts. It is designed to run alongside with the newly revamped [Novice guide](#). Please check that out. In the episode description we have included a lot of useful jump off points. If you feel there is any missing let us know! Contact info at the bottom!

Episode Structure

Batch 1: Introduction to NovPod, First Day, Preassessment, Preparing your theatre, Anaesthetic Plan and Drugs Part 1.

Batch 2: Induction and airways, Maintenance and Emergence, the Recovery Room, Anaesthetic Emergencies, On calls for the Novice and Drugs Part 2.

Batch 3: Completing the IAC, Wellbeing for the Novice and Life After the IAC.

How to Access!

1. Through this [link](#) on the RCoA Website!

2. Direct on [Spotify](#), [Apple Podcasts](#), [Google Podcasts](#) and where ever you get your podcasts. It's hosted in the channel 'Anaesthesia on Air' the RCoA Podcast channel. Search for either of these logos above!
3. On the RCoA website section about professional development. Scroll half down the [page](#).

Webinar

We will be presenting about the Podcast on the RCoA Webinar on the 7th of September with Joe Lipton who will be talking about the [Novice Curriculum](#) and Novice Guide. We hope to see you there! Registration link is on the link.

Trainee rep updates

Trainee Rep Vacancies from August 2023

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

North London Lead Rep - open to all North London trainees of any rotation and stage

North East - Stage 3, Stage 1 Core

North Central - Stage 2

North West - Stage 2, Stage 1 Core

South East - Stage 3

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 roles: <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 8th September. If there is more than one application for each role, a vote will be held amongst the relevant trainee cohort in September.

FAO ST5+ trainees - Stage 3 SIAs application window now open

The application process for Stage 3 Special Interest Areas (SIAs) for August 2024 and February 2025 will commence on Friday 1st September and will remain open until midnight on Saturday 30th September.

Any trainee who will be ST6 or ST7 in August 2024 / February 2025 and who won't already have completed two SIAs or 12 months (whole time equivalent) of Stage 3 SIA training by then, is eligible to apply.

Trainees who have already undertaken an SIA as LTFT or are due to do so in August 2023 / February 2024 **must** have a discussion with their TPDs prior to submitting an SIA application this year. In order to ensure that the appropriate whole time equivalent SIA training time is being provided as required by the curriculum, this may require changes to be made to the duration of already allocated SIA placements for August 2023 / February 2024 and/or affect eligibility to apply for SIAs this year.

Please also note that this application process does not apply to anyone wishing to complete Stage 3 training in Pain Medicine or dual training in ICM. If you are a dual ICM trainee, your final Stage 3 ICM year (whole time equivalent) will be your SIA training and you should discuss this further with your ICM TPD. If you would like to undertake Stage 3 SIA training in Pain Medicine, there is a separate pan London application process for this and further information can be found on the London School of Anaesthesia website.

Full details of the SIA application process, as well as a link to the online application form and NL & SL Handbooks can be found on the London School of Anaesthesia website under the tab titled “**Stage 3 Special Interest Areas (SIAs)**” (<https://london.hee.nhs.uk/specialty-schools/anaesthesia>)

Please contact your TPD if you have any further questions about the application process:

Dr Trudi Young (North Central London TPD)

Dr Amardeep Riyat (North West London TPD)

Dr Steve Hallworth (North East London TPD)

Dr Dev Mahtani (South East London TPD)

Dr Anna Walton (South West London TPD)

Dr Tina Schneider-Smith (KSS Kent TPD)

Dr Matt Berry (KSS Surrey TPD)

Dr Sarah Hardy (KSS Sussex TPD)

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.

Events

New Starter Induction (ACCS1/CT1 and ST4)

Just a reminder about the new starter induction, which will be held via teams on Thursday 14th September.

Please follow the link below to the website and click on the New Starter Trainee Induction Tab at the bottom of the page to register for the event:

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

Program for the day:

09.00-10.00	ACCS Only
09.00-09.10	Welcome and Brief Intros - Aasifa Tredray
09.10-09.30	Intro to the ACCS curriculum - Ruth Bedson
09.30-09.50	ACCS - LLP - A trainees perspective - Louise Young
09.50-10.00	Break
10.00 -16.00	Main Program (All New Starters)
10.00-10.20	Welcome and Intros - Aasifa Tredray/Adi Stewart/Carlos Kidel
10.20-10.40	HET Team - HET Team
10.40-11.00	LTFT Training /SUPPORT - Anna Fowler
11.00-11.20	PSU - Jon Fairey
11.20-11.30	Break
11.30-11.50	Stage 1 curriculum - Abby Whiteman
11.50-12.10	Stage 2 curriculum - Oliver Rose
12.10-12.40	LLP – what you need to know - Tom Chambers
12.40-13.00	Meet the Trainee Reps - Mel Addy and Josh Wall
13.00-13.45	Lunch
13.45-14.05	ARCPs – What you need to know - Aasifa Tredray
14.05 – 14.20	Study Leave - Study Leave Team HEE
14.20-14.40	RTDs - Emilie Hoogenboom and team
14.40-14.50	Applying for an OOP - Adi Stewart
14.50-15.00	Break
15.00-16.00	Meet your TPDs - Break Out rooms by rotation
16.00	Close

NIAA Introduction to Academic Anaesthesia

NIAA Introduction to Academic Anaesthesia

9th October 2023

Queen Elizabeth Hospital, Birmingham

We are running our 1-day course for trainees and those new to research or interested in developing their knowledge in anaesthesia and critical care research.

Join us in Birmingham on 9th October for a day filled with opportunities to hear from speakers on topics including obstetrics research, equalities diversity and inclusion, and practical sessions on grant funding and getting published. Plenty of opportunities to network and ask questions; lunch and refreshments will be provided.

Book your place here: <https://www.rcoa.ac.uk/events/introduction-academic-anaesthesia>

Primary FRCA courses for Nov 2023 exam

The **Queen's Primary FRCA OSCE course** will be held on Saturday 7th October 2023 at Queens, Romford. This highly rated one-day course includes two complete OSCE circuits held under exam conditions, access to hot-topic lectures including anatomy and resuscitation as well as tips from an ex-primary examiner. We have a large and enthusiastic faculty comprising both recently successful candidates and experienced consultants (including previous college examiners).

Places are limited.

Our highly rated **Queens' VIVA Club** is a 4-week course aiming to help you polish and create finesse with your answering techniques. You will have access to a weekly masterclass/tutorial. This masterclass will cover SOE answering techniques, discussions around difficult topics (chosen by you) as well as a discussion around difficult questions. You will also be a part of a group of motivated trainees sitting the exam and therefore be able to arrange practice viva sessions with each other at times to suit you. The club will begin in the week commencing 2nd October 2023.

The **FRCA anatomy course** is a one-day online anatomy revision course. The aim of the course is to provide a good breadth of basic and functional anatomy to be able to direct and consolidate your anatomy learning. This course is delivered by post fellowship anaesthetists, consultant surgeons and previous anatomy demonstrators. Date 8th October 2023 – please register your interest via email.

Please see the following websites for more information:

Please register your interest here: <https://forms.gle/6wNuDGDFncdoVutL7>

We look forward to helping you pass.

Kind regards,

Dr Pooja Shah

Courses for Anaesthesia Trainee

Save the date – Links will be added to the website

Tue 07-Nov-2023 Full Day 09:30 (Doors open 9:20) - 15:30 (lunch at 12:30 -1:15) - Face to face - Personal and Professional Effectiveness - Managing Stress and Improving Self-care

Thu 9-Nov-2023 14.00-16.30 - Trainee and Trainee ARCP workshop (online)

Fri 12-Jan-2024 Full Day 09:30 (Doors open 9:20) - 15:30 (lunch at 12:30 -1:15) - Face to face - Personal and Professional Effectiveness - Managing your Career.

Thu 15-Feb-2024 Full Day 09:30 (Doors open 9:20) - 15:30 (lunch at 12:30 -1:15) - Face to face - Personal and Professional Effectiveness - Time management and Work Life balance.

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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