Wessex ST1-7 (SpR1-5) Training in Anaesthesia

Flowsheet

Appointments generally start in April, August and December.

YEAR 1

As soon as you can,
Register with the RCA
Start an electronic logbook according to the RCA principles.
Start a CPD Diary, session by session, for all study leave given.
Read & download: "CCT in Anaesthesia: A Manual for Trainees and Trainers" on the RCA website

Within 2 weeks of starting
Identify Educational Supervisor (ES) and make appointment.
Make appointment to see Programme Director (PD)
Make sure you have read any local guidelines/handbook for the hospital you start in & familiarise yourself with all anaesthetic areas you are likely to work in.
Read the RCA Guidelines on Training re-ST workplace based assessments and the WSoA Specialty/Core Trainee Year 1-2 Assessment Record (available on the website) - decide with your ES/College Tutor (CT) when and where you are likely to complete these.

Every 3 months
Make an appointment to see your Educational Supervisor.
Obtain Initial Assessment of Competency Certificate at around 3 months.
Discuss training needs; review and plan objectives; plan when to sit FRCA (MCQ).
Obtain Workplace based assessments (using S/C trainee yr1/2 assessmnt record)
Check that 3m ICM training obtainable during ST1.
Check when your next ARCP date will be.

2-3 months before rotating to your next hospital
Contact your new College Tutor, ask if (s)he can tell you who your Educational Supervisor will be and when you know this, make an appointment to see your ES to plan your training needs for Year 2 - to complete basic level syllabus and obtain basic level training certificate. To organize attendance at regional FRCA courses with a view to sitting Primary FRCA in year 2. Book any leave well ahead.

End of Year 1 &
First ARCP (face-to-face) at Southern House, Otterbourne
Send all paperwork (see checklist on this website) in well on time, logbook, CPD Diary, CV and make sure you have had an assessment so an ES or CT report can be sent.
If satisfactory progress you can move into Year 2

Year 2
Move into Year 2 (often a new Hospital)
Outcome report from ARCP sent to new ES/CT.
Early appointment with ES/CT.

All Rotations start on the first Wednesday of the month

As soon as you can
Plan an audit (laxity during first year of training - important achievement during second year).
Book any leave you require (annual and study) and check the rota to ensure leave does not clash with an essential module in that hospital and that all necessary modules are available for completion of ST2 competencies.
Obtain Workplace based assessments (using S/C trainee yr1/2 assess™ record).
Obtain basic competency in Obstetric Anaesthesia during ST2.
Obtain basic competency in Regional Anaesthesia.

Every 3 months
Make an appointment to see your Educational Supervisor.
Discuss training needs; review and plan objectives.

2–3 months before rotating to your next hospital
Contact your new College Tutor, ask if (s)he can tell you who your Educational Supervisor will be and when you know this, make an appointment to see your ES to plan your training needs for Year 3 - intermediate level training. Discuss and organize attendance at regional FRCA courses.

Sit (and pass) Primary FRCA.
Book any leave well ahead.

End of Year 2 &
Second ARCP (face-to-face) at Southern House, Otterbourne
Send all paperwork (see checklist) in well on time, logbook, CPD Diary, CV and make sure you have had an assessment so an ES or CT report can be sent.

If satisfactory progress you can move into Year 3; a BLTC needs to be signed and a copy sent to the RCoA

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Year 3
Move into Year 3 (often a new Hospital)
Outcome report from ARCP sent to new ES/CT.
All Rotations start on the first Wednesday of the month.
Read CCT manual, plan modules with ES and ensure achievement of relevant competences will be possible (note: a second 3 months of ICM must be obtained during years 3-4). Think about Dual accreditation with ICM.
Obtain WBAs (minimum 1DOPs/1ACEX/1CbD per competence).
Book/attend Wessex Final FRCA course.
Sit Final FRCA exam (late year 3 or early year 4).
Audit project.

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Every 3 months
Make an appointment to see your Educational Supervisor.
Discuss training needs; review and plan objectives.

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End of Year 3 &
Third ARCP (face-to-face) at Southern House, Otterbourne
Send all paperwork in well on time, logbook, CPD Diary, CV and make sure you have had an assessment so an ES or CT report can be sent.
If satisfactory progress you can move into Year 4.

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Year 4
Move into Year 4 (often a new Hospital)
Outcome report from ARCP sent to new ES/CT.
Early appointment with ES/CT.
After ARCP, might need to make early appointment with TPD3+ (to discuss future placements & career plans). Apply for Dual accreditation in ICM if appropriate.
All Rotations start on the first Wednesday of the month. A second 3m ICM block is usually completed in ST4, rather than ST5.
Pass Final FRCA exam early if not already passed.

Every 3 months
Make an appointment to see your Educational Supervisor.
Discuss training needs; review and plan objectives.
Do an audit project during the year
Post FRCA: Book/attend the first part of the Wessex Professional Programme, through the Wessex Courses Centre.
Check when your ARCP will be.

6 months into year 4
Download & read information from RCA website about ST 5/6/7 (SpR 3/4/5) Competencies from CCT in Anaesthesia.
Discuss with your ES and think about year 6 - now is the time to think and plan for ORT abroad. Guidelines for WBPAs and Competency documentation for the ST 5/6/7 ( & SpR 3/4/5) years available on the website.

2-3 months before rotating to your next hospital
Contact your new College Tutor, ask if (s)he can tell you who your Educational Supervisor will be and when you know this, make an appointment to see your ES to plan your training needs for Year 5.

End of Year 4 &
Fourth (face-to-face) ARCP or RITA at Southern House, Otterbourne
Send all paperwork in well on time, logbook, CPD Diary, CV and make sure you have had an assessment so a ES/Tutor's report can be sent.
Need to have intermediate level certificate (ILTC) signed by ES/CT & RA before ARCP/RITA. If not completed, need signatures before moving into y5. If satisfactory progress, (RITA C for SpRs) issued and you can move into Year 5

Year 5
Continue to keep logbook, CPD Diary, Personal Portfolio.
Consolidate anaesthesia skills. If not already done, attend Wessex Professional Programme, first part. Book a place on the second part of the Wessex Professional Programme for year 6 or 7 (it books up early). Consider the Keele Management Course for Anaesthetists, possibly for year 7.
Plan an audit.
Last chance to apply for joint CCT in ICM if interested.
See Programme Director, if not done at end of year 4
Plan any ORT: job offer, visa etc. & read appropriate information and download application form from RCoA website
Make an appointment to see PD about placements for years 6 & 7 if you have special requests, or wish to discuss ORT.
Check when your next ARCP/RITA will be

Every 3 months
Make an appointment to see your Educational Supervisor.
Discuss training needs and interests; review previous aims/objectives. Start to plan for a competitive CV as a Consultant. Ensure you get at least 3 competencies signed off each year (9-12 in final 3 years IN TOTAL). ST5+s should start gathering WPBAs

2-3 months before rotating to your next hospital
Contact your new College Tutor, ask if (s)he can tell you who your Educational Supervisor will be and when you know this, make an appointment to see your ES to plan your training needs for Year 6, so you can plan objectives.

End of Year 5 &
Fifth ARCP or RITA at Southern House, Otterbourne
Send all paperwork in well on time, logbook, CPD Diary, CV and make sure you have had an assessment so a Tutor’s report can be sent.
If satisfactory progress, RITA C issued (for SpRs) and you can move into Year 6

Year 6: IN or OOPT
Make an appointment to see your Educational Supervisor.
After ARCP, make early appointment with TPD3+ (to discuss placements & career plans).
Every 3 months
Discuss training needs and interests; revise plan for a competitive CV as a Consultant. Ensure you get 3-4 competences signed off each year. ST5+s should start gathering WPBAs.

Plan and carry out an audit
Publish a paper/e-learning article/letter/chapter/review article.
Review the content of your Personal Portfolio
Teach (get feedback)/teaching course

6 months into Year
See PD if any changes in planned career direction
Check when your next ARCP/RITA will take place

2-3 months before rotating to your next hospital
Contact your new College Tutor, ask if (s)he can tell you who your Educational Supervisor will be and when you know this, make an appointment to see your ES to plan your training needs for Year 5.

End of Year 6 & PYA (penultimate year assessment) ARCP (face-to-face) or RITA at SO
Send all paperwork in well on time, logbook, CPD Diary, CV and make sure a CT report can be sent.
This is perhaps the most important RITA of them all!
If satisfactory progress, RITA C (SpRs) issued and you can move into Year 7

Year 7

During the year:
Attend Wessex Professional Programme Part 2 and/or Keele Management Course. Consider the Educational Supervisor’s Course.
Plan and carry out an Audit
Teach (get feedback)/teaching course
Extend and consolidate your special interest
Every 3 months
Make an appointment to see your Educational Supervisor. Discuss training needs and interests; revise your CV so it is ready to be presented for a job as a Consultant. Ensure you get 3-4 competencies signed off each year. ST5+s should start gathering WPBAs.

Within 6 months of your CCT you are eligible to be interviewed for Consultant Posts.

Within 3 months of your CCT date
FINAL ARCP or RITA, Southern House
You will have received (or can download from this or the RCoA website) a form ("Notification of forthcoming completion of Specialist Training") to complete (via the Deanery) - it takes time and care. Complete the form with EXACT dates. If unsure of actual ST or SpR dates, leave a space, as PD should have them.
An ARCP form with outcome 6 or a RITA G (SpRs) will be issued if satisfactory progress.

FINALLY you get your name on the CCT List.

CONGRATULATIONS!