Dr Kathy Torlot
Training Programme Director for Core Training in Anaesthetics

Anaesthetics
The Wessex Deanery
Anaesthetic Training

Total 7 years

- 2 years Core training (CT1 and 2)
- 5 years Specialty training (ST 3 to ST7)
Anaesthetic Training

Two routes into Anaesthetics;

ACCS route
Two years of EM, AM, ICM, Anaesthetics
(6 months each)
1 year of CT2 Anaesthetics

Anaesthetics
1 year CT 1
1 year CT 2
Hospitals on the rotation

- Southampton
- Portsmouth
- Poole/Bournemouth
- Salisbury
- West Dorset
- Winchester
- Basingstoke
- Occasionally Jersey in more senior years
- Not IOW or Chichester
Involved in all areas of the hospital
One patient at a time
Physiology, anatomy, pharmacology in action
Team work and high job satisfaction
Gadgets and machines e.g. Ultra sound, fibre-optics, ventilators, cardiac output monitors
Technical skills; Difficult airways, Invasive monitoring, Regional anaesthesia, epidurals, spinals

- High patient satisfaction – you can make a difference
- You can avoid outpatient clinics!
- Anaesthetists are the most friendly people in the hospital!
- One to one teaching and very protected in early days of training
- Flexible training and part time working a possibility
Drawbacks

- Hard exams; Primary and Final FRCA
- Can be very stressful
- Early starts!
- Late finishes!
- Occasionally surgeons can be difficult!
- Some find long operations boring!
- You have to be obsessionnal
Areas of work for Anaesthetists?
Areas of work

- Theatres and wards
- Labour Ward
- Emergency Dept
- Cardiology for cardioversion
- X ray
- Gastro suites
- ECT suites
- High Care and Intensive Care
- Pain Clinics
- Cardiac arrest teams
Characteristics of a good Anaesthetist ??
Characteristics of a good Anaesthetist!

- Obsessional
- Very knowledgeable
- Excellent communication skills
- Good technical skills
- Calm in a crisis
- Excellent team worker
- Not scared to be leader in difficult situations
Core training

• CT 1
  - 9 months anaesthetics and 3 months ICM
  - Not on call until passed ITC at 3 – 6 months

• CT 2
  - 1 Year anaesthetics including Obstetrics
  - Need Primary FRCA ( two parts ) before application for ST 3 post
  - Plus WBA s and competencies signed
Specialty Training

- Competitive entry into ST3
- Final FRCA in next 2 years
- More ICM depending on interest (6 months minimum)
- Southampton year for specialties e.g. cardiac, Neuro, Paeds
- Year abroad encouraged. Wessex has links in Ann Arbor, USA and Perth, Aus
Why Wessex?

• Excellent training programmes in each hospital
• Relatively small distance between hospitals on the rotations
• Wessex courses including free exam courses, simulator courses, Management and Professional Programme
• Exam pass rates
• A large number of Consultants very keen on training
• Good pastoral care and professional support
Posts for 2010

- 12 CT 1 posts starting in August 2010
- 12 CT 1 posts starting in February 2011
- Closing date 18th December
- Interviews week of the 25th January
Useful websites

Royal College of Anaesthetists
- www.rcoa.ac.uk

NESC NHS Education South Central website
- www.nesc.nhs.uk
- Wessex Deanery
- Wessex School of Anaesthetics
My e-mail address

- kathy.torlot@porthosp.nhs.uk