Welcome to our first Wessex School of Anaesthesia newsletter. We are looking at ways to improve the flow of information to all involved in anaesthetic training and will be producing a newsletter 3 times a year. It will be a combination of information from the Deanery, School and Royal College as well as articles written by trainees and trainers. We hope you find this helpful and would welcome your feedback to the editorial group.

Dr Jon Chambers, Deputy Regional Advisor

News from the Royal College of Anaesthetists

Examinations
The number of attempts at all FRCA examinations is now set at six. Primary SOE videos were made available on the College website in July 2013. The Final SOE examination videos went on the website at the end of December 2013. Well worth a look: http://www.rcoa.ac.uk/examinations/overview/guide-the-frca-examination

The next stage of the film project is a series of videos that are designed to guide an examination candidate through the exam day. It includes arriving at the College; checking in at reception; exam briefings and formats and receiving results. The Primary examination run through video expected completion date is May 2014. The Final examination run through video will follow.

GMC Trainee Survey
The 2014 GMC National Trainee Survey runs from 26 March to 8 May. Trainees on UK-based OOPT will be included in the survey for the first time this year. All trainees should have received an email from Simon Plint, our Postgraduate Dean, explaining the process and the importance of having a receipt of completion for your ARCP.

Trainee Representation at The College
The Council Trainee Representatives submitted a proposal to Council in December to improve the methods of communication between trainees and the College. This has led to the development of the Anaesthesia Trainee Representative Group (ATRG). The first meeting of the ATRG is on 1st July 2014 and will comprise a selection of STC reps from Schools of Anaesthesia across the UK.

FICM News

Recruitment
Preparations are well underway for the 2014 recruitment round. There are 103 posts available for 2014, up from 88 in 2013.

ICM e-portfolio
The ICM e-portfolio is entering its final stages of development, and it is hoped that this will be piloted from April and formally launched to all single and dual trainees in August 2014.

FICM trainee registration
The FICM would like to remind ICM trainees that if they have not already done so, they need to register with the FICM so that training details can be confirmed. This should be done as soon as possible. Details on how to register can be found at: http://www.ficm.ac.uk/training-icm/registration-training
**National Recruitment Update**

**Core Training February 2014 Intake**
Nationally there were 85 applications & 35 vacancies with a 100% fill rate in London, Oxford, Wales, Wessex, Yorks & Humber, 90% fill rate in the Northern Deanery and 50% fill rate in East Midlands.

**ST3 February 2014 Intake**
There were 190 applications for 142 National Training Number vacancies and 36 LAT vacancies. 100% fill rate in W. Midlands, Wessex, East Midlands North and S. West Peninsula. Elsewhere the fill rate varied; Scotland 65%; Northern Ireland 20%; and Wales 78%

**CT1 August 2014 Round**
There were 394 Core Anaesthetic vacancies and 202 ACCS (Anaes) vacancies. In Wessex there were 11 posts, all of which were appointed.

**ST3 August 2014 Round**
At the time of publishing process still ongoing.

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**Shape of Training Review**

The final report was published on 29 October 2013 and can be found at: [www.shapeoftraining.co.uk/reviewsofar/1788.asp](http://www.shapeoftraining.co.uk/reviewsofar/1788.asp).

Both the RCOA & AAGBI have been involved in providing evidence during the review process. The response from the RCOA following the report’s publication can be found on their website: [www.rcoa.ac.uk/document-store/rcoa-response-the-shape-of-training-review](http://www.rcoa.ac.uk/document-store/rcoa-response-the-shape-of-training-review)

Interesting times ahead!

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**Wessex School of Anaesthesia News**

**ARCP feedback**
Starting in June 2014 we will be stopping the use of the paper feedback forms for individual posts. Once your ARCP has finished you will be asked to complete a computer-based survey before leaving the Deanery. The feedback from trainees is vital in assessing the quality of each post within the School. Moving to electronic feedback will help with collating the data and enable it to be published in a timely manner.

**Wessex School of Anaesthesia Website**
Over the next few months you will see some changes to the School of Anaesthesia website. We will be making the site more user friendly and hopefully make things easier to find! As ever constructive feedback is greatly appreciated.

**Multi Source Feedback – Don’t leave it too late!**
The MSF process using the RCOA e-portfolio can take up to 1 month to complete. A number of people have been caught out by the time taken to get this finished. Please make sure that you and your educational supervisor start the process early enough for the MSF to be completed before the e-portfolio is locked.

**ARCP & E-portfolio**
All WPBA’s, CPD activity, MSF’s etc should now be logged on your e-portfolio. This is now the focus for the ARCP process within Wessex. The panel will be reviewing the information placed on the e-portfolio in advance of the ARCP day and to enable this to happen your e-portfolio will be locked with 8 days to go. After this date no additional information can be added so please make sure that your ESSR & MSF are completed well in advance and signed off by your educational supervisor to save last minute panic!

**Educational Quality Grading**
Congratulations to the following departments who were awarded an A* for educational quality at the last Deanery Confirm & Challenge meeting:
• Anaesthetics ST3+ - Poole & Royal Bournemouth Hospitals
• ST3+ & Core Anaesthetics - Dorset County Hospital
• ICM ST3+, ICM ACCS & ICM F2 - QA Portsmouth

**Wessex Intensive Care Society (WICS) Website**
WICS have developed a new website. This is a fantastic resource for those involved in (and those outside) ICM training. Have a look: [http://www.wessexics.com/](http://www.wessexics.com/)
Upcoming Conferences and Courses

Anaesthesia

- RCoA Annual Congress 15-16th May, Cardiff
  www.rcoa.ac.uk/education-and-events/rcoa-annual-congress
- GAT - 11th-13th June, Newcastle www.gatasm.org/content/book-now
- 16th Current Controversies in Anaesthesia and Peri-operative Medicine 15-19th October, Dingle www.dingleconference.co.uk
- Anaesthetic Crisis Resource Management, Oxford www.oxstar.ox.ac.uk/courses-2

Obstetrics

- OAA - 21-23rd May, Dublin
  www.oaa-anaes.ac.uk/content.asp?ContentID=59
- FRCA Introduction to Obstetric Anaesthesia Management -3rd October www.wessexdeanery.nhs.uk/courses__conferences_centre.aspx

ICU

- WICS 6th June Portsmouth
  www.wessexics.com/WICS_Summer_Meetings/WICS_Meetings/
- Visit www.ICS.ac.uk for upcoming seminars and core topics

Orthopaedics and Regional Anaesthesia

- BSOA - 2nd June Stanmore www.bsoa.org.uk/events/
- Regional Anaesthesia (RA-UK) www.RA-UK.org for upcoming courses
- UCLH Annual Ultrasound Guided Regional Anaesthesia, London 18-19th June www.ucl.ac.uk/anaesthesia/education/UltrasoundRegional

Paediatrics

- Paediatric Intensive Care Society Annual Conference 2014 - 1-3rd October www.picsmeeting.com
- Managing Emergencies in Paediatric Anaesthesia (MEPA), Portsmouth and Oxford www.mepa.org.uk/centres/uk/portsmouth/

Medical Education, Leadership and Human Factors

- Tomorrow's Teachers I and II (Wessex) - 29th, 30th May and 4th June www.wessexdeanery.nhs.uk/courses__conferences_centre.aspx
- Wessex Professional Development Courses www.wessexdeanery.nhs.uk
- Agenda for Change 2014 - Leadership and management conference

Educational Resources and Opportunities

*Interested in academic research?* Visit the NIAA website for free, online resources providing an introduction to the key principles of how to design a study and the regulations governing clinical research.
See www.niaa.org.uk/article.php?newsid=886

*Management and leadership more of your thing?* The Edward Jenner Programme is a free online management and leadership learning resource. This highly practical and patient-focused development package is designed to help you use your own experience to develop your management and leadership skills, giving you the knowledge and confidence to embark on further projects. See www.leadershipacademy.nhs.uk/
This is a new initiative supported by Health Education Wessex. The Network provides information about:

- Partnerships developed between NHS Trusts in Wessex and health care providers abroad
- Global health research and teaching carried out by universities in Wessex
- Effective interventions for common conditions
- Working abroad with links to college international activities and other useful websites

Anyone who is interested can sign up to receive information from the Network (weekly emails with details of events, conferences and publications) by using the “Getting Connected” option on the home page of the website [www.wessexghnetwork.org.uk](http://www.wessexghnetwork.org.uk).

### Awards, Grants and Fellowships

- **Health Education Wessex fellowships** - Includes Quality Improvement, Medical Education and Simulation fellowships - [www.wessexdeanery.nhs.uk](http://www.wessexdeanery.nhs.uk)
- **Obstetrics** - For UK and international fellowships, visit the OAA at: [www.oaa-anae.ac.uk/content.asp?ContentID=305](http://www.oaa-anae.ac.uk/content.asp?ContentID=305)
- **Paediatric** - The Paediatric Intensive Care Society provides a maximum of £5000 per year to support research and travel awards. The Association of Paediatric Anaesthetists have produced a handbook for those planning a career in paediatric anaesthesia, including details on fellowships. Contact the Specialists Society Manager at the AAGBI ([busola@aagbi.org](mailto:busola@aagbi.org)) for more information.
- **Medical Education** - The Society of Educators in Anaesthesia offer travel and research awards to support educationally based projects. Visit [www.sea.uk.org](http://www.sea.uk.org)
- **Cardiothoracics** – The Association of Cardiothoracic Anaesthetists offer up to £5000 per year for travel and research projects through the NIAA. Visit [www.acta.org.uk/home/awards.asp](http://www.acta.org.uk/home/awards.asp) for more information

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**Show me the money...**

RCoA Maurice P Hudson Prize is now open for any anaesthetic trainee who is the principal author of the best paper relating to the management of acutely ill patients published, or accepted for publication, in a peer reviewed journal. If this sounds like you apply via [www.niaa.org.uk/article.php?newsid=88](http://www.niaa.org.uk/article.php?newsid=88)

Completed a patient safety project this year? The MPS Patient Safety Prize awards up to £500 for first prize. Submit as an abstract to the AAGBI annual congress by 9th June [www.annualcongress.org/content/oral-poster-presentations](http://www.annualcongress.org/content/oral-poster-presentations)
Trainee Update by Ben Harris

Welcome to the new Wessex school of anaesthesia newsletter. I am Ben Harris, Chair of the Trainee Representatives for Anaesthesia in Wessex. I am supported by a team of other reps:

- Katherine Walker - Less Than Full Time Training
- Claudia Papadimitriou - CT1/2
- Laura Wood – ST 3/4
- Ben Marshall - ST5/7
- Mike Ward-Jones – ITU

Our aim is to represent your views at the school board and training committee. We correspond via email, requesting your thoughts, comments and issues before each meeting and providing you with detailed feedback. The other part of my role involves dealing with issues that arise between meetings. Please feel free to contact me at any time on benjamin.harris1@btinternet.com. My role is not fixed term. However, I am considering proposing a fixed term for the role as chair of trainee reps. I would be interested to hear your views on this.

SPARC: Southcoast Perioperative Audit & Research Collaboration

Wessex Anaesthetic or intensive care trainees are welcomed to join us in this established collaborative audit and research network. SPARC was created in 2013 to create regional multi-centered projects. In the six months that SPARC has been in existence we have already completed our first project: Post-operative IV Fluid Prescribing. Twenty-six contributors from 5 Wessex hospitals collected data from 450 sets of notes, from which we produced meaningful and interesting results. We presented our findings at the SPARC Spring Meeting on the 27th March, recently submitted an abstract to a national conference and plan to submit a manuscript to a journal. All contributors will be listed and the data can be used locally for quality improvement projects. The first project has impressed lots of people around the deanery, but we can do more!

SPARC has wide support from across the deanery including Prof. Grocott, Kathy Torlot and the rest of the school board. We are the first trainee-led research network in Wessex, and the key is collaboration by trainees for trainees. SPARC is expanding rapidly and now has several new projects running (see SPARC website). If you would like to get involved in any of the projects please email SPARC.wessex@gmail.com or visit the website www.wessex-SPARC.com.

In addition, there is a new subgroup of SPARC called SPARC-ICM led by Emma Fitzgerald, focusing on intensive care medicine. They have already completed a multicentre audit and submitted it to a European meeting. To get involved please email sparc.icm@gmail.com or visit the SPARC website.

Health and Wellbeing

I'm not sure if this is the best title for this difficult subject. Why is it difficult? The problems I describe I have experienced myself. We are all working very hard, in a very pressured environment. Whilst we all try to do our best, sometimes life events get in the way. These can range from multiple, big and life changing situations to problems with your physical or mental health. It is easy to think that everyone else is doing really well managing to balance a fantastic professional life whilst also being very happy and stable. Appearances can be deceptive. We are a high-risk group for mental health problems inside and outside of work. Recognising that we are ill, or letting the pressure of life build up unnoticed can be difficult. There are lots of sources of help and advice available; GP's, friends, family, college tutors, the deanery or myself. Please get in contact with any questions. The following links are sources of professional advice:

A Trainee's Experience

Wessex Quality Improvement Fellowship by Yousra Ahmad

I first became interested in medical management after completing the ‘Lead and be Led’ course, part of the Wessex Deanery’s Professional Programme. As an anaesthetist, I felt like I was helping to improve the lives of a handful of patients every day, but then realised by becoming involved in management, I could help hundreds if not thousands of patients.

The Quality Improvement Fellowships were advertised a short while later and I embraced the opportunity. Those of us who didn't have our own projects in mind were encouraged to approach our Medical Directors to find out which projects were current priorities for our Trusts. This was to be a serious decision. Finding a project to inspire you enough to put the completion of your clinical training on hold by becoming part-time for a year was not going to be easy. The negative attitude of some towards clinicians involved in management was something to be considered but I remain glad I paid these no heed.

I decided to undertake a project examining performance management of doctors. The first part of the project looked at the appraisal system and values of consultants across the hospital and how these compare with the commercial sector. The second part involved developing performance indicators for anaesthetists. Fellows were able to balance their clinical and project commitments themselves, providing a sense of autonomy which I had hitherto not experienced during my career. Monthly learning sets were the only compulsory fixtures but these were a source of great support. Apart from a varied and interesting teaching programme, we were asked to give updates on our project and encouraged to ask each other for help with thorny issues. Reflective writing was expected after each session and on a regular basis throughout the year but we were taught how to do this well, which made it much less of a chore. These pieces of work were incredibly helpful however when it came to writing up the final project report. We were also offered the invaluable opportunity to work towards a Post-Graduate Certificate in ‘Leadership and Quality Improvement’.

I would highly recommend doing one of these fellowships, as there are few other opportunities as a trainee to see a project through from inception to completion. We learnt a huge amount about the process of implementing change as well as the tools to do so successfully. (I also got to have coffee at Westminster, but that’s another story!). These skills will stand us in good stead whatever we end up doing in the future and look great on any CV. The only way meaningful change will take place in the NHS is when it is lead by those within.

The closing date for the third incarnation of these fellowships have just been and gone however given the success of the previous fellows I am sure they will be taking place again next Spring. Full details, including application details can be found at: www.wessexdeanery.nhs.uk
Firstly, the GAT annual scientific meeting is now open to booking. This 3 day conference is a bargain at only £195!

http://www.gatasm.org/content/book-now. For the meeting we will be venturing to see our friends in the north- Southern Scotland, oh ok it’s Newcastle- home to Newkie Brown and Geordie Shore. On the other hand it’s also home to Byker Grove and in 2008 it was the European City Of Culture (runner up).

The Shape of Training Review is dominating GAT.

The Shape of Training Review final report “Securing the future of excellent patient care” was published in October 2013. Its aim was to come up with a plan of action to meet the health needs of the future population. Specifically, the ageing and multiple co-morbidities population. With this in mind, one of the key recommendations was to produce doctors with a broader training platform who could respond to the different needs that may come along, in a shorter time- ideally completing training in 4-6 years i.e ST4- ST6. They also suggested that within this stream there should be opportunities to do research. At the end of which you will collect a CST, Certificate of Specialist Training. Any further specialist competencies will be done after this in response to the local population needs. The Faculty of Intensive Care(FICM) have welcomed such proposals, as the new CCT in critical care is 6 years already and one must have completed foundation training as well as achieving either MRCP/ MCEM/ Primary FRCA. Where does anaesthesia come into it?

Our current training runs to ST7, which was extended from a 6 year programme previously. Our generalist training allows us to look after any patient coming through the doors but with a number of technical competencies to achieve, plus time out for research, there is a real threat that rather than having a workforce of highly trained consultant CCT holders we may end up producing less well trained CST consultants who are also less experienced and less capable. Also by moving the specialist training to post CST, it’ll also create a reactionary work force.

Overall, alongside GAT, the BMA and RCoA all take issue with the suggested plans as they are and feel further negotiation and modification is required before the review can be accepted.

If you have any queries, gripes or would like any further information please contact me at nigelchee@doctors.org.uk

As this is the first newsletter for Wessex School of Anaesthesia, we are keen to hear your thoughts and feedback- email clairejoannides@gmail.com. This is written for the benefit of trainees and trainers. Please email us if there is any area you think should be included in future editions. If you are interested in making a contribution- write about your experience of a project or fellowship, or have a course you would like advertised, please get in touch.

The newsletter editorial team is Claire Joannides, Jon Chambers, Karen McCarthy, Russell Goodall, Ben Harris and Nigel Chee.