Dr Kathy Torlot
Training Programme Director for Core Training in Anaesthetics

Anaesthetics
The Wessex Deanery
Why Anaesthetics ??
Why Anaesthetics?

- Largest Consultant body in the NHS
- Opportunity to make a difference to patients when they may be very ill and/or very anxious
- Anaesthesia is

“The art of applying Science”
Why Anaesthetics?

- Involved in all areas of the hospital
- One patient at a time – all ages
- 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
Why Anaesthetics?

- Varied Career Options as a Consultant;
- General Anaesthesia
- Some specialise;
  - Paediatrics/Obstetrics/Cardiac-thoracics/Neurosurgery and Vascular surgery
- Others develop skills in areas like:
  - Regional Anaesthesia and Airway Management
- Pain Medicine
- Teaching
- Audit and Research
- Intensive Care
Are you suited?

- Self-reliance
- Ability to quickly assess and manage a situation
- Awareness of own limitations and the need to call for help
- Attention to detail
- Good communication skills and interpersonal skills
- Reliability/Punctuality /Flexibility
- Ability to self-motivate
- A good team player
- Reasonable manual dexterity
Anaesthetic Training

Total 7 years

- 2 years Core training (CT1 and 2)
- If going via ACCS route then 3 years Core training
- 5 years Specialty training (ST 3 to ST7)
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
- Not IOW or Chichester
Drawbacks

- Hard exams; Primary and Final FRCA
- Can be very stressful
- Early starts!
- Late finishes!
- Surgeons
- Some find long operations boring and hard to concentrate during!
- You have to be obsessiona1
“The career choice for those who are perfectly happy to quietly do a good job, and have no need to have to shout about it. ...”
“Anaesthetists are people who do things, not talk about getting them done”
A “Typical” Working Week: Trainees..

- **Theatre Lists (in at 7.30am !)**
  - 3 month novice period, heavily supervised
  - Wide variety of Surgical specialties (and surgeons) means life is never dull

- **Tutorials**
  - Usually weekly during term time, exam focused
  - Study leave to attend exam courses

- **Senior trainees encouraged to teach**
  - (Life support courses/Tomorrow’s teachers etc.)

- **On-call duties**
  - Theatre emergency sessions
  - ICU covering cardiac arrests, resus in Emergency dept, CT scans, Transfers
  - Obstetric Unit Cover
A “Typical” Working Week: Consultants

- The beauty of Anaesthesics is that there is no such thing as typical!
- There are over 6000 Anaesthetic Consultants in the UK and they spent 50% of their time OUTSIDE theatre

- Preparation of surgical patients
- Relief of postoperative pain
- Obstetric units
- Cardiac arrest teams
- Intensive care units
- Emergency departments
- Clinical/Divisional/Trust Management

- Chronic pain management
- Acute pain teams
- Dental Anaesthesia
- Anaesthesia for patients receiving electro-convulsive therapy (ECT)
- Radiology and radiotherapy
- Teaching
- Research
Core training

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

- CT 2
  - 1 Year anaesthetics including Obstetrics
  - Need Primary FRCA (three parts) before application for ST 3 post
  - Plus WPBA s and modules 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, Baltimore, Vancouver, Perth and Sydney in Oz
- At the moment we have 9 trainees abroad
Why Wessex?

- Excellent training programmes in each hospital
- Relatively small distance between hospitals on the rotations
- Wessex Courses Centre run free exam courses, simulator courses, Management and Leadership Programme
- Exam pass rates
- A large number of Consultants very keen on training
- Good pastoral care and professional support
Round One;

Number of posts     22
Number of applicants  220
Number shortlisted    107
Number invited to interview  77
Number Interviewed     50
Number accepted    19
Posts for 2011

- 11 CT 1 posts starting in August 2011
- 11 CT 1 posts starting in February 2012
- Closing date 17th December
- Interviews 24th January to 11th February
Useful websites

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

Wessex Deanery
- www.wessexdeanery.nhs.uk

Specialty Schools

Wessex School of Anaesthesia
My e-mail address

- kathy.torlot@porthosp.nhs.uk