Training Overview for Core & Specialty Trainees

Wessex School of Anaesthesia

2011

Core Training Year 1

Core Training Year 2

ST 3

ST4

ST5

ST6

ST7
Appointments generally start in August & February

Core Training - Year 1

As soon as you can,
Register with the Royal College of Anaesthetists (RCoA).
Start an electronic logbook according to the RCoA 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 & Wessex WPBA documents - 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.
Attend local (critical incident) simulator course for CT1 after about 3m
Discuss training needs; review and plan objectives; plan when to sit FRCA (MCQ).
Obtain Workplace based assessments.
Check that 3m ICM training obtainable during ST1.
Check when your 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 organize attendance at regional FRCA courses and pass Primary FRCA.

End of Year 1 & First ARCP 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 report (download proforma from the School website) can be sent.
If satisfactory progress you can move into Year 2
Core Training - Year 2

Move into Year 2 (often a new Hospital)
Outcome report from ARCP sent to new ES/CT.
Make an appointment with ES/CT.
All Rotations start on the first Wednesday of the month

As soon as you can
Plan an audit
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 Basic Anaesthesia units of training.
Obtain Workplace based assessments.
Obtain initial assessment of obstetric competence during CT2.

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

ST3 Recruitment
Mid year, familiarise yourself with the national recruitment system. Get career advice as necessary. Apply for and obtain ST3 post.

2-3 months before rotating to your next hospital
Discuss and organize attendance at regional FRCA courses. Sit and pass Primary FRCA.
Book any leave well ahead.

End of CT2 & Second ARCP
Send all paperwork (see checklist) in well on time, logbook, CPD Diary, CV and make sure you have had an assessment so an ES report (download proforma from the School website) can be sent. Make sure that you have a Basic Level Training Certificate signed by CT and take to ARCP.
If satisfactory progress you are eligible for Year 3
Specialty Trainee - Year 3

1) **Before starting ST3 it is your responsibility to confirm with the Deanery that you have satisfactorily completed Core Training**

2) **Register with RCoA for Specialty Training.**

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 3-5, usually years 3-4).
Obtain WBAs.
Local simulator (Anaesthetics non-technical skills) course during ST3
Book/attend Wessex 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 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.
Specialty Trainee - 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 paper-based ARCP, make early appointment with TPD3+ (to discuss placements & career plans).
All Rotations start on the first Wednesday of the month.
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
Post FRCA: Book/attend the first part of the Wessex Professional Development Course, 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 Competencies from CCT in Anaesthesia: A Manual for Trainees and Trainers
Discuss with your ES and think about year 6 – now is the time to think and plan for ORT abroad. Email Programme Director to ask for current Wessex Competency documentation for the ST 5/6/7 years (also 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 ARCP 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.
Need to have intermediate level certificate (ILTC) signed by ES/CT & RA before ARCP. If not completed, need signatures before moving into y5. If satisfactory progress you can move into Year 5
Before starting ST5 it is your responsibility to confirm with the Deanery that you have satisfactorily completed Intermediate Training.

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 (this is likely to change after mid 2012).

See Programme Director, if not done at end of year 4

Plan any ORT: job offer, visa etc. & read appropriate section in RCA CCT: A manual for Trainees and Trainers.

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 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 Units of Training (with appropriate number of WBAs) signed off each year.

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 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 structures ES’s report can be sent.

If satisfactory progress, Outcome 1 is issued and you can move into Year 6
Specialty Trainee - Year 6: IN or ORT

Make an appointment to see your Educational Supervisor. After paper-based 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 at least 3 competences signed off each year.

Plan and carry out an audit
Publish a paper/letter/chapter in a book/review article. Review the content of your Personal Portfolio Teach/teaching course

6 months into Year
See PD if any changes in planned career direction
Check when your next ARCP 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 at Southern House, Otterbourne
Send all paperwork in well on time, logbook, CPD Diary, CV and make sure a structured ES’s report can be sent.
This is perhaps the most important ARCP of them all! If satisfactory progress, Outcome 1 is issued and you can move into Year 7
Specialty Trainee - Year 7

During the year:
Attend Wessex Professional Programme Part 2 and/or Keele Management Course
Plan and carry out an Audit
Teach/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 at least 3 competencies signed off each year.

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

Within 3 months of your CCT date
FINAL ARCP or RITA, at Southern House
You will have received a form (“Notification of forthcoming completion of Specialist Training”) to complete (via the Deanery) – available on the school or RCoA websites – it takes time and care. Complete form with EXACT dates. If unsure of actual ST dates, leave a space, as PD should have them.
An ARCP outcomes form 6 will be issued if satisfactory progress.

FINALLY you can get your name on the Specialist Register following recommendation by the Deanery and the Royal College of Anaesthetists.

CONGRATULATIONS!