

A Week in the Life of a Less Than Full Time (LTFT) Trainee

Name:	Laura Kessack	
Specialty/programme	Anaesthetics	
Grade:	ST7	
What does a typical week training LTFT involve?		
<p>I am a 60% LTFT trainee working between 24 and 28 hours per week including nights and weekends. A typical week involves me working as an anaesthetist at the beginning of the week. On these days I leave the house at 6:15am and I am usually home by 7:30pm on a normal day and 10:00pm on a long day. This means that I only briefly see my children who are 5 and 2 years old, on my working days. My children and I enjoy my non-working days at the end of the week when we can spend quality time together. We would all miss this time if I was working full time.</p>		
Choose one thing you love the most about your job and describe how training less than full time impacts on this		
<p>I love anaesthesia because it is an interesting, acute speciality and every day presents new and different challenges. Being a LTFT trainee, helps me to enjoy my job and enables me to worry less about childcare arrangements.</p>		
What makes training LTFT in the east of England great and why?		
<p>Training LTFT in the east of England is great because Health Education England East of England and the School of Anaesthesia support LTFT training and work hard to help you to achieve your goals.</p>		
Describe the most memorable event or experience where training LTFT in the east of England has really made a difference to you personally. For example, the support you have received, improved work/life balance, a particular role model or mentor etc.		
<p>Training LTFT in the east of England has made a considerable difference to me personally by improving my work / life balance. I love the fact that I can work hard and enjoy my job at the beginning of the week but I can also have days away from work each week to spend precious time with my children. My first educational supervisor as an LTFT trainee helped me to realise that this balance was achievable.</p>		
Describe LTFT training in the east of England in one word or phrase		
<p>Good work/life balance.</p>		