

The Grade 1 View

The newsletter for anaesthetic trainees in EoE



Hollywood producer: Should we get a medical opinion for this scene?

From the trainee reps...

Happy New Year! And welcome to the region for all those February starters out there! This is the quarterly newsletter for all things training in the EoE - the good, the bad and the frankly outrageous. Many thanks to our loyal readers who are now struggling through their fifth (!) iteration of this newsletter - we salute you!

BIG NEWS! The trainee forum ('HOORAY!' we hear you all yell) is coming soon and it will be in an all-new improved format. This year we are ditching the TPD grilling, the enjoyable but slightly random talks and the dry sandwiches (only joking the sandwiches will of course be dry - we're not made of money) and doing something a bit different. The first trainee wellbeing day is coming to the EoE!

Finally - although we have all loved our tenure as trainee reps - it is coming to an end. In the next few months, we will be recruiting an all-new, all-star, band of trainee reps to fight your corner in all training issues AND most importantly author this fantastic newsletter. Are you up to the challenge? Read on to find out more...

Caroline, Lara, Harriette, Adam and Erika

Email: eoenaestheticfeedback@gmail.com

INSIDE

—

EASTRN is recruiting!

-

Focus on.... Colchester Hospital

-

Norwich Anaesthesia update

-

New trainee reps wanted!

-

New Blended Buddy Programme

-

SIAs

-

Trainee Wellbeing day

EASTRN is recruiting!

Set up in the Autumn of 2022, EASTRN is the fledgling trainee research network in the EoE and we are currently looking for new committee members to take the project of trainee led collaborative research forward.

So far, we have completed one solo project 'STORE' looking at training in research in the region which was recently presented at the AAGBI WSM and the Harold Youngman. We have also had a fantastic turnout for POPPY (the national RAFT project) with 16 hospitals in the region registered. We have non-consultant and consultant leads in most of the hospitals in the region and good ties with the national RAFT body.

We are now looking for some motivated research minded people to join us!

Please send us a **CV** with a short paragraph detailing **a project** (audit/QiP/research) you would like EASTRN to look at undertaking across the region. Please keep your submission to under 300 words briefly detailing the aims of the project and how you intend to carry it out. Depending on the degree of competition we may then do a short zoom interview or put it to a vote.

Send your submissions to:
eastrn.eoe@gmail.com by 1st March

@EASTRN_EoE

EASTRN.org



EASTRN

East of England Anaesthetic Trainee Research Network

Focus on... Colchester Hospital

-Dr Charlotte Leahy

Colchester Hospital is a busy district general hospital within the East Suffolk & North Essex NHS Foundation Trust

(ESNEFT). It currently has >700 beds and 18 theatres across 3 units. A new Elective Orthopaedic Centre is opening in 2024, which will include eight more theatres.

The surgical specialties include major robotic surgery, vascular surgery, major colorectal and paediatrics above 2 years old. There is also a new GA MRI service and an acute pain service. Pre-assessment clinics include multidisciplinary and CPET clinics. The busy obstetric unit has around 4000 deliveries a year. There is opportunity to engage in research in both ICU and anaesthetics, as well as lots of support for trainee-lead QIPs.

Local teaching includes weekly consultant-led anaesthetic teaching, weekly ITU teaching and a fortnightly journal club. There is also opportunity for simulation training and a new scanning Sonoclub. Trainees can attend ENT clinic for scoping practice, or arrange a NNU week for neonatal experience. SIAs currently offered include periop and vascular.

Colchester is a historic town with excellent amenities and plenty of culture, including the Mercury theatre and Colchester Arts centre. It is situated between the Dedham Vale Area of Outstanding Natural Beauty and the Essex coast, plus the beautiful High Woods country park can be entered from opposite the hospital entrance. Colchester train station is less than a mile away, and car parking spaces have increased with the new multi-storey staff car park. There are also on-site rest rooms for on-call anaesthetists and a modern well-stocked doctors' mess.



Norwich Anaesthesia update

Dr Sejal Modasia

Thank you to everyone who came along to spend their Valentines Day with us at the Norwich Anaesthesia Update 2024 (@NAUmeet).

The day started with an insight into the work behind NAP7 by Dr Emira Kursumovic (@emirakur). Then came the flawless pitch on a career in Neuroanaesthesia by Dr Sarah Muldoon (@gasgal13). Our headliner, Dr Andrew Mckechnie (@Admckdoc), President of SOBA, gave us the best tips on airway management in patients living with obesity. Dr Ben Fox (@BenjaminLukeFox), then opened our eyes to the possibilities available in anaesthesia in the future with 'What's new in industry?'

After lunch, we jumped into the Ronnie Patel Trainee Prize Oral Presentations. Dr Carolyn Dales won **third place** for her presentation on the use of high frequency jet ventilation for subglottic stenosis in a patient living with class 3 obesity. Dr Jeveria Raja, won **second place** for capturing the audience with her presentation on how gamification can help with crisis resource management training, through playing the game overcooked (iykyn)! Dr Lauren Lang won **first place** for her slick presentation on setting up a Perioperative referral pathway for Paediatric tonsillectomy patients living with obesity. Dr Sathish Selvaraj, from Lister, won the **poster presentation prize** for highlighting the importance of sedation drug dosing for patients living with obesity in the ICU setting.

The afternoon continued with Dr Ruth De Las Casas giving us an update into advances in pre-op assessment, which was followed by the insightful talk by Dr Ram Adapa on the pEEG; more than a random number generator. The day came to a close with a humbling talk by Dr Deborah Easby on the updates of organ donation.

A truly engaging day and a rare opportunity to meet fellow trainees. We hope you found it useful and enjoyable!

New trainee reps wanted!

Representing you all has been the greatest honor of our lives, but the time has come for us to reclaim our Thursday afternoons and pass on the mantle of trainee rep-dom.

Over the next year we are looking to recruit two new Stage 1 representative and three new Stage 2/3 (post-FRCA) representatives.

This is a great opportunity to gain management and leadership experience, alongside an insight into the provision and organisation of training across the region. The CV boosting /portfolio enhancing/life skills development opportunities are endless!

What does the role involve?

- Working closely with the existing trainee and MTI representatives
- Canvassing and representing trainee opinion across the region
- Regular informal Teams meetings with the School Board to discuss any issues
- Representing trainees at the biannual STC and School Board meetings, and School visits to hospitals
- Developing, promoting and running trainee led events
- Opportunity to sit on regional and national representative forums
- MOST importantly - writing this fantastic publication

Sounds fantastic - how do I apply?

Please email:

eoanaestheticfeedback@gmail.com by **8th**

March with details of:

- your grade

- your current hospital

- a **short paragraph** (up to 200 words) of why you feel you would be suited to the role and how you can help your peers.

We will coordinate applications and depending on numbers, create an online vote followed by an interview over Zoom. **Good luck!**

New Blended Buddy Programme



- Dr Charlotte Leahy (Virtual learning fellow)

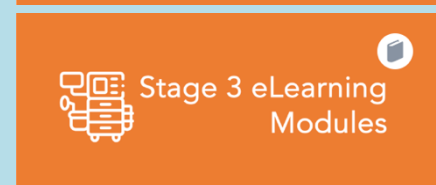
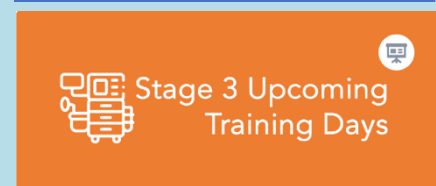
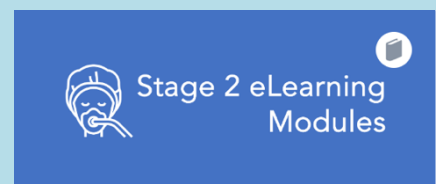
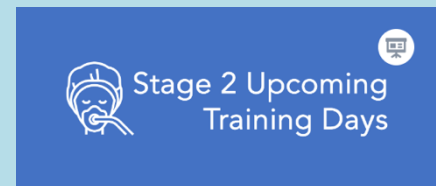
This new programme was piloted in November, in order to support trainees with their Final FRCA SOE preparation. Peer practice and support can be an important component of viva preparation. Trainees may find it difficult to organise peer viva practice, particularly in departments where there are few trainees sitting the Final FRCA.

The Blended Buddy programme provided 4 weeks of virtual viva practice between trainees across the East of England. The aim was to provide a safe space to consistently practice viva skills and receive individual feedback. Eight participants enrolled on this round, which was open to all deanery trainees who were sitting the December exam. The aim was to be as inclusive as possible and fit in around the participants' personal and work commitments, therefore the fixed slot timings took into account the groups preferences.

The programme provided regular timetabled one-on-one sessions, tailored to each participant's availability. They were assigned up to 16 hours of viva practice in 1-hour slots- although 2 hours meetings were provided on Teams. Programme guidance included ground rules for sessions, weekly topic suggestions and sign-posted resources for question-and-answer banks.

The programme was well attended, with many sessions extending beyond the expected 1 hour. Feedback to date is very positive, with agreement that the course was a useful addition to their exam preparation.

Plans to improve Blended Buddy for the next round include changing the course timing and setting up a Buddies WhatsApp group for each sitting.



Please join the **WhatsApp groups** for further information on teaching and updates:

Stage 1:

<https://chat.whatsapp.com/LGhCeLWRF1VDdye6Rmsh2D>

Stage 2/3:

<https://chat.whatsapp.com/EAv0ljuVprN8ebhmhQ0V32>

Special Interest Areas in the EoE

The SIAs are undertaken over a period of one year during stage 3 of training. The time taken in each SIA depends on the type of SIA. The year may be a single SIA or combination of SIAs such as:

- 1 year of single SIA from group 1 or 2 x 6 month SIA from group 1
- 1 SIA from group 1 plus 1 or 2 from group 2
- up to 3 from group 2
- Additional Intensive Care plus 1 from group 1 or 1 or 2 from group 2.

Group 1

6-12 months

- Anaesthesia for Cardiac Surgery (12 months)
- Anaesthesia for Neurosurgery (12 months)
- Obstetric Anaesthesia (6 months)
- Paediatric Anaesthesia (12 months at GOSH)
- Pain Medicine (12 months)

Group 2

3-6 months

- Acute Inpatient Pain
- Anaesthesia for Bariatric Surgery
- Anaesthesia for Complex Orthopaedic Surgery
- Anaesthesia for Hepato-Pancreato-Biliary Surgery
- Anaesthesia for Major General Surgery
- Anaesthesia for Ophthalmic Surgery
- Anaesthesia for Patients with Complex Airway
- Anaesthesia for Plastic Surgery and Burns Management
- Anaesthesia in Resource Poor Environments
- Anaesthesia for Thoracic Surgery
- Anaesthesia for Vascular Surgery
- Military Anaesthesia
- Perioperative Medicine
- Regional Anaesthesia
- Transfer Medicine

* Trauma and Stabilisation

Which hospitals provide SIAs?

Anaesthesia for Cardiac Surgery (12 months)

- RPH

Anaesthesia for Neurosurgery (12 months)

- CUH

Obstetric Anaesthesia (6 months)

- CUH
- NNUH
- Broomfield Hospital
- Lister Hospital
- Peterborough City Hospital
- Luton and Dunstable

Paediatric Anaesthesia (12 months)

- GOSH- competitive appointment

Pain Medicine (12 months)

- CUH
- NNUH
- Broomfield Hospital
- QEHL

Acute Inpatient Pain

- Broomfield Hospital
- CUH
- NNUH

Anaesthesia for Bariatric Surgery

- Currently not available -in development at Luton and Dunstable

Anaesthesia for Complex Orthopaedic Surgery

- CUH
- NNUH

Anaesthesia for Hepato-Pancreato-Biliary Surgery

- CUH

- NNUH

Anaesthesia for Major General Surgery

- CUH
- NNUH
- Luton and Dunstable
- Lister Hospital
- Broomfield Hospital

Anaesthesia for Ophthalmic Surgery

- Currently not available

Anaesthesia for Patients with Complex Airway

- CUH
- NNUH
- Luton and Dunstable
- Broomfield Hospital

Anaesthesia for Plastic Surgery and Burns Management

- Broomfield Hospital (competitive appointment)

Anaesthesia in Resource Poor Environments

- Currently not available

Anaesthesia for Thoracic Surgery

- NNUH
- RPH
- Essex Cardiothoracic Centre (currently in development)

Anaesthesia for Vascular Surgery

- CUH
- NNUH
- Lister Hospital
- Colchester

Military Anaesthesia

- Currently not available

Perioperative Medicine

- Broomfield Hospital
- CUH
- NNUH
- Lister Hospital
- Colchester

Regional Anaesthesia

- Broomfield Hospital
- CUH
- NNUH
- Lister Hospital
- Peterborough City Hospital
- QEHL

Transfer Medicine + Trauma and stabilisation

- PHEM appointment

Additional Intensive Care: 6 months

- CUH
- NNUH
- Broomfield Hospital
- Lister Hospital
- West Suffolk

Paediatric Anaesthesia for the DGH paediatric anaesthetist – 6 months

- CUH
- NNUH



EOE ANAESTHETICS TRAINEE WELLBEING DAY

Thursday 23rd May
10am - 4pm

The Guildhall
Bury St Edmunds
IP33 1NX

A TRAINEE FORUM WITH A DIFFERENCE!

A DAY FOR TRAINEES WITH A FOCUS ON
BALANCING TRAINING AND WELLBEING,
AND OPTIONAL FREE WORKSHOPS
INCLUDING YOGA, ACUPUNCTURE
AND... LUNCH!



FAQs

Why the change in format of the Trainee Forum?

Previously the Trainee Forum was a day built around the all-important Q+A with the Head of School and TPDs. We usually had a number of curriculum and non-curriculum-based talks which were often very interesting, if a bit random. We felt the 'aim' of the trainee day had got a bit lost and we felt a day focusing on 'wellbeing'/morale/joy at work would be very beneficial to us all.

What is the plan for the day?

It is still a work in progress, but we want a relaxed day with plenty of time for lunch and catch-ups with your fellow trainees (friends?), and a ban on the word 'propofol'. There will be a few talks but also hopefully some activities (including optional exercise) and creative outlets. We will get the provisional timetable to you ASAP.

Will there be a TPD Q+A?

There will be no Q+A this year at the Trainee Forum. We hope to hold this at some point in the Spring/Summer over Teams/Zoom.

Why the Guildhall at Bury St Edmunds?

As you can imagine, the budget for these events is tight. The Guildhall is a lovely historic venue that isn't in a hospital (which we felt was important for wellbeing!), is relatively central in the region and gave us an NHS discount. It is also in the centre of town and close to pubs.....

I'm on maternity/paternity leave - can I bring my baby?

We are a baby friendly space - babes in arms are welcome to attend. Please feel free to attend as much or as little as the day as you'd like and we will endeavour to share the baby cuddling.....

Practicalities: how do I get there?

By car: there are two long stay car parks within a 10-minute walk of the venue (see map). It's good for your mental health to have a little stroll in the morning and you will pass a few very nice coffee shops...

By train: the train station is a 15-minute walk away and there are direct trains to Cambridge and Ipswich

Your travel costs will be covered by your study budget as this forms part of the regional teaching programme.

Should I come?

Yes (please)!! It should be a really good day. Even if the word 'wellbeing' makes you shudder we hope the day will be enjoyable, and there will be something for everyone.

Bottom line - it's probably better than being at work. Lunch will be provided and did we mention there's a pub nearby?

Book your study leave now!

