



The Grade 1 View

The newsletter for anaesthetic trainees in EoE



From the trainee reps...

Welcome to the first issue of 'The Grade 1 view' - a quarterly newsletter for trainees in the East of England. With this newsletter we aim to bring a bit more cohesion to training in the region, keep you updated with what's going on and hopefully celebrate some of the trainee successes. We'll also try and focus on a different hospital each issue to give you a flavour of what's available in the region.

Our first congratulations must go to our new core and ACCS reps Adam Robinow (Luton) and Erika Refsum (Broomfield); they were appointed earlier this month and we really look forward to working with them. Huge thanks to Leyla Turkoglu and Sarah Loftus the outgoing reps for all their hard work on behalf of trainees over the past few years. We also have three senior reps who continue in post: Harriette Beard (who has been part of the furniture at NNUH for several years and is now at Papworth), Caroline Phillips (Peterborough) and Lara Allen (WSH).

Please do get in contact! We meet with the Head of School and TPDs weekly, so do get in contact with any issues you are facing either via your hospital reps or directly with us.

Email: eoenaestheticfeedback@gmail.com

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New Trainee Collaborative Research Group - EASTRN

Formed in 2013, RAFT (Research and Audit Federation of Trainees) is a UK wide collective of doctors interested in research and QI in anaesthesia and intensive care. At the heart of RAFT are Trainee Research Networks (TRNs), which link several different hospitals within a region to work collaboratively to identify and address key areas of research and quality improvement.

The East of England has been without a TRN for a number of years, and so in recent months EASTRN been born! This group is in its early stages of conception but our aim is to link hospitals across the region to produce meaningful research wherever you are working. We hope to improve patient experience and outcomes whilst also furnishing your portfolios with some ARCP boosting material!

We are currently in the process of recruiting consultant and non-consultant/trainee site leads. If you are interested in being involved, please visit the EASTRN page (under Trainee Resources) on the HEEoE Anaesthesia website where there is an expression of interest form. There will be a chance to catch up with interested parties, and to learn more about EASTRN, at the upcoming Trainee Forum.

eastrn.eoe@gmail.com

@EASTRN_EoE



EASTRN

East of England Anaesthetic Trainee Research Network

From the Head of School

Dr Helen Goddard

I am really excited to see this new initiative by the School of Anaesthesia and ICM Training Representatives which will keep all the Postgraduate Doctors in the East of England up to date with what is going on in the region.

The School maintains good communication with the Postgraduate Doctors in the region by having weekly meetings with the Training Reps and the TPDs in order to be responsive and proactive in managing any training issues.

From my perspective the School is going from strength to strength. We have had a strong start implementing the 2021 curriculum and the Training Programme Directors have been instrumental at educating all College Tutors, Educational Supervisors and Postgraduate Doctors in the details of the 'new' curriculum.

We are really pleased to have appointed Dr Emily Simpson as the Deputy Head of School and we will shortly be appointing a deputy ICM TPD. These appointments have come about as there has been expansion in the numbers in both Anaesthesia and ICM. In the next year we are planning on clarifying which trusts can deliver the Special Interest Areas so that the Stage 3 Post Graduate Doctors can make informed decisions about managing their final 2 years of training.

I hope you enjoy your training in the East of England.

Focus on... Ipswich Hospital

One half of the Suffolk and North Essex NHS Foundation Trust (along with Colchester), Ipswich Hospital serves a population of almost 1 million people. It's a busy (but not too busy!) DGH meeting the demands of its diverse local population. For trainees it provides great opportunities with major urology, general and gynae surgery with a new robot to keep the surgeons entertained and allow to anaesthetists to catch up on admin. There is also elective and emergency spinal surgery. A busy obstetric unit located at the top of a tower block keeps you fit and adds a bit of nuance to an emergency section. Consultants are friendly and supportive as are all the staff in the anaesthetic office.

As a place to live it has lots to offer especially for those who enjoy the great outdoors - Felixstowe is 10 miles away and I am assured it is an easy cycle (!) so you could get there after work. Rushmere Common is across the road from the hospital and Alton Water is nearby. Constable Country is an Area of Outstanding Natural Beauty sitting between Ipswich and Colchester and provides beautiful walks, cycle paths and many good pubs! Ipswich town centre may not have the best reputation as an urban metropolis but the waterfront has lots to offer with bars and restaurants.



Celebrating success in the East



Many congratulations to all those who have recently CCT'd!

August 2022:

Poppy Aldam
Rachel Ariyanayagam
Tom Bashford
David Brooks
Mark Gotecha
Emira Kursumovic
Sachin Navarange
James Sheehan - ICM Dual
Rob Tooley
Mark Vivian
Daniel Pierce White
James Wu

October 2022:

Joshua Cain - dual ICM

December 2022:

Jessica Bowen
Gabriella Wong

February 2023:

Adam Channell - dual ICM
Fahmida Choudhury
Mark Forth
Laura Hobbs
Mayank Kulshrestha
Romit Samanta - ACL ICM

New EoE Virtual Learning Fellows

Hi, I'm Joe and I am an EoE Virtual Learning Fellow for the final-FRCA and post-FRCA regional teaching programmes.

What is involved?

During this fellowship I have become well acquainted with the Bridge learning platform. I have been trying to optimise the Anaesthesia content on there and hopefully it is now appearing in a more sensible format. Alongside this, we have been converting hybrid and virtual teaching days into online learning modules to allow trainees to view these at their leisure (some topics obviously lend themselves to this better than others!) There is lots of admin to improve the notice and information provided for regional teaching days to help streamline the registration process. I've also sent out a survey for all EoE anaesthetic trainees looking at regional teaching specifically and our experience of the Bridge platform to try identify the main areas we can improve.

What are the main findings from the survey?

We will present this formally soon but common themes emerging include things like: inadequate advertising/notice to take leave for events; difficulty finding events on Bridge; difficulty obtaining study leave; transport issues; and variable preferences for face-to-face vs virtual sessions, i.e. 56% would prefer teaching to be predominantly face-to-face and 44% virtual. We have been working to try and address these issues, mainly by obtaining and advertising up-to-date information about teaching events with as much notice as possible. There is still plenty of work to do to improve the regional teaching programme which we will continue to work on.

If there are any questions about the post, or about the regional teaching programme, e.g. areas for improvement, ideas, comments then please get in touch

joseph.pease@nhs.net

Dates for your diary

Teaching

Primary (North)

Neurosciences Virtual WSH 19/04
Cardiac basic sciences F2F QEH
10/05
Perioperative Medicine virtual
WSH 14/06

Primary (West)

Neurosciences Virtual Bedford
19/04
Cardiac basic sciences F2F
Peterborough 10/05
Perioperative Medicine virtual
Watford 14/06

Primary (South)

Neuroscience virtual Harlow 19/04
Cardiac basic sciences F2F
Southend 10/05
Perioperative Medicine virtual
Colchester 14/06

Final FRCA

Plastics/Burns/Head&Neck Virtual
Broomfield 15/03 POSTPONED
Obesity/MRI/DM/Liver/Thyroid
virtual Colchester 25/04
Vascular/Thoracics/UGI F2F NNUH
05/05
Viva Day CUH 06/06

Post FRCA

Paediatrics 18/05 Virtual CUH

Courses

Paeds sim courses

10/03 NNUH (fully booked)

Trache Tips ARU 24th March

SCAMPS multidisciplinary
paediatrics Simulation course ARU
20/04

-TRAINEE FORUM 26th MAY -

William Harvey Lecture theatre
School of Clinical Medicine
Cambridge

HEEoE School of Anaesthesia

TRAINEE FORUM

MAY 26TH 2023

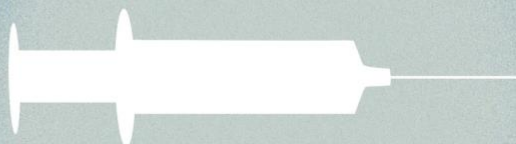


William Harvey Lecture Theatre

School of Clinical Medicine

Cambridge Biomedical Campus

CB2 0SP



FAQs

What is the Trainee Forum?

The Trainee Forum is held once a year and gives trainees the opportunity to meet in person (for the first time in three years), 'network' (for want of a better word!!), listen to some interesting curriculum and non-curriculum based talks and meet with the Head of School and TPDs.

Why the change in date - previously the Forum has been held in July?

We felt that trainees could get more from the Forum (and the opportunity to meet with the TPDs and HoS) before the summer ARCPs. July is also a busy time with ARCPs, school holidays etc

Why is the Forum being held in Cambridge?

Our deanery is large and we have struggled to find a location that suits everyone. Cambridge is geographically at the centre of the deanery; holding the Forum there means that no one is travelling much more than an hour. In addition, the Clinical School doesn't charge us so we have more money to spend on food!!

I'm on maternity leave – what is being done to support me to attend?

We are a baby friendly space! Babes in arms are welcome to attend and we will have a space for you to feed and change. Please feel free to attend as much or as little as the Forum as you'd like and we will endeavour to share the baby cuddling....!

Will lunch be provided?

Yes! (please come)

How do I get there?

The Clinical School is about a 2 minute walk from the Addenbrooke's Hospital main entrance.

By Car: You can park at Addenbrooke's (and pay) OR park at Babraham Road Park and Ride (CB22 3AB) for FREE and either use the P+R bus or smugly walk past the queuing traffic waiting to get into the hospital.

By Train: regular buses run between the station and Addenbrookes – the journey is about 10 minutes.