

The Grade 1 View

The newsletter for anaesthetic trainees in EoE



From the trainee reps...

Welcome to the second issue of the Grade 1 View! The response to the first issue was excellent with one trainee describing it as 'alright'. So, like the enthusiastic trainees we are, we will persist and continue to provide you with interesting updates for the region, hilarious anaesthesia cartoons and dates for your diary.

Since our last issue we have appointed a new representative to the team. Nichelle Saldanha will be representing the incredible group of MTI doctors we have in the region, and we really look forward to working with her.

We have also been busy organising the ***TRAINEE FORUM*** on the 26th MAY. More information is included below - please do come!

Also, please get in contact with any ideas for the newsletter, complaints about the catering at the trainee forum, ideas for better anaesthesia cartoons... anything! We have a new twitter account **@eoetraineerep** so please follow us for updates, course/conference suggestions and anaesthesia news!

Email: eoenaestheticfeedback@gmail.com



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Trainee Forum 26th May

What is it?

- The Trainee Forum annually brings together all anaesthetic trainees in the region to enjoy some anaesthetic updates, more light-hearted non-curriculum topics and to provide an opportunity to ask questions of the Head of School and TPDs (submit questions via vevox <https://vevox.app/#/m/111379903>)

Where is it?

- William Harvey Lecture Theatre, School of Clinical Medicine, Cambridge.

Why face-to-face?

- Post-Covid, we have got out of the habit of seeing each other in person. We think there is something important about getting together as a group, 'networking' and remembering we aren't alone in this sometimes all-encompassing job. Your travel expenses should be covered by your study budget.

Is it worth it?

- We hope so! You might learn something, make a friend, discover a long-lost cousin, finally work out what you were supposed to do for your top up year...who knows?

BOOK NOW

<https://heeo.ebridgeapp.com/learner/training/c64a8f34/sessions/6488/enroll>

How do I get there?

- The Clinical School is situated about a 2 minute walk from Addenbrooke's main entrance.
- Car:** You can park on the Addenbrooke's site (and pay) OR park at Babraham Road Park and Ride for FREE (CB22 3AB) and either walk or use the P+R bus (also free with NHS ID).
- Train:** regular buses run between the station and Addenbrooke's - the journey is about 10 minutes.



	Time	Title	Speaker
Anaesthesia Updates	0900-0910	Welcome and introduction	Trainee Reps
	0910-0950	Updates in regional anaesthesia*	Dr Morne Wolmorans, NNUH
	0950-1030	The magic of POCUS	Dr Jonny Wilkinson, NGH
	1030-1040	Questions	
1040-1055 Break			
Education	1055-1120	Living life (teaching) virtually	The Virtual Learning Fellows
	1120-1130	The EASTRN Experiment	EASTRN representative
	1130-1155	Exams update*	Dr Hasanthi Gooneratne
	1155-1200	Questions	
	1200-1300	HoS/TPD Q+A	
1300-1345 Lunch			
Fellowships	1345-1430	A tale of NHS leadership	Dr Patricia Mills, WSH
	1430-1500	PQUIP Fellowship*	Dr Georgina Singleton, CUH
	1500-1530	An Out of Programme in being out of your comfort zone	Dr Ben Peirce, PCH
1530-1545 Break			
	1545-1625	Veterinary anaesthesia*	Dr Jackie Brearley, University of Cambridge
	1625	Thanks and close of day	

From the Deputy Head of School

Dr Emily Simpson

After five years in the role of ST TPD for the South trainees, I am currently handing over to Dr Ahilan (Aki) Pathmanathan from Lister in preparation for entering the new role of Deputy Head of School for Anaesthesia and ICM helping Dr Goddard. This process allowed me to reflect on the purpose and true nature of the TPD role.

When a TPD is appointed by HEE (now NHSE) our responsibilities include recruiting into and managing logistics of the training programme. This is all captured on many colourful spreadsheets. Most importantly, a TPD ensures that every trainee is presented with hospital placements that can help them to obtain their training requirements. Progress made in reaching key capabilities are then assessed according to certain rules and criteria during the ARCP process to reassure NHSE, the RCoA, GMC and patients that we are producing safe anaesthetists.

This description of the TPD role sounds rather tedious and formal, but that is not how I experienced this role at all. The colourful cells on my spreadsheet have names and are people I work with on the shop floor and across the School. We focus together when we manage a challenging case, we have a laugh over coffee, we share news of weddings & babies and discuss current topical matters. As a TPD, it is a privilege to possess the knowledge of how to help someone navigate the balance between living life, pursuing their interests and establishing a career within the restrictions of the endless rules and regulations set by others. It is a pleasure to welcome a new recruit to the School, guide them through the training path and experience every time, the feeling of utter pride when we issue that last Outcome 6 and they walk into a department as a Consultant colleague

On this note, we would like to warmly welcome the 18 Core, 14 ACCS, 14 ST4, 1 ACF and IDT trainees to our School starting in August this year. We are doing final ARCP's in May for those who CCT in the summer and we'll congratulate them personally in the next newsletter. A hearty welcome to Dr Coralie Carle from Peterborough who has been appointed as the Deputy TPD for ICM working with Dr Jurgens Nortje from Norwich.

When you contact us for whatever reason and from wherever you are the region there is no need for introduction, we know who you are. You are not just a colourful cell on the spreadsheet to us and we are happy to help.

Focus on... Watford Hospital

Dr Erika Refsum

Watford Hospital is the largest of the three hospitals making up the West Hertfordshire Teaching Hospitals NHS Trust, along with Hemel Hempstead and St Albans City. It serves a population of approximately half a million people living around West Hertfordshire and the outskirts of London. It's also right next to Watford Football Stadium which is good to remember for match days!

For trainees, there's a variety of surgical specialties - major general, urology, gynaecology (including gynaecology) and vascular (at present). Well supported by Seniors/SAS and Consultants it's a DGH with a busy reputation! A new hospital is due to be built by 2030...(watch this space). There's a new large car park so no problems getting a spot (you'll want to pick floor 2 to get out straight onto the ground to walk up to the hospital). Recent updates include Cerner EPR (say goodbye to handwritten anaesthetic charts), a new theatre that houses the robot, new GE Healthcare touchy screen anaesthetic machines, a new paediatric recovery and new changing rooms. There's also a new anaesthetic/ICU office where you can catch up with the department and the incredible anaesthetic secretaries. In house lunches from the canteen (correct at time of writing) were only £2 for a decent hot meal, Zak's Piri Piri chicken is just across the road - (you'll likely see the Ortho SHO in there too), or at night there's plenty to Deliveroo if you need.

A commuter town with proximity to central London which is served not only by National Rail at Watford Junction (15mins to Euston) but also the Underground and Overground. Socials are on the rise with recent ventures to the PuttShack, brunches in the Atria, a Diwali party and the legendary Christmas party. Oh, and don't forget to visit Harry Potter World at Warner Brother Studios round the corner!



EASTRN update

Since launching the EASTRN research collaborative at the end of last year we have started to make progress in establishing the network throughout the region. We have appointed non-consultant site leads in most hospitals and are slowly making progress with consultant leads too!

We are still seeking non-consultant/trainee site leads in Bedford, Colchester and Southend - please do get in touch if you work at any of these sites and are interested in getting involved.

This effort is all in preparation for the RAFT POPPY study (Patient reported Outcomes, postoperative Pain and Pain relief in daY case surgery) which is due to launch in September. We are seeking to get as many hospitals as possible signed up for the study, so as to maximise trainee opportunities to be involved in research in the region (and to sign off trainees' 'Research and Managing Data' capabilities too).

We also have a shiny new website: EASTRN.org (some pages still under construction). This will soon have all the local leads and contact details available. We will be at the Trainee Forum and hope to catch up with as many of you as possible!

eastrn.eoe@gmail.com



EASTRN

East of England AnaestheticS Trainee Research Network

Returning to Work

Dr Harriette Beard

Have you ever felt that strange anxiety the night before returning to work after a lovely week off? You are not alone! A Forbes article in 2019 discussed how common this feeling is. If it is only short lived, it may not be a problem but if that period were to be extended to say a couple of months or even a year, I am confident that most people would have an element of anxiety.

There are many reasons why someone might require a supported return to work ranging from time away for academia, parental leave or sick leave (to name a few). Each journey to a 'return to work' will be very different as will the feelings associated with that that return. Time away from work may not have been planned, making organising a return more challenging.

The SuppoRTT framework within the EoE has dedicated team to facilitate the procedures supporting trainees returning to work. Trainees should have a SuppoRTT plan detailing ideas for how to stay up to date and identifying anticipated support on return to practice.

Things to consider:

- Enhanced shadowing
- Attending regional training days
- RESTART course (Return to Anaesthetics Simulation)
- GASagain (RCOA course)
- ALS/EPALS/other life support courses

KIT/SPLiT days are useful when on a parental leave but if taken whilst on accrued annual leave, different trusts have varying ways of counting these i.e. payment for time worked or time in lieu. Study leave entitlement on the other hand varies widely as to a) what sort of trainee you are (military/academic/standard) and b) the reason you are off. Many people will utilise study leave to cover other specific learning events e.g. conferences /

The return-to-work process is a personal journey and one size shoe will not fit all - so do not expect it to!

Email: SuppoRTT.eoe@hee.nhs.uk

Web: <https://heeo.ee.hee.nhs.uk/psw/supported-return-training>

Course dates: <https://heeo.ee.hee.nhs.uk/psw/support-services-available/psw-and-supportt-workshops>

Dates for your diary

Teaching

Primary (North)

Perioperative medicine virtual WSH
14/06

Airway F2F Ipswich 12/07

Primary (West)

Perioperative Medicine virtual
Watford 14/06

Airway F2F Luton 12/07

Primary (South)

Perioperative Medicine virtual
Colchester 14/06

Physics/Equipment F2F Chelmsford
12/07

Final FRCA

Viva Day CUH 06/06

Plastics/Burns/Head&Neck Virtual
Chelmsford 12/07

Post FRCA

Paediatrics 18/05 Virtual CUH

Courses

BASIC

Cambridge 13-14/07

TRAINEE FORUM - 26/05

William Harvey Lecture theatre
School of Clinical Medicine
Cambridge