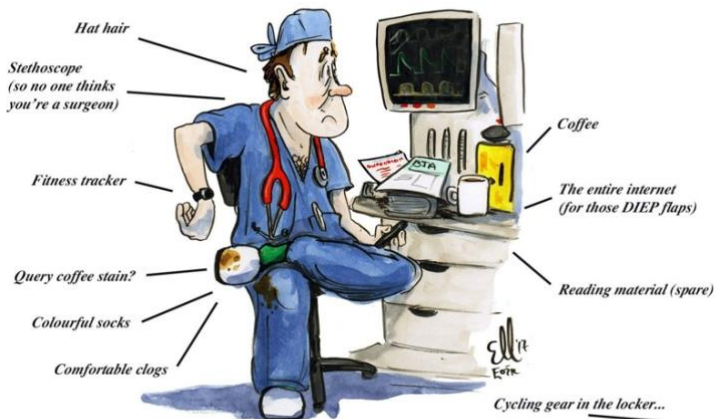


The Grade 1 View

The newsletter for anaesthetic trainees in EoE



ANATOMY of an ANAESTHETIST

From the trainee reps...

Welcome to the new issue of the 'Grade 1 View' - if this is your first time reading one of these newsletters you are either a) new to the region or b) usually screen Stephen's emails but accidentally opened this one and got captivated by the FANTASTIC cartoon above. Either way - welcome!

For those new to the region, this newsletter is written by the trainee reps to help you navigate your way through the mysteries of training in the EoE, hopefully give you some useful information as well as celebrating some of the successes in the region. Our big success since the last issue was the trainee forum - thank you all for coming and supporting the event (we did indeed learn how to anaesthetise a badger) and for filling in the feedback. We've started brain-storming for next year already.....



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

Lara, Caroline, Harriette, Erika and Adam

Email: eoenaestheticfeedback@gmail.com

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EASTRN update

Our inaugural project STORE (Survey of Training Opportunities in Research in the EoE) completed over the summer. We had brilliant response rates for both a site survey and an individual survey so a big thank you to everyone who completed it. Another big thank you to the site leads who worked hard organising this all and getting such fantastic response rates. We have started to write the project up and hope to get further information to you all soon.

Our focus now turns to POPPY in January - this national trainee led multi-center observational cohort study will be looking at quality of recovery, post-operative pain and pain relief in adults undergoing day case surgery. 11 sites have now signed up across the region and local site leads should have further information for anyone wanting to be involved. Site lead details are available on our website EASTRN.org and more information about POPPY can be found at raftrainees.org

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@EASTRN_EoE



EASTRN

East of England AnaestheticS Trainee Research Network

NEW Excellent Educator Awards

- Have you had an educational supervisor who has gone above and beyond?
- Has your educational supervisor helped you navigate a tricky top-up year?
- Does your educational supervisor know their HALO from a CCC?

Then they deserve your nomination!

We are delighted to be launching the **School of Anaesthesia's Excellent Educator Awards!**

Throughout the year, many of our Educational Supervisors work exceptionally hard to guide and support us through training. This award is an opportunity for this work to be acknowledged and celebrated.

Excellent Educator

Award

The fine print:

- You can nominate your Educational Supervisor from **any time** during the last year, at your **current** or **previous hospital**.
- Each hospital will award an **Excellent Educator** - decided upon from your nominations by the College Tutors
- From these, three regional **EoE Excellent Educator** awards will be chosen, and these will be presented at the upcoming Educational Supervisor Faculty Development Day in November 2023.

To nominate your Educational Supervisor, please follow this [link](#)

Nominations will close at **midnight on 1st October**.

This is a wonderful opportunity to acknowledge the hard work our Educational Supervisors put in. We look forward to receiving your nominations.

Focus on... Lister Hospital

-Adam Robinow



Lister Hospital is a 566 bedded hospital in Stevenage, and is used to serve a population of around 650,000 people in East and North Hertfordshire NHS Trust. Particular specialties of note include vascular, renal, plastics, ENT and robotic urology surgery, which makes for a great variety of work for trainees posted at the hospital. As the sole hospital to provide obstetric cover in the trust, it is a relatively busy obstetric unit. In the department consultants pride themselves on their approachable and friendly nature, and particular points of pride include the weekly teaching that they are able to deliver to the juniors.

The hospital is situated in the north of Stevenage, which is a town steeped in rich culture and heritage. The town's design means that it has a great range of parks and green spaces, including 120 acres of Fairlands Valley Park which itself has 4 lakes on which people can sail, wind surf, kayak and even power-boat to their delight! For those of us keen on cycling (which as anaesthetists we all clearly are!), the town also boasts of over 45km of dedicated cycleways

Celebrating success in the East

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

May 2023:

- Grace Nisbet

August 2023:

- Amit Deshmukh
- Christopher Eyeington
- Huw Griffiths
- David Jones
- Sam Khanna
- Catherine McGlennan
- Teresa Murray
- Niall Nelligan
- Arjun Nesaratnam
- Georgina Singleton
- Daniel Teska
- Karolina Wloch
- Alexander Yusuf



And to all those who recently attended the **Ceremony of Presentation of Diplomates** – many congratulations on completing the hard slog of the FRCA!



Update from the Virtual Learning Fellows

Welcome to the new virtual learning fellows for 2023/24:

- Stage 1 Logan McCallan and Alex Butcher
- Stage 2 Charlotte Leahy
- Stage 3 Joe Pease (staying on from stage 2)

They have all been working hard to make our teaching more streamlined and organise us all! Forgive the barrage of links but please do have a look - there is lots of information and resources to make life easier.

Wakelet - teaching newsletter for all the up-to-date teaching dates/links to bridge/course dates

- [Post FRCA/Stage 3](#)
- [Final FRCA/Stage 2](#)
- [Primary FRCA/Stage 1](#)

Google calendars

- [Post FRCA](#)
- [Final FRCA](#)
- [Primary North](#)
- [Primary South](#)
- [Primary West](#)

For up-to-date information and reminders please consider joining the teaching **WhatsApp groups**. Only amins can send messages so the volume of chat will be minimal!
[Stage 2 and 3](#)

An amazing infographic about **stage 1 teaching** has been produced - if you are new to the region it contains everything you need to know!

Finally, a plug for the '**Life as an Anaesthetic Consultant**' day on 20th October Please sign up via [Bridge](#)

Topics include:

- Leading a department through a Pandemic
- Unanticipated Opportunities as a DGH Consultant
- Event Medicine
- Working for a TV show in Fiji
- Research and Global Health
- Applying for consultant and SCF posts

Dates for your diary

Primary (North)

11/10 Clinical topics for primary virtual QEH

08/11 QI/Research virtual

13/12 Regional F2F QEH

10/01 Pain virtual Ipswich

Primary (West)

11/10 Clinical topics for primary virtual Watford

08/11 QI/Research virtual Luton

13/12 Regional F2F Peterborough

10/01 Pain virtual Bedford

Primary (South)

11/10 Clinical topics for primary virtual Harlow

08/11 QI/Research virtual

13/12 Regional F2F Colchester

10/01 Pain virtual Basilton

Final FRCA

26/09 Regional F2F Lister

26/10 Miscellaneous topics virtual

08/11 VIVA day F2F NNUH

13/11 VIVA day F2F Broomfield

Post FRCA

25/09 Obstetrics virtual NNUH

20/10 Life as a Consultant F2F

Cambridge

29/04 Airway day F2F NNUH

Courses

Stage 1

-Anaesthetic Critical Incident Course
5th October Cambridge

-Transfer Training 16th October Lister

Stage 2/3

-EAST Airway course 08/11 ARU

-Skills and drills ICM procedures

18/12 Peterborough

-Tracheostomy training 20/10 Lister
(stage 2 only)

-Paediatric simulation days

- Addenbrookes 19/10

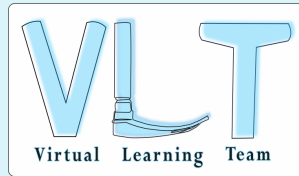
- Luton 08/02

- Colchester ICENI 05/03

-SMART course 13-14/11 Cambridge

-US guided cadaveric regional 25/01
+ 26/01 Cambridge (waitlist)

Demystifying Stage 1 Regional Training

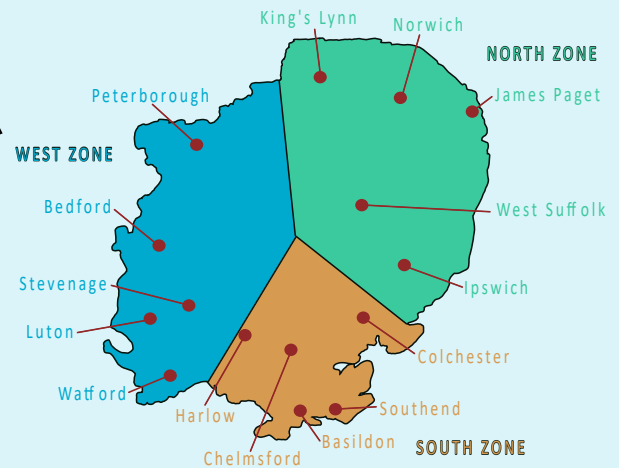


Regional Training Days

The deanery is split in to 3 parts for the monthly regional training days.

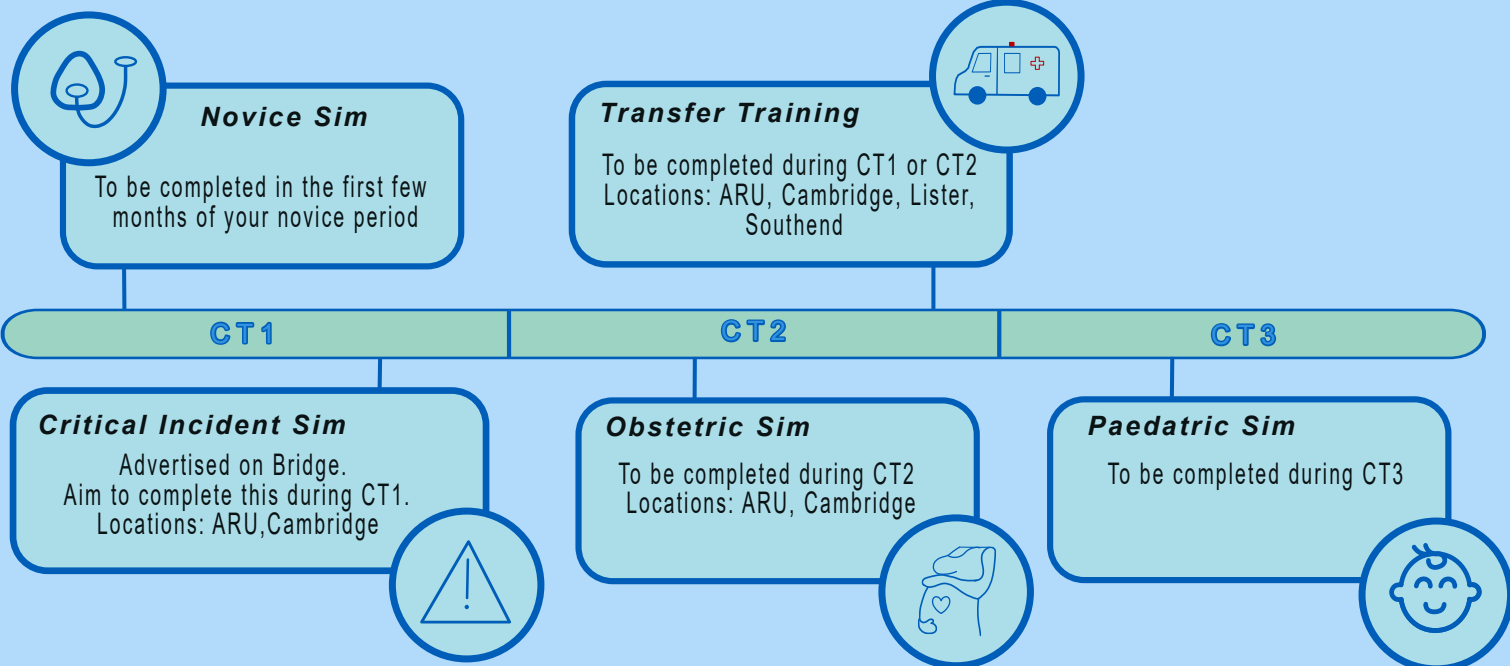
- You can attend at whichever of the 3 locations is most convenient for you.
- A number of the sessions are done virtually.
- You will need to register to attend on Bridge and arrange your study leave locally.

If you are unable to attend a regional training day you can apply for study leave for a different day and complete one of the online Bridge courses.



Simulation Timeline

There are a number of simulation days to attend as part of stage 1 Training.



FAQs

What is Bridge?

Bridge is the learning platform used to organise regional teaching. It is used as a:

1. Platform to sign up to regional teaching and simulation days.
2. Catalogue of teaching days and courses you can view.

Who do I contact if I have any problems?

Stephen Webb Schumperli is the Training administrator for Anaesthesia
His email address is:
stephen.webbschumperli@nhs.net

Where do I find information about study leave?

Study leave information is found on the School of anaesthesia website. If you click on this box you will be taken to the relevant page.

Links to Other Resources

Regional Training Webpage

Bridge Learning Platform

Wakelet Online Newsletter



Join our Primary/ Stage 1 Whatsapp group

