**Trainee Report – Specialty Training Committee Meeting**

**2nd May 2017**

**Joanna Walker, Laura Kessack, Jane Hermanowski**

1. Trainee Forum Day

* The trainee forum was reinstated this year in April, after feedback from trainees
* 21 trainees attended with representation from the deanery by Dr Hobbiger, Dr Barber and Dr Sharpe.
* Feedback was overall very positive.

The day entailed Q & A sessions on:

* the current eportfolio and plans for the new, which is in development by the RCOA
* logbooks
* OOPE
* LTFT
* training event and opportunities in the region
* repatriation
* tips for approaching CCT

Training issues were discussed with Dr Hobbiger, Dr Sharpe and Dr Barber. The main issues raised were:

* Clarifying the number of WBA’s required for the workbook
* Concern expressed by some trainees regarding achieving the higher syllabus competencies at DGH’s (such as complex cancer surgery or laryngectomy within the Head and Neck module).
  + This was discussed at the last STC meeting in Nov and it was re-emphasised that trainees should focus on the strengths of the DGH and to be aware that airway, cardiac arrest and Perioperative Medicine are compulsory.
* The guidelines for Reflection on Critical Incidents on the e-portfolio were highlighted on the deanery Anaesthetic website – <https://heeoe.hee.nhs.uk/node/3695>
* We are planning an annual event pre-ARCP time, in May. College Tutors will encourage attendance if study leave is applied for in adequate time. The date for 2018 will be released soon (to be posted on the deanery website).

1. An update on NEACTAR

(Network of Eastern Anaesthetic  & Critical care Trainees for Audit and Research)

* NEACTAR has successfully run its first project by participating in iHype, a national trainee led NIHR Clinical Research Network portfolio study.
* East of England were one of the top recruiters to the study. There was participation from all of the Hospitals within the region. Data collected from iHype has already resulted in several accepted abstracts.
* The next step for NEACTAR is to promote our own local projects. The committee are looking for ideas from our local network and hope to choose a suitable project in the coming weeks.
* College Tutors across the region have been requested to support NEACTAR and encourage trainees to participate in developing projects and data collection locally.
* The NEACTAR Committee are: Suhas Kumar, Benjamin Marriage, Jian Wen Chan, Jessica Bowen. For further details see: <http://www.neactar.org/>

1. WBA’s/ ESSR’s/ARCPs

* The new workbook is in circulation for the ST’s
* Perioperative medicine <http://www.rcoa.ac.uk/perioperativemedicine>

There are units of training in perioperative medicine at all levels, which are mandatory up to and including higher.

* Please ensure all ESSR’s are of high quality and detail. Educational Supervisors are being encouraged to reject ESSR’s that are inadequately completed. The RCOA e-portfolio team are trying to update the system to allow us to complete the ESSR throughout the year and continually update links with the relevant WBA’s. At present if you try to do this, any WBA’s completed after the draft is saved will not be linked. Ideally complete you ESSR in another format (e.g. word), then cut and paste to the ESSR pre-ARCP, for review by your ES.
* Academic clinical fellowships. There are new forms available for academic ARCPs. Information including the requirements for filling these in, is on the East of England website.

1. Regional Teaching/ Study Days

* Thank you from the STC to the trainees for helping to organise these days.
* Unfortunately there is poor attendance at exam study days
* A large proportion of trainees are emailing to say they will attend and do not turn up on the day
* Aside from being unprofessional, it limits the number of other trainees that can attend and gain benefit from the course
* Are there any reasons limiting trainees from attending, such as trying to attend post nights and ‘seeing how busy the night shift is before choosing whether to attend on the actual morning’, study leave being declined, late changes in rotas or too distant travel etc.?
* If regional trainees can inform us (trainee reps or college tutors) of some of the reasons for not attending these study days, we can try to rectify these to encourage/improve attendance
* Although the days are ‘free’ to the candidate on the day, the funding does come out of the overall trainee study budget, so depleting funds for other trainees if you chose to not attend at the last minute

1. Regional Training Opportunities

**UDA Posts**

* The UDA posts were highlighted and applications encouraged
* The UDA attachment is a one year period of attachment to the University Division of Anaesthesia, offered to all Post-Fellowship trainees at an appropriate stage of their training, with selection by competition.
* Successful candidates will participate fully in the trainee on call rota out of hours, but will undertake a maximum of one half day list per week, averaged across weeks, if mutually convenient. The post is part of the Eastern Region School of Anaesthesia Rotation, and standard annual, study and professional leave arrangements will apply.
* Time spent in the post counts towards CCT.

**SMART Course (Scientific Methods And Research Techniques)**

* This course was highlighted and attendance encouraged.
* The course is subsidised (free) for regional trainees
* See for more details: <http://anaesthetics.medschl.cam.ac.uk/smart-course/>

1. Proposals / Suggestions by the STC

* In collaboration with NEACTAR, the organisation of an annual regional academic study day for all trainees was proposed. To include topics such as ‘how to set up a journal club, critically evaluate a paper, how to apply for an ACF/UDA post and how to get involved with research/QIP’s in the region.
* The aim would be to facilitate knowledge and competencies within the RCOA Annex G (<http://www.rcoa.ac.uk/CCT/AnnexG>)
* As our region is so large geographically, we would plan to arrange a sociable evening meal at Queens College, to connect trainees within the region with similar research and specialty interests which may give rise to collaboration on future projects.
* The education aspects of the day may be funded by the deanery, once the full programme is confirmed.

1. Trainee Morale

* Provisional results are back on the RCOA morale and welfare survey. The survey corroborates much of what we already are aware of - increasing rota gaps, increased requests for internal locums, relatively high rates nationally of dehydration during a shift and risk of burnout.
* If trainees are feeling the effects of exams, life events, workload, adverse events or anything else, please speak to a colleague/ College Tutor/ES/a friendly Consultant or anyone in the Deanery who will offer support and advice.
* In addition, the non-deanery national services are available here: <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/useful-links>

1. LTFT Training

* There are increasing numbers of LTFT trainees within the region and LTFT training is supported by the deanery.
* There is a network of LTFT training consultant mentors across the region.   
  Please contact Laura Kessack, the LTFT trainee rep or Dr Elspeth Reid, the LTFT training Anaesthetic Consultant lead if you would like further information about the mentor network or any other LTFT info.
* There is an East of England LTFT trainee Facebook group for information and to socialise with other trainees interested in LTFT training.

<https://www.facebook.com/groups/444351625737755/>

1. Reminders and Notices

* Trainees need to register/re-register with the RCOA at ST3
* Please check the deanery website regularly for up to date versions of paperwork/ workbooks etc. It is recommended that trainees visit the deanery website at least once/week. (<https://heeoe.hee.nhs.uk/anaesthesia_home>)
* The most up to date information regarding repatriation is on the deanery website. However this is still an ongoing process and is therefore being continually updated.
* If you are on Facebook, please join our trainee anaesthesia group for regional training and social matters: <https://www.facebook.com/groups/495125777304202/>
* A useful webpage for ICU trainees was highlighted - ICCUeducation.org.uk for finding out what the training requirements are for ICU.

1. Upcoming dates for the trainee diary

* RESTART: East of England Return To Anaesthetics Simulation Course, Addenbrookes. 26th June 2017. A one-day sim course fully funded by the School (free) for regional trainees who have been out of clinical work for any reason or any duration.   
  <https://www.cam-pgmc.ac.uk/courses/RESTART2017>
* East Anglian Core Topics and Harold Youngman Prize Meeting.   
  9th/10th November 2017. This is an RCOA 25th Anniversary Event.   
  Trainees are invited to submit a piece of work for the Harold Youngman Prize. There is a £500 first prize on offer for all non-CCT holders.   
  <https://eaaacoretopicsandharoldyoungmanprize.wordpress.com>
* Norwich Anaesthesia update day – Thursday 7th December 2017 to be confirmed.
* See the Deanery website for any other training days/courses (<https://heeoe.hee.nhs.uk/node/3065>)