

The Grade 1 View

September 2025: Issue 11



From the trainee reps...

Welcome back, and welcome to all our new starters in the East of England. For those assiduous readers who realised we missed a summer issue, my apologies. But what delight to be back, in new hospitals, enjoying the last of the summer sunshine and trying not to think about the state of our portfolios!

In this issue, we advertise our fantastic Gibraltar OOPP - now open for its second round of appointments starting in February. Our resident currently in Gibraltar is reportedly loving it, although currently having to tear themselves away from the beach to revise.

Speaking of revision - congratulations to everyone who has passed an exam! Particular congratulations go out to our FRCA diplomates who celebrated in London this September. As ever, we've commemorated this special day with an East of England photo.

In other notable events of the year, our wellbeing day was another huge success - check out the fantastic round-up by Kate McGibbon and be sure to keep your eyes peeled for next years date!

We are always delighted to hear from your on any issues, and can be reached at both eoanaestheticfeedback@gmail.com and our new mailbox: cu.h.eoanaesthesiareps@nhs.net

With love from the Anaesthetic Representative Team!

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Your Representatives

Stage 2/3:

Sejal Modasia
Emma Vallis-Booth
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Stage 1:

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Alfie Ball

ICM:

Erin Hopley
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MTI:

Apoorva Padebettu

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Godfrey Nerupfunde
Neethu Raj

Now Advertising: Clinical Fellow in Anaesthesia & ICM St Bernard's Hospital, Gibraltar

Closing Date 31st October 2025

Come to Gibraltar for an amazing 6-12 month Out of Programme Pause!

The Gibraltar Health Authority, in collaboration with the East of England School of Anaesthesia, offers an Anaesthetic Out of Programme Pause (OOPP) opportunity via a new training link.



Why Gibraltar?

A British Overseas Territory, Gibraltar offers a semi-tropical climate, easy access to Southern Spain & North Africa and direct UK flights (2-hour travel time). The post is based at St. Bernard's Hospital, a busy DGH by the sea, just 5 minutes from town. The hospital boasts stunning views of the bay and North Africa. English is the official language, though Spanish is widely spoken.

The Gibraltar Health Service follows UK NHS guidelines and applies NICE recommendations, with visiting teams from Evelina, UCLH, The Marsden and Leicester. It is soon to be recognised as a training centre.

Job Details

Join a department of 7 residents and 9 consultants delivering Anaesthetic & ICU services for locals, tourists & cross-border workers. Gain exposure to a variety of specialties including

- Orthopaedics (regional blocks, tertiary foot and ankle surgery)
- Colorectal
- Bariatric surgery
- Upper GI surgery
- ENT, dental and maxillofacial surgery
- Paediatrics >2 years
- Plastics and ophthalmology
- Obstetrics and gynaecology
- Pain management
- ICU with FICE skill development mentored by the ICM lead

Residents can set personalised learning objectives with UK-trained supervisors using the RCOA LLP. Logbooks, QIPs, reflections and SLEs can be completed, but no HALO sign offs. Residents are encouraged to talk to their TPD first if considering applying.

The rota is EWTD-compliant with time for continuing professional development included with 6 weeks of annual leave per annum. There is a £1900 study allowance and 2 weeks study leave per annum included.

Return UK airfare is covered with a rental allowance available and support for family relocation.

Requirements

Minimum 2 years of anaesthetic training, including ICU & obstetric anaesthesia experience.

- Completion of CT2 anaesthetics, or
- Completion of CT3 ACCS-Anaesthesia, or
- Minimum two years working in anaesthesia with evidence of achievement of equivalent competencies

IACOA (Initial Assessment of Competence in Obstetric Anaesthesia) required to cover obstetric on calls

This post is also available at higher levels of experience and training – please speak with your TPD to see if it could be right for you!

Application Details

Request application packs via recruitment@gha.gi.

Submit applications to england.expansiondistribution.eoe@nhs.net no later than 17:00 on Friday 31st October 2025.

For enquiries, contact:

Dr Jan Novak, Clinical Director (jan.novak@gha.gi)

Dr Eschtike Schulenburg, TPD & Gibraltar Lead (eschtike.schulenburg1@nhs.net)

Note: St Bernard's Hospital is not GMC- registered for training time to be recognised. However, evidence collected in LLP may be considered by TPDs at ARCP to feed into HALO sign offs on an OOPP.

Join us for a unique & rewarding Anaesthesia & ICM experience in Gibraltar!



The view from recovery

2025 Diplomates Presentation Day

Congratulations to everyone who collected a diploma at the Diplomates Day on 5th September. We are particularly proud of our three (I know!) medal winners - they know who they are.

As always, those who were able met up after the ceremony for an East of England photo with Dr Simpson. It is so lovely to see so many of our residents triumphing and celebrating together!



In other news from the RCoA, we are delighted to congratulate Dr Helen Underhill, who succeeds Dr Emily Simpson as Regional Advisor for Anaesthesia. Personally I would have assumed that TPD was already hard enough work, but we are so delighted to have her in her new role as well!

PGVLE - Now Live!

Joe Pease, Anaesthetic ST6 & Blended Learning Fellow

PGVLE stands for Postgraduate Virtual Learning Environment (which just rolls off the tongue doesn't it?) This is the new website where all regional teaching and eLearning will be co-ordinated, i.e. the replacement for Bridge. All anaesthetic residents have been enrolled onto PGVLE from August 2025.

Whilst it may seem scary and new to begin with, there are many good features to look forward to including:

- Events appearing in chronological order and where you'd expect them to be
- Easier to navigate
- Much more customisable
- You can update your stage of training/FRCA status to access appropriate content yourself
- There is a functioning calendar and the option to subscribe to it with your own iCal/calendar service (and it auto-updates!)
- Email notifications should work more reliably than Bridge
- It loads faster and works on web browsers or via the Moodle app
- You can download certificates for your portfolio
- Useful resources are being added to each stage of training
- There are many more exciting functions like chat, forums, interactive content etc.

For any specific questions relating to PGVLE or Blended Learning please contact:

england.blendedlearning.eoe@nhs.net

If you'd like to try login please visit <http://pgvle.co.uk> (login with email or GMC number, if you can't login then try reset your password). Any feedback, questions, suggestions for improvement, or any eLearning content you'd like to publish onto PGVLE, please email me at joseph.pease@nhs.net or WhatsApp me (likely to reply quicker to a WhatsApp!), happy to help! (You can find my number on the Stage 2-3 WhatsApp group).



1. Wow! Pretty buttons, customisable tabs

IMG Induction 2.0 - Empowering Medical Graduates

Apoorva Padebettu, IMG Representative

On 24th September 2025, the East of England School of Anaesthesia and ICM proudly hosted IMG Induction 2.0 — a vibrant, full-day virtual programme designed to welcome and support international medical graduates (IMGs) as they begin their journey in the NHS.

Before the event, a quick survey revealed what participants were most eager for: clear guidance on training pathways, portfolio development, navigating NHS systems, understanding audit and QIP processes, and exploring career progression options. We took this feedback on board and shaped the day to meet these needs. The programme offered a rich mix of sessions covering training in the region, portfolio building, quality improvement, lifelong learning, intensive care medicine, obstetrics, and sources of regional support — all rounded off with a reflective discussion on routes into training. The result was a balanced blend of practical advice and career-focused guidance.

Building on the success of IMG Induction 2024, this year's event once again drew enthusiastic participation and glowing reviews. In the post-event survey, 100% of attendees rated the day as useful or extremely useful, and over 90% reported feeling more confident about training structures, portfolio building, and essential clinical processes. One participant summed it up beautifully:

"Thank you very much for the lovely arrangement, and all speakers were very nice and knowledgeable."

For those who couldn't join live, a recorded version was shared, extending the programme's reach and ensuring that its insights remained accessible and inclusive.

Overall, IMG Induction 2.0 didn't just meet expectations — it exceeded them. Participants left the day feeling inspired, reassured, and connected — both to their peers and to the wider training community. This success lays a strong foundation for future editions, making certain that every new IMG joining the East of England starts their journey with knowledge, confidence, and a genuine sense of belonging.

Neurodiversity Hub

We are delighted to present the neurodiversity hub on the HEE website, a first step to better supporting neurodivergent anaesthetists in EoE. Currently found under "trainee resources" but hopefully relocating to the main page soon, these pages will provide information and support to residents and trainers alike.

How is this useful to me?

If you already have a diagnosis, check out our useful page on "Rights and Responsibilities" for information about whether or not to disclose your condition, and for worked examples of reasonable (and unreasonable) adjustments to your practice. Consider directing your educational supervisor to the "I'd like more information" or "information for trainers" sections to avoid those pesky detailed explanations of what your diagnosis actually entails.

If you don't have a diagnosis - this could be for you too. You might be considering the diagnostic process, and the "I'd like to know more about diagnosis" page can guide you through how this might happen. You also don't need an official diagnosis to benefit from some of the advice and coaching tips being added to the website. Or maybe you don't identify as neurodivergent at all, and just want to know more or support your friends and colleagues? Find out more at [Neurodiversity in Anaesthesia | East of England](#).

Can I get involved?

We'd love that. This project is in its infancy - maybe you have some feedback on the content and would like to see things changed or added? Please let us know at eoanaestheticfeedback@gmail.com or helen.underhill1@nhs.net.

If you would be willing to sign up to be a peer supporter of neurodivergent residents, please also get in touch as we would be delighted to add your contact details to the website. This would enable you to act as a friendly face or point of support for residents rotating through your hospitals.

Spotlight On: The Anaesthetic Wellbeing Day

Kate McGibbon, Anaesthetic Core Trainee & Stage 1 Representative

On July 4th, following the success of the Wellbeing Trainee forum 2024, we continued this theme for the Trainee Forum 2025. The event took place in the beautiful Coton Village, on a sunny day in the countryside west of Cambridge – a short cycle from the station.

Yoga and sound therapy

We kicked the day off in stereotypical well-being fashion with yoga. To be precise, practitioner Elysia Ramirez thoughtfully guided us through a series of seated yoga, meditation and breathing practices in real time. A calm in the room was palpable. It is compelling to consider the impact of these simple practices in a working day.



Forum

Next, we used the unique gathering of around 40 residents from across the region at various stages of training to address queries about aspects of training. This included the triple C, supervision levels, obstetrics across the region, NHS.net mail access and tools to support learning such as ANSO pro.



Everything Wellbeing

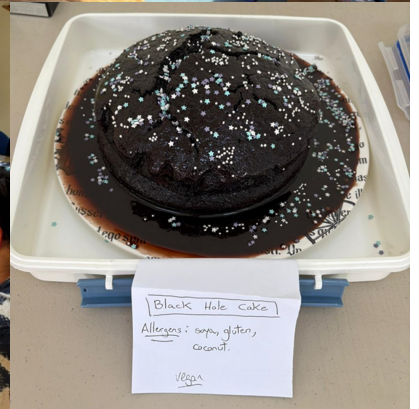
We had the privilege of a vulnerable in-person account from our regional Professional Support and Well-being (PSW) Fellow, Junaid Anvar. He shared his story of experiencing a spectrum of challenging emotions inside and outside the workplace and demonstrated the process of recognising and accepting circumstances, then asking for help. The PSW are fundamental to emotional and practical support to mitigate such challenges.

Anaesthesia in Gibraltar talk

Dr Sam Wadman enlightened us on the highlights, career development opportunities and experiences of living and working in and around Gibraltar. As we basked in the British sunshine, it left many in the room fantasising about a future of permanent sunshine, relaxed vibes and family life abroad.

Embroidery of hats, massages, games, yoga

A feast of Italian food was followed by a post-prandial afternoon informally discussing our experiences of training over a smorgasbord of activities. Things got giggly and heated in the “Articulate” corner, while calm and creativity reigned amongst the hat embroiderers, massage and yoga / sound therapy spaces. Congratulations to everyone who made their own unique theatre hats, such as this lovely example by Hannah Hildrey.



Feedback

We finished the day with the award of our Bake Off Winning Trophy. While all the baked options were delicious (and carefully labelled with allergens in true anaesthetic fashion), the Black Hole Cake – a chocolatey vegan concoction baked by Anna Zonato – won the most votes!

Everyone seemed to feel very grateful for the care demonstrated by the deanery leadership in supporting the chance to spend a day with other trainees, sharing experiences and discussing training related queries. We can't wait to welcome you all back next year!

