

The Grade 1 View



From the trainee reps...

A very warm welcome to everyone joining the East of England this August! This newsletter, from your friendly neighbourhood trainee reps, is delivered quarterly (ish) to your inboxes to charm and delight you with updates from around the region; spotlights on different hospitals; comedy gold and of course, important upcoming events like the Excellent Educators awards, EoE Bake Off season 2, and the trainee wellbeing day.

Of course, those of you who have been in the region for a while are definitely, 100% up to date on how the School runs locally and who to turn to... but just in case you're not, please check out our article on who's who!

In addition, we're welcoming some new faces! The founder and (until recently) editor in chief of this best of bulletins is moving on to new and dizzying heights at the AiT. We wish Lara all the very best in her new endeavours as we start recruiting for someone to step into her shoes and take up the mantle of trainee representative alongside Sej & myself. We hope you've all voted, and we look forward to announcing the new member of the team.

As ever, our email is: eoenaestheticfeedback@gmail.com for any issues, feedback or suggestions!



INSIDE

From the trainee reps...

-

Who's who in the East of England

-

EASTRN update

-

Presentation Day 2024

-

Spotlight on: Queen Elizabeth Hospital King's Lynn

Who's Who in EOE?

Every anaesthetic deanery is administrated by a team from NHSE and a team from RCOA. Together these tireless individuals make sure the ARCPs happen, the jobs get filled, the training's up to snuff and the lights stay on. But how exactly? Even your lovely reps get confused sometimes. Let's try and figure it out...

RCOA

Regional Advisors for Anaesthesia:

These people represent the views of the college to the region. They also feed back to the college about aspects of training and standards in their local region.

Regional Advisor for Anaesthesia:
Dr Emily Simpson

Deputy RAA:

Dr Hasanthi Gooneratne (core and ACCS)

Dr Eschitke Schulenburg (stage 2&3)

College Tutors:

I really hope you've all figured out who your college tutor is at your trust! A full list can be found at <https://heeoe.hee.nhs.uk/anaesthesia/anaesthesia-contact-us> along with email addresses so you can get your requests for information about new placements in early! College tutors act as educational leads for anaesthetic training and pastoral care within their department. They're in charge of implementing your training programme locally.

Regional Trainee Representatives:

It's us, the witty and charming voices of the Grade 1 view! Our job is to represent your views to the School of Anaesthesia, feed back important information via the local trainee representatives and keep you generally informed and entertained.

Stage 2 & 3 representatives:

Dr Sejal Modasia

Dr Emma Vallis-Booth

Dr Lara Allen (outgoing)

Stage 1 representatives:

Dr Alfie Ball

Dr Kate McGibbon

NHSE

Head of School:

The big cheese
Dr Helen Goddard
(currently on leave)

Deputy Head of School

(and interim head of school at the current time):
Dr Emily Simpson

Training Programme Directors:

These hard working people are your first port of call for aspirational study leave forms; OOPPs, OOPes and oopsies; and their favourite parts of the job: placement swap requests!

Dr Nina Walton (core trainees in the South)

Dr Lynda Menadue (core trainees in the North & ACCS trainees)

Dr Ahilan Pathmanathan (stage 2 & 3 trainees in the South)

Dr Helen Underhill (stage 2 & 3 trainees in the North)

TPDs for ICM: Dr Natasha Lawrence & Dr Coralie Carle

Training Programme Director for Quality:

The TPD for quality has oversight of the GMC surveys, what SIAs are done where, and the faculty development days.

Dr Eschitke Schulenburg

Education Lead:

The education lead looks after the regional teaching programmes, Bridge, our education fellows and simulation courses. An important role, and not just to remind you to attend the courses you sign up for...

Dr Hasanthi Gooneratne

LTFT Leads:

Dr Nina Walton

Dr Laura Kessack

School Administrators:

You might not know their faces, but I bet you know their email addresses! This lovely pair are in charge of disseminating all email information to you, they're your first port of call for helping to attend or run any school-based event, and they're pretty much technological wizards in their spare time.

Anaesthetics - Chris Beynon

ICM - Elena Teodor

MTI representatives:

Dr Apoorva Padebettu

ICM representatives:

Dr Faiz Chembian

Dr Erin Hopley

EASTRN update

Many thanks to all those who have come forward as EASTRN site leads - we now have a full complement across the region so thank you so much. We have a number of ongoing projects which we hope will keep you all busy over the next year!

1. **REPACC:** we have four sites signed up within the region - many thanks to those who have got involved - we look forward to seeing the results!
2. **FLO-DM** (do you like the new title?) FLuid prescribing in peri-Operative patients with Diabetes Mellitus. This is a survey-based project which we are hoping to run in the next month or so (final amendments are happening in the background now). What this project lacks in excitement we hope it will make up for in brevity - the survey is 4 questions long and takes 4-5 minutes to complete. Numbers will be our friend in this project so when a lovely site lead approaches you with a biscuit in exchange for your time please do complete it! The same project has been run amongst endocrine trainees and was published last year so we are hopeful...!
3. **NEMOE:** coming in 2025 prizes to anyone who guesses what this is about!

Finally, we will be recruiting a couple of committee members in the near future - this is a great opportunity to get more involved with research and help direct the trajectory of EASTRN as it continues to establish itself within the region. Look out for the emails which will come via the school.

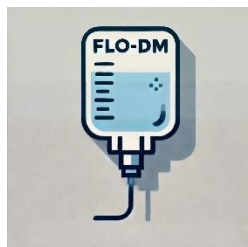
Eastrn.eoe@gmail.com

EASTRN.org



EASTRN

East of England AnaestheticS Trainee Research Network



Stage 1 Upcoming
Training Days



Stage 1 eLearning
Modules



Stage 2 Upcoming
Training Days



Stage 2 eLearning
Modules



Stage 3 Upcoming
Training Days



Stage 3 eLearning
Modules



Please join the **WhatsApp groups** for further information on teaching and updates:

Stage 1:

<https://chat.whatsapp.com/LGhCeLWRF1VDye6Rmsh2D>

Stage 2/3:

<https://chat.whatsapp.com/EAv0ljuVprN8ebhmhQ0V32>

Presentation Day 2024



Congratulations to everyone who received their diplomas at the RCOA Presentation Day on 6th September 2024. Despite the warm temperature (no need for theatre jackets in this room) it was absolutely lovely to see so many of us crossing the stage and celebrating all the hard work that goes into passing the FRCA, FICM and FPM examinations. Being presented in the afternoon, EoE diplomates were treated to a fantastic address by Professor Kevin Fong, a distinguished anaesthetist who has worked for NASA and specialises in pre-hospital medicine, space medicine and extreme environment physiology. After crossing the stage, there was just time for a picture before heading out across London for celebrations!

We know that not everyone was able to stay for this lovely photo, or make it to the presentation day. Congratulations to everyone celebrating passing exams this year!



Spotlight on... QEHLK by Shrestha Sinha

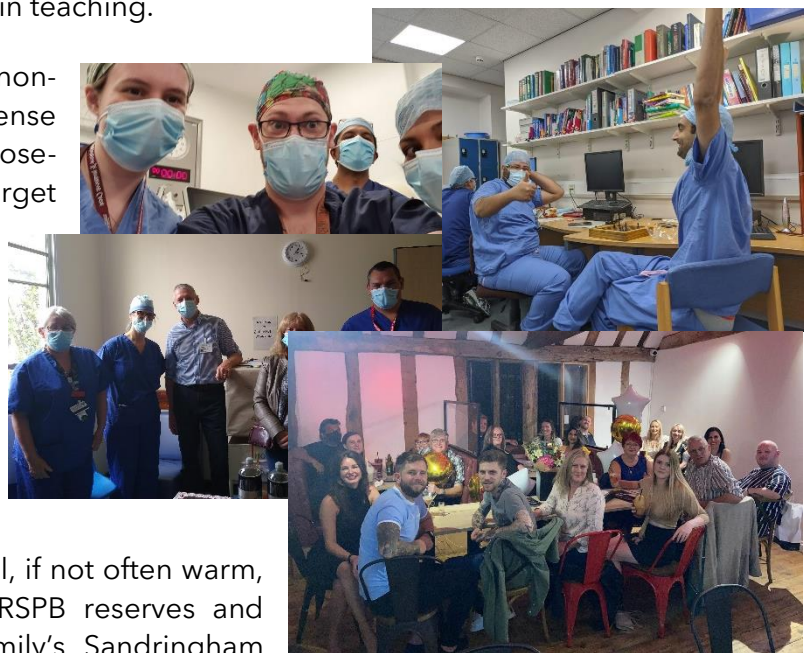
Located in West Norfolk, historic market town King's Lynn features a DGH with a surprising Anaesthetic Team. The ACSA accredited department features 8 theatres within its main complex and 4 satellite theatres that cover elective, day surgery, trauma, emergency and obstetric work... for the moment at least (the dodgy roof should stop disrupting theatre work soon and, assuming you can trust a politician, we expect a brand new hospital by 2030!) Often punching above its weight, highlights include:



- The Chronic Pain service, also staffed with a friendly and a very well credentialed team with close links to the Faculty of Pain medicine, has been described as a "very well run, small pain service [with] lots of opportunities to learn... a great place to spend half of my advanced pain training."
- Regional Anaesthesia, with a number of skilled consultants, including a previous board member of RA-UK, who strive to push forward the development of the Regional Anaesthesia Service, for example, recently developing a very successful same-day elective hip and knee replacement surgery service.
- The development of many innovations including the Safira injection system, as well as novel inventions across Intensive Care and Airway management, such as the being the first DGH in the UK to use High Flow Nasal Oxygenation as an intubation aid.

This culture of innovative and modern practice has and continues to yield a number of research opportunities particularly within Intensive Care and across Anaesthesia generally, as well as plenty of QIPs (have a chat with Pete Young, Dan Stolady or Alistair Steel when you arrive if your CV needs buffing!). Dedicated Primary Teaching occurs weekly, with plenty of chances to be viva'ed and opportunities for all grades to get involved in teaching.

Full of warm, friendly consultants, non-consultant career grades, and trainees, a sense of humour pervades the members of this close-knit department (so much so that you'll forget two of them are Association of Anaesthesia board members). You'll often find the consultants in their respective offices or joining the juniors in the Trainee Room to chat over coffee breaks or lunch. Social events amongst the team often let you forget the fact you're spending all this time in Lynn!



Outside of the town you'll find the beautiful, if not often warm, North Norfolk Coast with a number of RSPB reserves and picturesque coastal towns, the Royal family's Sandringham Estate, and number of charming villages in the surrounding area.

And for those of you dreading the commute, there is now a dedicated Anaesthetic on-call flat, with two rooms exclusively for the use of the Anaesthetic on-call team (in addition to the two on site on-call rooms for night shifts), in case the A10 or A47 at 2100 doesn't appeal to any of you.