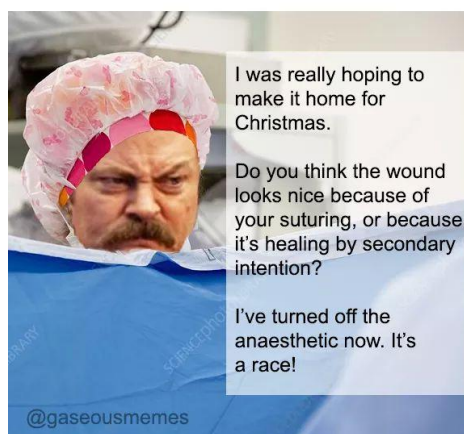


The Grade 1 View

Sass suggestions while the surgical resident is closing



From the trainee reps...

Merry Christmas! Hasn't time flown? I know I've barely recovered from trying to get the last edition out and here we are again with our best festive theatre hats, a bumper stock of Quality Street on the ICU and (if you're lucky) a selection of vouchers for free dubious turkey dinners from the local canteen!

In the last few months, we've been hard at work on your behalf, with school visits, the beginnings of the plan for the trainee wellbeing day and of course, coming up with the best questions for the Christmas Quiz. We welcome our new stage 2 rep, Vishal Amin, to our team - we're hoping he can keep us in line in 2025!

With a full complement of representatives, you're always welcome to email us at eoanaestheticfeedback@gmail.com with any issues, complaints, concerns, questions, compliments (particularly on the writing skills of the new team) or even just to chat. Don't forget, we also represent you to the national trainee groups for the college, the AAGBI and the Lifelong Learning group, so anything you feed back to us is taken seriously and escalated wherever we can.

Wishing you all the happiest of holidays, the most seasonal of greetings, the merriest of Christmasses and the best start to 2025.



INSIDE

From the trainee reps...

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Excellent Educator 2024

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The Christmas Quiz 2024
(now with prize)

Excellent Educator Awards 2024

The Excellent Educator Awards ran for its second year and we received a great response from trainees from almost every trust! Thank you to everyone who nominated an Educational Supervisor for the regional award. There were lots of amazing nominations and supporting comments, it was a delight to read them all. This clearly emphasised what a dedicated and compassionate group of Educational Supervisors we have in this region. Thank you to all the nominees for continuing to be the supportive Educational Supervisors that we so regularly need and for guiding us through the obstacle course that is our training.

After receiving all the nominations, we informed each individual trust of their Excellent Educator nominees. The college tutor(s) and local trainee rep(s) at each trust, together, put forward their chosen Excellent Educator for the regional award.

The winners were announced at the Faculty Development Day on Wednesday 27th November. Our Regional Excellent Educators are:

Dr Zoe Ovenden from Broomfield – ‘She is approachable, fair and her commitment to teaching and training in the department is exemplary...she has gone above and beyond this year’.

Dr Steven Cole from Colchester – ‘We are all so grateful for Dr Cole and all the wisdom and confidence that he has imparted on us, the impact that he has made on our progression deserves the highest recognition’.

Dr Victoria Howell from King's Lynn – ‘She has been meticulous in ensuring that we are on track with our portfolios, she has encouraged us to go beyond the expected criteria and to chase our personal interests...she makes herself available for additional help, and she shows genuine care for our professional progression and personal wellbeing’.

Sadly Dr Cole was unable to be at the development day, but Dr Howell and Dr Ovenden were available to receive their awards in person! Many congratulations to all the incredibly supportive Educational Supervisor winners and nominees!



To find out who was nominated in your trust, speak to your college tutor and/or local trainee rep.

The Excellent Educator Award will be running annually, so keep your eyes and ears open for next year's nomination window and use this opportunity to recognise the hard work of our Educational Supervisors.

EASTRN update

Our EASTRN site leads have been hard at work on the many projects in the region at present.

1. **REPACC:** some sites are starting to finish their data collection – well done on all your hard work! For others the fun is ongoing and we await the results with anticipation.
2. **FLO-DM** (FLuid prescribing in peri-Operative patients with Diabetes Mellitus). This survey is now out and data collection is ongoing – there are only 4 questions so please do consider taking part!
3. **NEMOE:** the latest offering from the team is Neuromuscular Monitoring in the East of England, which will run from 13th to 17th January assessing provision, utilisation and attitudes towards neuromuscular monitoring. Your local leads should be advertising, we hope with many fish-themed incentives to get involved!

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



East of England Anaesthetic 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>

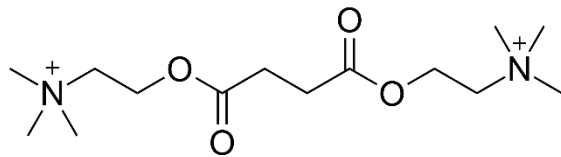
Stage 2/3:

<https://chat.whatsapp.com/EAv0ljuVprN8ebhmq0V32>

EoE Anaesthesia Christmas Quiz

It's the moment you've all been waiting for! The chance to demonstrate your bona fides, your historical knowledge, your keen engagement in regional anaesthesia news and your distant (or approaching) memory of the exams. It's the Christmas Quiz! In an exciting new addition to this festive edition of your favourite quarterly update, we are offering a prize for the most correct quiz answers (winner to be chosen at random in the event of a tie). Please submit your answers to our email at eoenaestheticfeedback@gmail.com, and don't forget to include your name so we can arrange your prize if you are our lucky winner! Good luck!

1. What drug is this?



2. In a case control study comparing the urine output of intensive care patients and intensive care doctors what was the rate of oliguria in doctors?
- 12%
 - 22%
 - 36%
 - 41%
 - 52%
3. How many trusts in the East of England can you name which are built with reinforced autoclaved aerated concrete?
4. According to the 1970 BMJ Christmas Quiz, what is the medical hazard associated with orienteering?
5. What is the connection between these two pictures?



6. Who was the first person to utilize cocaine as a local anaesthetic in 1884?
- Sigmund Freud
 - Karl Ludwig Schleich
 - August Karl Gustav Bier
 - Theodor Tuffier
 - Carl Koller
7. Did you read my last article: Who is the regional advisor for anaesthesia in the East of England?
8. In anaesthetic history, who was Wouralia?
9. Why has Dr Brown Bear, of Peppa Pig fame, been recently criticised by the BMJ?

- a. His revalidation is out of date
- b. He encourages inappropriate use of primary care resources
- c. He encourages overeating and inactivity
- d. His name is not inclusive of surgeons
- e. He is not "bear" below the elbow

10. For each of the following, state whether it is TRUE (a genuine BMJ article) or FALSE (written by ChatGPT)

- a. Taking the biscuit: defining excessive quantities of free refreshments in a healthcare library
- b. Tinsel, triggers and treatment: managing allergies in the holiday season
- c. Yuletide fever: investigating the role of social gathering in post-holiday infections
- d. Association of health benefits and harms of Christmas dessert ingredients in recipes from The Great British Bake Off: umbrella review of umbrella reviews of meta-analyses of observational studies
- e. Common healthcare related instruments subjected to magnetic attraction study (CHRISTMAS): prospective in situ experimental study
- f. The Silent Danger of 'Ugly Sweater' Fashion and Its Impact on Cardiac Health

11. Which Christmassy anaesthetist provided labour analgesia to Queen Victoria?

12. What piece of equipment is described in the puzzle below?

