



The Grade 1 View

The newsletter for anaesthetic trainees in EoE

December 2023 Issue 4



*He sees you when
you're sleeping,*

*He knows when
you're awake*

From the trainee reps...

Season's greetings from the trainee reps! If you are reading this, we're glad to see you are filled with enough festive cheer to not automatically delete YET ANOTHER email from the deanery and give the 'Grade 1 View' a browse. Feliz Navidad to you all.

This issue may be short and sweet but please do see the fun (yes FUN) quiz at the end to test the anaesthetic knowledge not covered in the FRCA....

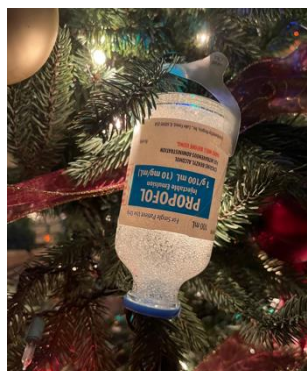
Please do get in contact! We meet with the Head of School and TPDs weekly, so do get in touch with any issues you are facing either via your hospital reps or directly with us.

Lara, Caroline, Harriette, Erica and Adam

Email: eoanaestheticfeedback@gmail.com

P.S. We know we didn't mention the Trainee Forum - do not worry - it is coming again soon....

P.P.S. Don't know what to get your nearest and dearest for Christmas? This stunning tree decoration can be purchased on Etsy for the bargain price of £15!



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EASTRN update

A quick update this time! Findings from our first project, STORE, have been accepted for presentation at both the Harold Youngman Meeting in November, and the upcoming AAGBI Winter Scientific Meeting in January. Thanks again for everyone's hard work on this. The site leads have been acknowledged in both presentations.

Our focus now turns to POPPY in January - this national trainee led multi-centre observational cohort study will be looking at quality of recovery, post-operative pain and pain relief in adults undergoing day case surgery. 15 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 rafrainees.org

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EASTRN

East of England Anaesthetic Trainee Research Network

Excellent Educator Awards – the results

This autumn saw the East of England School of Anaesthesia's first Excellent Educator Awards.

We received an incredible 47 nominations from 15 hospitals across the region. These were reviewed locally by each hospital's College Tutor team, who then recommended one individual from their hospital to be nominated for the regional Excellent Educator Award. Regional winners were selected by the Regional Advisors with support from the Anaesthetics Trainee Representatives.



The winners of this year's Excellent Educator Awards are:

Dr James Gaynor - Norfolk and Norwich University Hospitals

Dr Rajamani Sethuraman - Princess Alexandra Hospital, Harlow

Dr Daniel Stolydy - Queen Elizabeth Hospital, King's Lynn

Dr Claire Williams - Cambridge University Hospitals

They were presented with their awards at the Faculty Development Day in November.

Thank you all for your nominations and highlighting the wonderful work that Educational Supervisors are doing across the region. All nominated Educational Supervisors have received a certificate in recognition of their nomination.

Focus on... CUH

- Kristyn Dyer

The Cambridge University Hospitals NHS Foundation Trust began as Addenbrooke's Hospital in 1766 in Cambridge city centre; it has been at its current location in the Cambridge Biomedical Campus in Trumpington since 1962. Getting there is easy with two Park and Rides sites, regular buses, cycle ways and in 2025, the new Cambridge South train station. The Frank Lee Centre has many useful services including a nursery, a well-equipped gym, and a bar accessible to staff for after work socialising. The main concourse boasts a 24hr Costa for the much-needed caffeine fix and hot food day or night.

There are approximately 1000 beds, 270 for surgical cases and with the recent opening of the Cambridge Movement Surgical Hub another 40 for elective orthopaedics. With the exceptions of cardiothoracics and burns it is a tertiary referral centre for many services and is one of the few UK transplant centre to perform multivisceral transplants. Cleft lip/ palate repairs as well as neonatal surgery is undertaken by paediatrics and the Rosie hospital is the regional centre of excellence for maternity services. There are four critical care units, NICU, PICU, The John Farman (general) ICU and NCCU, one of the largest neurocritical care units in Europe. It was also the first fully operational regional major trauma centre in England.

Given the above, opportunities for trainees are fantastic and the department can offer excellent training in the majority of the stage 3 SIAs. All trainees will visit CUH for their stage 2 neurosurgical placement and many will have further rotations enabling them to experience its fast-paced clinical environment and provide exposure to interesting and complex anaesthesia. In addition, teaching is prioritised with exam preparation courses and monthly teaching afternoons. Virtual and mixed reality simulation opportunities can be had at the onsite sim suite. Despite having an anaesthetic department of over 90 consultants, and 60 trainees and clinical fellows, there is a wealth of friendly faces and enthusiastic mentors to be found, especially at newly introduced weekly Friday coffee catch ups hosted by the College Tutor team.

Celebrating success in the East

The EAAA Core Topics and Harold Youngman Prize Meeting was held in November and there were some fabulous trainee presentations and posters brought to the event.

Many congratulations to those who presented and especially those prize winners!

Oral presentations:

1st Engy Samuel: 'An Interactive paediatric e-learning course'



2nd Luke Hoskins: 'Closing theatres for the night - are we doing enough to reduce our admissions?'

3rd Hannah Neil: 'Pre-operative management of chronic pain patients - are we meeting the guidelines?'

Poster Presentations

1st Jos Crush: 'Regular propofol sedation lists for endoscopy reduces waiting times and improves efficiency'

Highly commended Tom Harris 'We need to think about TIVA'

Henry Hammerbeck prize for sustainability project: Alfred Ball

Update from the Virtual Learning Fellows

Thanks so much to everyone who has been involved in our two region-wide trainee surveys regarding regional teaching over the past 12 months. You can see a summary of the results and changes we have made below (1 = strongly disagree, 5 = strongly agree)

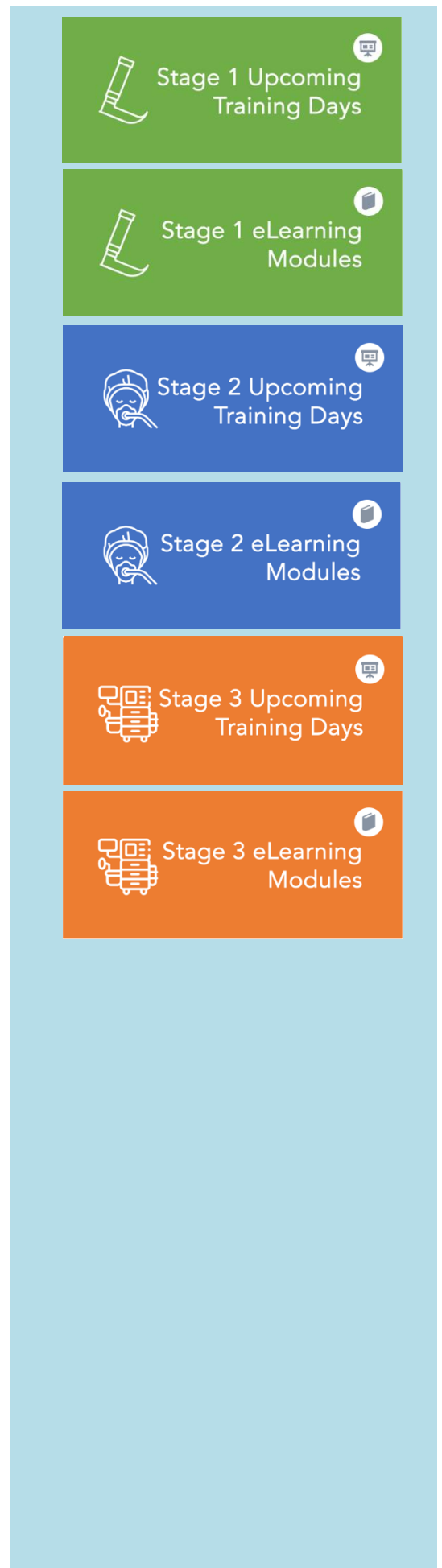
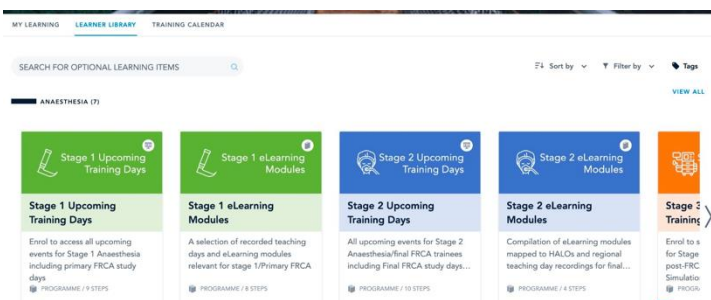
Question	Winter 22	Summer 23
Regional teaching is relevant to my stage of training	3.68	4.13
Regional teaching is relevant to my stage of exam status	3.6	4.23
Teaching sessions are well advertised	2.85	3.16
Overall quality of regional teaching	3.48	3.58
Bridge is easy to access and navigate	2.73	2.39
Online teaching courses easy to access	2.97	2.56

Changes:

- Focus on Bridge organisation and presentation (we are stuck with it so we've tried to make it as good as possible, see below!)
- Google calendars created for each teaching stage
- WhatsApp groups created for each stage

Bridge re-organisation:

- Everything relating to regional teaching is under the **"Anaesthesia"** category
- Upcoming regional teaching days and existing eLearning is now accessed through easy to use **programmes** as shown below -> enrol onto the relevant programmes for your stage of training/fellowship status.





The Grade 1 View Christmas Quiz!



It's here! The quiz no one has been waiting for! Full of fabulous anaesthetic trivia and nonsense - enjoy!

1. Anaesthetics is often mis-represented in the press - which of these headlines has **not** featured in the Daily Mail?
 - a) "Would YOU accept less anaesthetic to save the planet?"
 - b) "Would you go under the surgeon's knife WIDE AWAKE if it cut your waiting time?"
 - c) "Patients are undergoing HYPNOSIS instead of anaesthesia for minor surgery"
 - d) "Doctor slapped patient round the face 3 times and told him to "stop f*****g around"
 - e) "Flirty patient high on anaesthetic hilariously proposes to her nurse"
2. Why is John Snow a famous name in anaesthesia?
 - a) Anaesthetists are famously BIG GoT fans "you know nothing Jo(h)n Snow"
 - b) He gave Queen Victoria chloroform for childbirth
 - c) He invented thiopentone
 - d) Avoiding BBC bias, anaesthetists ONLY watch the channel 4 news
3. Which historical world leader was **NOT** dependent on amphetamines?
 - a) Winston Churchill
 - b) Anthony Eden
 - c) Adolf Hitler
 - d) John F Kennedy
4. One for the parents.... what is being referred to in the Rolling Stones song 'Mother's little helper'?
 - a) Small boxes of raisins
 - b) The award-winning kids programme 'Bluey'
 - c) Large quantities of red wine
 - d) Diazepam
5. Put these classic FRCA revision texts in weight order from **lightest** to **heaviest**:
 - a) Fundamentals of Anaesthesia 3rd Edition
 - b) Respiratory Physiology: The essentials
 - c) Physics, Physiology and Pharmacology for anaesthetists: Key concepts for the FRCA
 - d) Ward's anaesthetic equipment
6. According to Dr Jacqueline Brierly, Veterinary anaesthetist and trainee forum key notes speaker in 2023, which animal is the **hardest** to anaesthetise?
 - a) Badger
 - b) Bulldog
 - c) Tarantula
 - d) Giraffe

7. Which of these LLP acronyms are **correct**?

- a) **CCC ('Triple C')**: Completion of competence cluster
- b) **HALO**: Holistic assessment of laryngoscopy observation
- c) **EQ2A**: Equivalence Qualification stage 2 Assessment
- d) **ESSR**: End of Summer stress review

8. **Close ups!**

Which essential pieces of anaesthetic equipment are featured in these photos?



Answers (I hope you haven't cheated...)

- 1. e - this headline featured in another key publication 'The Daily Express'
- 2. b
- 3. Trick question - they all were
- 4. d
- 5. Respiratory Physiology: The essentials, PPP key concepts, Wards, Fundamentals
- 6. b
- 7. Another trick question - they are all made up. Who knows what these forms actually refer to
- 8. a: button on a vaporiser b: the top of a laryngoscope handle (old school) c: 25G sprotte needle hub d: Sage "The bambino" stainless steel coffee machine RRP £329.95

Scores:

>10: Macintosh prize for trivia

5-9: Letter of commendation

2-4: Maybe you should spend less time weighing your textbooks and more time reading them

<2: You are the wrong side of the BBB

