

The Grade 1 View

-The Bonus edition



From the trainee reps...

I know, I know... its what you've all been clamouring for since we started this infamous publication - a bonus issue! This issue is going to be short and sweet just focusing on a few things that couldn't possibly wait until after the summer. Mainly, if we're honest, pictures from the wellbeing day.

Firstly, just a quick round up of the trainee rep situation as it stands (just for anyone that hasn't been keeping up....)

Stage 1; Alfie Ball, Kate McGibbon and Adam Robinow (finishing in August)

Stage 2/3: Emma Vallis-Booth, Sejal Modasia, Lara Allen and Caroline Philips (finishing in August)

And for all you election fans out there, 4th July may have come and gone but an election for senior reps will be coming soon! I do hope there a betting scandal we can get our teeth into. As ever, our email is: eoanaestheticfeedback@gmail.com do feel free to drop us a line!

p.s. please do fill in the end of placement survey which can be accessed [here](#)

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Celebrating success in the East

Congratulations to **Dr Adam Robinow** who won the inaugural Great EoE Anaesthetic Trainee Bake off for his creation 'Brownies next door'. We look forward to following his future work.



The EoE Anaesthetic Trainee wellbeing

Firstly, thank you SO much to all those people that attended the inaugural EoE anaesthetics wellbeing day. I think we can all agree, it was better than being at work for the day. Your engagement, energy and enthusiasm were incredibly appreciated and made the day really successful. A special shout out to all those who entered the Great EoE Anaesthetic Trainee Bake Off - your sponge was moist and your bottoms firm. Some incredible creations

Thanks to all our wonderful speakers, many of whom volunteered their time and expertise. We are incredibly grateful to them for making such a success of the day.



Thank you for all your feedback- it was really helpful and will aid us in making the day even better next year. Merlin and Tweed were a clear hit as well as the 'extra' therapy dog George. We hope you are all fermenting your foods, character profiling your colleagues and refusing to say sorry in all circumstances! We'll see you all again next year!

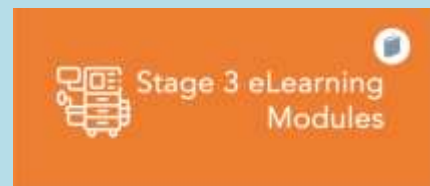
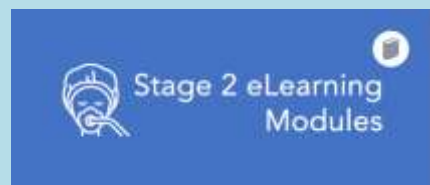
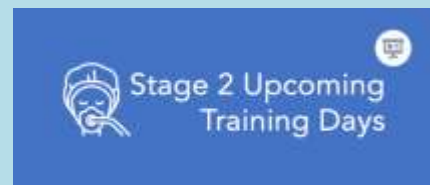


EASTRN update

A brief update to let you know what is happening with EASTRN (as we may have gone a bit quiet!) We have a new committee who were appointed at the beginning of the year and are working hard behind the scenes to get some projects up and running. Currently we have three projects in various stages of development:

1. A peri-operative diabetes project looking at fluid prescribing (funky title TBC). A similar project has been run amongst diabetes trainees and has been published recently. We are planning to run this after change-over in September so watch this space....
2. REPACC (Retrospective Evaluation of Post-Operative Alternatives to Critical Care)- run by PLAN www.uk-plan.net/REPACC. This is a study being run by another TRN which looks really interesting (and very well organised!) would be an easy win for anyone wanting to fulfil some portfolio requirements...
3. EASTRN project 2.0 - currently in development and will plan to run in January 2025. We won't give away the idea yet, but it involves a cute clown fish...

Finally, if you would like to get involved we still need site leads at several hospitals. You can be any grade and no research experience is required. Please do get in contact: eastrn.eoe@gmail.com.



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

Stage 1:

<https://chat.whatsapp.com/LGhCeLWRF1VDdye6Rmsh2D>

Stage 2/3:

<https://chat.whatsapp.com/EAv0ljuVprN8ebmhQ0V32>

Q&A Roundup

The annual trainee Q&A session was on the 9th May this year. Those of you who made it will have been wow-ed by our organization and timekeeping skills! The recording of this meeting was up for a month on Bridge, so those of you that missed it can read all about it below:

General points:

- Entrustment level recognition: the school recognises there are still issues - further training is ongoing during the faculty development days. Why not help your colleagues by publicising the coffee entrustment guide locally?
- Rotation length: standard post length is 12 months or longer (except cardiac/neuro). However, this is complicated by trying to maximise recruitment and support LTFT/TOOT. Swaps can therefore be difficult to facilitate
- Training days: please turn up if you have booked on. Budgets for future training is determined by your attendance.
- HALO sign offs: should occur at the end of a stage, unless it's a specific module such as ICM or pain.
- February ARCPs: you may need to do an additional form R for revalidation in August - you will be sent a reminder!
- SAS doctors can be educational/clinical supervisors if they are GMC registered trainers.



Stage 2/3:

- Paeds cases: approximate numbers: stage 2 **30-50**, stage 3 **50-70** ensure all key capabilities are covered.
- Stage 3: plan early with the help of your college tutors and educational supervisors. Some of you may have seen the Stage 3 planning guide produced by one of the senior trainees - it will be disseminated generally soon.
- Stage 2 : no Stage 2 top up guide, at the request of the college. Plan early with your HALO leads how you will meet the college guidelines.
- Consultant interview practice courses: have been available previously but were poorly attended. The school may run them again but will have implications for applications for aspirational study leave for these courses out of region

LTFT:

- ARCPs should happen every 12 months with one to coincide with the end of a stage of training
- Length of training calculation: divide months of training by % LTFT (eg. 12 months at 80% would be $12/0.8 = 15$ months)

Of course, this is an overview - if you have any further questions, please do contact us, and do consider attending next year for the full Q&A experience!