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| Month | Date | Hospital | Topic |
| Jan | 10th | Watford | Pharmacology : g-proteins, NO, |
| Feb | Note date change to 21st | Luton | Critical incidents, airway assessment And problems, anatomy |
| March | 14th | Stevenage | Physics (laser, MRI, electricity) |
| April | 11th | Peterborough | Cardiovascular physiology And pharmacology, pregnancy and foetal Physiology  |
| May | 8th | Bedford | Neuromuscular physiology and pharmacology Clinical measurement  |
| June | 13th | Watford | Gas, vapours, flow, breathing systems, ventilation, Delivery and disposals of Gases |
| July | 11th | Luton | Pharmacology: induction agents, inhalational agents, LA, opioids. |
|  |  | No Teaching |  |
| Sept | 12th | Stevenage | Respiratory, renal, acid base. |
| Oct | 10th | Peterborough | MCQ s |
| Nov | 21st (3rd Wednesday) | Bedford | Pain, statistics |
|  |  | No Teaching |  |

West Zone Core Trainee teaching 2018