

# The Grade 1 View

The newsletter for anaesthetic trainees in EoE



## The surgical guide to anaesthetic crises:



## From the trainee reps...

Welcome to issue 6 of the Grade 1 View! Firstly, and most importantly, the **WELLBEING DAY** is coming soon! **23<sup>rd</sup> May at the Guildhall in Bury St Edmunds**. If you haven't signed up yet - why not??? Its free, it starts at 10am, its part of the teaching schedule so you can take study leave, we promise to feed you, there will be therapy dogs AND we guarantee to improve your wellbeing!\* We are also going to run the first (and maybe last depending on levels of enthusiasm) **Great Anaesthetics Bake Off**! Please see the poster for further details but this is a high-stakes, low pay off potentially reputation destroying competition - do get involved!

Secondly, for all you Q+A fans out there, we are holding a virtual **HoS/TPD Q+A session on 9<sup>th</sup> May at 9am** - join the fun on teams (link coming soon!)

Finally, we need to welcome our two new senior trainee reps Sejal Modasia and Emma Vallis-Booth - we are sure they are going to be fantastic in their roles. We also need to say thank you to our outgoing reps, Harriette and Erika, who have worked incredibly hard for the benefit of trainees, and they will both be very missed!

Email: [eoanaestheticfeedback@gmail.com](mailto:eoanaestheticfeedback@gmail.com)

\*the trainee reps do not take responsibility for failure to improve wellbeing or indeed, making wellbeing worse, during the course of the event

## INSIDE

- Celebrating Success in the East
- 
- Focus on.... West Suffolk Hospital
- 
- ARCPs from the other side
- 
- Trainee Wellbeing Day
- 
- Great EoE Anaesthetic Bake Off
- 
- Virtual learning fellows links
-

# Celebrating success in the East

Many congratulations to the most recent batch of CCT'ers!

## **August**

Amit Deshmukh  
Chris Eyeington  
Huw Griffiths  
David Jones  
Sam Khanna  
Kate Mc Glennan  
Theresa Murray  
Niall Nelligan  
Arjun Nesaratnam  
Georgina Singleton  
Andrew Tang  
Daniel Teszka  
Karolina Wloch  
Alex Yusaf

## **October**

Ed Hutchinson  
Yeng Yap

## **December**

Kristyn Dyer

Wishing you all the best as you start your consultant jobs!



# Focus on... West Suffolk Hospital

The West Suffolk Hospital sits nestled against Hardwick Heath in Bury St Edmunds. With sound of birdsong amongst the trees and deers frolicking through the car park you could easily forget the entire place is made of RAAC. The West Suffolk is a true DGH - within days of arrival you are greeted by name in the corridor by multiple people, 6pm is a late finish and 'Time Out' (undoubtedly the best hospital canteen in the land) has its own scone based sub-culture.



In terms of opportunity, the West Suffolk is a fabulous place to do your IAC and gain your early confidence in anaesthesia. There are high expectations (in a supportive way!) to get you working independently and a great community of fellow trainees to help you along the way. Weekly Primary FRCA teaching, scanning club as well as written and viva practice will get you through those exams. For more senior trainees, there is plenty of opportunity for solo lists, a busy obstetric unit and all those random challenges work in a DGH throws at you at 3am without the safety net of specialists. If your CV needs polishing WSH is the place for you. With plenty of management opportunities, leadership experience and QI projects galore you will be busy with non-clinical activities from day one.

Bury St Edmunds is a historic market town and undoubtedly a foodie heaven with Michelin-starred restaurants, farmers' markets and the Greene King brewery for beer lovers. The historic abbey and abbey gardens dominate the centre of the town and are bursting



with history as the home of St Edmund, the original Patron Saint of England. For culture, the Theatre Royal and the Arc have regular plays, music events and comedy.

# ARCPs from the other side!

- Dr Helen Underhill (ST TPD)

One of the many roles of an ST TPD is coordinating and chairing the ARCPs for every Stage 2/3 anaesthetic trainee in our region. Together, with a panel of educational supervisors, college tutors and lay reps, we review the evidence of training progression presented within your ESSRs and LLPs. As ST TPD, there are over 150 ARCPs to do each year. The preparation that goes on behind the scenes is extensive and we work very closely with Candice Janssens, our fabulous NHSE administrator, who ensures the smooth running of the process.

The Dec/Jan ARCP season was busy but joyful for all of us. We undertook 68 ST ARCPs and it was a pleasure reviewing your evidence of progression and the quality of the ESSRs and LLPs, really well done everyone! One comment we have had from our lay reps recently has been on the lack of up-to-date CVs linked to ESSRs. We do not penalise you for this but do ask you to consider uploading an up-to-date basic CV at least. We recommend you update your CV at the end of each Stage of training as it will prompt you to review each area of your career development and in the long term facilitate your consultant application.

As ST TPDs, we run regular Welcome to Stage 2/3 information sessions. Do look out for invitations to these throughout the year. Please keep in touch if you have any queries or worries which your ES or College Tutor has not been able to help you with. We shall continue to run our ST TPD Clinics and additionally we regularly jump on ad hoc Teams meetings to chat with you if training queries or concerns arise.

Finally, I'd like to extend many congratulations to you all, during challenging times you are all doing fabulously, and we are very proud of our anaesthetists in training in EOE and our training programme.

Very best wishes for the spring and summer months ahead.



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/LGhCeLWRf1VDdye6Rmsh2D>

Stage 2/3:

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

# EoE Anaesthetics Trainee Wellbeing Day

## Where, when and how do I get there?

- Where: The Guildhall, Guildhall Street, Bury St Edmunds
- When: **23<sup>rd</sup> May** 9:30/10am until 4:30pm – then onto the pub/dinner!
- How do I get there:
  - Parking:
    - **Parkway** (IP33 3BA) Cash/card/RingGo £4 all day, 0.4 mile walk 9 minutes
    - **Ram meadow** (IP33 1XP) cash/card/RingGo £3 all day, 0.6 mile walk 13 minutes.
  - Train from Cambridge/Ipswich – 15 minute walk from train station
  - Both involve a nice walk through town – **recommended coffee shops**: Number 5, Wrights, Midgars

Please sign up via bridge: <https://heeo.ebridgeapp.com/learner/training/79cef964/enroll>

## What will I do once I get there?

	Session
0930 - 1000	<b>Pastries and coffee</b>
1000 - 1010	Welcome and Introductions (trainee reps)
1010 - 1130	Dr Susie Hunt <i>Professional Wellbeing and Clinician Support</i> <b>Reflections on resilience</b>
1130 - 1145	<b>Quick coffee!</b>
1145 - 1315	Emma Lishman <i>Psychologist Hamnet Street Consultants</i> <b>Balancing training and wellbeing</b>
1315 - 1400	<b>Lunch break</b> Great EoE Anaesthetic Trainee Bake Off Judging and tasting Therapy dogs
1400 - 1445	Emma Harvey Lawrence <b>Nutrition</b>
1445 - 1530	Workshop 1 <ul style="list-style-type: none"><li>• LTFT – options, experiences and advice</li><li>• Financial wellbeing – Joanna Boatfied, Ensors</li></ul>
1530 - 1630	Workshop 2 (optional) <ul style="list-style-type: none"><li>• Yoga</li><li>• Walking tour of Bury St Edmunds (AKA walk to Abbey gardens for ice cream)</li></ul>

This timetable is subject to finalization (!) but this is the current plan!

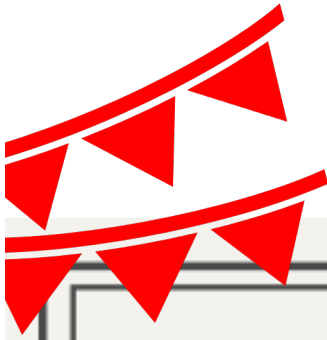
### Workshops – how are they going to work?

You will have an option to attend either of the workshops depending on your preference. Workshop 2 is completely optional although the ice cream is really good and on the way to Ram meadow car park....We will be sending a Google form the week before to gauge interest.

### Will I be fed?

Yes! Breakfast pastries and lunch will be available as well as tea and coffee all day. Dietary requirements PLEASE let us know [eoanaestheticsfeedback@gmail.com](mailto:eoanaestheticsfeedback@gmail.com). Please bring a water bottle to reduce single use plastic. There will also be a Bake Off! Please do get involved – there will be a prize! If anyone would like to join us for a drink +/- dinner afterwards we will be going to a local pub to continue our wellbeing! Let us know if you would like to join!





# EoE ANAESTHETIC TRAINEE

## THE GREAT BRITISH BAKE OFF®



Do you know your Italian meringue from your Swiss?  
Do you know how to stop a soggy bottom?  
Then this competition is for you!



The Great ~~British~~ *EoE Anaesthetic Trainee* Bake Off  
is coming to the trainee wellbeing day on 23<sup>rd</sup> May!

Bring your bakes (cakes, cookies, brownies,  
macarons all welcome) to the wellbeing day and they  
will be judged blindly by expert tasters (the trainee  
reps)



You could be in with a chance of winning the coveted  
Great ~~British~~ *EoE Anasthetic Trainee* Bake off trophy  
(no monetary value) and huge bragging rights.

**ON YOUR MARKS, GET SET,  
BAKE!**

