



# CAT NEWS

July 2019



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# Editors Note

Hello and welcome to another edition of CAT News

To those of you getting this for the first time, welcome!

It's hard to believe changeover time again. With that in mind we have some tips and tricks for the big moves ahead. Changeover means that we are welcoming a whole new group of trainees and saying congratulations to others as they embark on further training.

We are bringing you the first article in a new series on digital resources for anaesthesiology, critical care and pain medicine. In this edition we highlight some of the incredible apps that are available to make everything from blocks to scoring systems a breeze. Keep an eye out for the next piece in the series which will look at the best blogs and websites for all things #FOAM.

Our ever popular fellowship series returns with CAT Alum, Kim Caufield, discussing her high risk obstetric fellowship in Melbourne. There is some invaluable advice from Kim on the logistics of moving to Oz so it's well worth a read.

LAT News is back with highlights of what's going on around the country. Some great news stories and lots of incredible initiatives being run at departmental level.

This is the 4th and last edition of CAT News from the 2018-2019 committee. Over the past 12 months a huge amount of work has gone into making CAT News something which is both informative and enjoyable to read. I would like to thank everyone who has taken the time to contribute to the newsletter over the year, without your contributions the relaunch of CAT News would not have been possible. As ever we value your contributions, suggestions and feedback massively so please get in touch if there is a feature you would like to see.

Happy reading,

**Bryan**

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[Committee of Anaesthesia Trainees Facebook](#)

[Previous editions of CAT NEWS](#)

# The year in review

This year has been both a uniquely challenging and rewarding one for the Committee of Anaesthesiology Trainees. We are a small community, made smaller by the loss of two members and friends, Dr Mark Owens and Dr James Close, last year. As a committee, we are proud of the work we have done this year to improve the welfare and wellbeing of trainees and to improve the sense of community within our group. We have done this with our friends in mind and dedicate these efforts to their memories.

## Our Community and Communications

Trainee cohesion and community has been a priority for us this year. We hosted a number of events to bring people together, including great social outings, cycles, a fun run and wellbeing talks which will hopefully become permanent fixtures in the CAT calendar in the years to come.



We dedicated time to clearly identifying the areas of stress and concern for trainees from a training and wellness perspective by conducting a comprehensive and detailed survey of the trainee experience in Ireland. It was important to us to identify key issues, and from those we have been able to make recommendations for improving the trainee experience for current and future anaesthesiology trainees, the majority of which have been welcomed and accepted by the CAI.

Communication within the trainee group has been enhanced by a number of channels this year. The CAT Newsletter adopted a new, easily readable format, circulated quarterly to every trainee. This includes updates on College policy, notices of events, deadlines, examinations and courses, as well as practical advice on everything from overseas fellowships to financial planning, and the odd meme thrown in for good measure. We have also engaged more readily with social media with a new Twitter account and a frequently updated Facebook page, in addition to regular CAT Chair update emails on topical issues and upcoming events. This year, we have progressed the Lead Anaesthesiology Trainee role to encompass more leadership and development, with two additional meetings and a workshop on leadership by our CEO Mr Martin McCormack. We hope this role continues to develop to further improve the communications network among trainees. Conscious of the nationwide network of anaesthesiologists, we have utilised a webcast service for a number of events with great success, and also held a CAT meeting and social event in Galway at the Western Anaesthesia Symposium.

## Trainee Advocacy



As members of the CAT our main role is to represent the trainee voice at almost every committee in the College. As such, we have been a part of many positive changes and developments throughout the year, including drafting of new policies regarding unaccredited leave from the scheme and changes to the structure of the special interest years.

We have highlighted the cost of training and examinations; we are assisting in drafting an anti-bullying policy; the development of pre-hospital care training and inter-hospital transfer training; streamlining swapping rotations among trainees and will be involved in testing the new IT system in the CAI. These are among many endeavours to help make training as an anaesthesiologist the best possible experience in Ireland.



We worked hard to promote anaesthesiology as a specialty throughout the year: representing the specialty at the Medical Careers Day for medical students and junior doctors, and meeting prospective SAT trainees at the CAI Open Day. We took this one step further this year with the inaugural Career Progression Evening in April: including presentations from the National Doctors Training and Planning office and the National Clinical Programme for Anaesthesia on the future of anaesthesiology in Ireland, newly appointed consultants Ruth Aoibhinn O'Leary and Dave Cosgrave, and seasoned interviewer Prof Gerry Fitzpatrick. The aim of this evening was to support trainees as they transition beyond the programme into consultancy, and was one of the best attended and reviewed events of the year.

We hosted a post-conferring ceremony party courtesy of the college on May 8th, which was attended by over 70 trainees and gave us a great opportunity to celebrate the academic achievements of the year together.

This was followed by the Annual Scientific Meeting in Croke Park. Trainees were out in force to present over a hundred posters, in part organised and moderated by the CAT. We had our annual chaired CAT session on Friday morning in the main room, where we heard presentations centred around wellbeing and non-technical skills in anaesthesia.

We had our annual Fun Run which was again a great success - with medals named in honour of our friends James and Mark presented to the best dressed and fastest finisher respectively! Consultant Trainer of the Year prizes (as voted by trainees) were presented to Dr Leo Kevin and Dr Michelle Duggan, and Outstanding Anaesthesiologist prizes were awarded to Dr Eoin O'Rathallaigh and Dr Colm Keane for their work out in the wilds of Bushy Park at an out of hospital cardiac arrest.



## **Acknowledgements**

We would like to acknowledge with thanks the CAI Council; the committees within the college; president Dr Brian Kinirons and our CEO Mr Martin McCormack for warmly welcoming the trainee voice. We are very grateful for the enthusiasm of the training department, particularly Ms Jennie Shiels, Dr Camillus Power and Dr Eilis Condon, who have supported every suggestion and initiative we have made throughout the year.

Thank you to all the trainees who supported our initiatives throughout the year. Thank you to all those who attended the events, and who provided valuable feedback. We hope that you have felt well represented. After a successful election we have six new committee members and a new strong CAT going forward. We are confident next year will be even better and look forward to everything they have planned!

Finally, I am eternally grateful to my ten fantastic friends on the CAT for all their hard work, dedication and enthusiasm. I've never experienced such remarkable teamwork, with good spirits throughout it all. It has been a pleasure.

### **Dr Sinéad Farrell**

#### **Chair, Committee of Anaesthesiology Trainees**

CAT Members 2018-2019

Sinéad Farrell

Gabriel Beecham

Andrew Purcell

Deirdre Edgeworth

Bryan Reidy

Orlaith McMahon

Coilin Collins Smyth

Tim Keady

Janna Finlay

Tara Feeley

Eoin Kelleher (co-opt)

# CAT Roles and Responsibilities

## Chairperson

**Representative in 2018/19:** Sinead Farrell

The role of Chair of CAT is mostly a leadership, management and communications one. The Chair is usually someone who has been on the committee before, who knows how the meetings run and understands the various commitments throughout the year. The responsibilities are very broad, from attending and the CAT meetings, to setting agendas, targets and goals for the year.

The chair of the CAT is also a co-opted member of the Council of the College of Anaesthesiologists. This involves attending meetings roughly every two months in order to represent the trainee voice at the governance meetings within the college. Often the CAT Chair is asked to give input on local policies from a trainee's perspective. The Chair is also often the first point of contact for queries about almost anything so expect to get a lot of emails!

One of the most important responsibilities of the Chair is to bring the committee together as a team, to delegate tasks fairly, and to keep everyone engaged and interested in achieving the goals set for the year. It takes a good bit of commitment but is ultimately very rewarding, both personally and professionally.

## Secretary, Vice-Chair

**Representative in 2018/19:** Gabriel Beecham

For the last two years, these roles have been held together by the same person (me!), although they can be occupied separately. The work of the Secretary is largely administrative, dealing with correspondence from trainees and others via the CAT mailbox, tracking the committee's minutes and records via a shared folder, and running the annual election. The Vice-Chair is intended to provide continuity by being familiar with all the committee's goals and projects; they assist and support the Chair in their duties and responsibilities, can deputise for them if they are absent at meetings, and undertake assignments at the Chair's request. In the past year, I concurrently sat on the IMO's NCHD Committee (giving us a voice in national decision-making on workforce and contractual issues), as well as being assigned to the College's nascent pre-hospital care committee.

## Communications Officer

**Representative in 2018/19:** Bryan Reidy

As communications officer I have primarily been responsible for the updated CAT News. This has involved both creating and editing content for the newsletter. It is a role I have found challenging but immensely enjoyable. The role involves close collaboration with all members of the committee, college and guest authors. I am also responsible for the CAT twitter and facebook pages.

## **Intensive Care Medicine Representative**

**Representative in 2018/19:** Deirdre Edgeworth

The ICU role involves representing CAT and contributing as a board member at both the ICSI & the JFICMI meetings. The JFICMI also elect a separate Trainee Representative on the Board also.

This year the issues which we have been involved in included updating the format of the JFICMI Clinical exam, advocating on behalf of trainees in relation to the format of the ICU logbook, requirements to sit the JFICMI exam and the new format of the SIY year

## **Pain Representative**

**Representative in 2018/19:** Andrew Purcell

As pain medicine trainee representative, you sit on the board of the faculty of pain medicine within the college. The role gives trainees a voice that can be used to raise any queries or concerns regarding pain medicine training in Ireland. Additionally the pain medicine trainee representative assists in disseminating information to trainees regarding educational events through the various CAT communication pathways. The board meets frequently and are very supportive of trainees with an interest in pain medicine. This year this support has been demonstrated, for example, by their sponsoring of several trainees to attend the FPM annual scientific meeting this year and their support to see pain medicine examinations included in the HSE's clinical course and examination refund scheme.

## **Training & Education Committee Representative**

**Representative in 2018/19:** Janna Finlay, Orlaith McMahon

This role serves to offer a link between the CAT and the Training Committee. The Training Committee is chaired by Dr Brian O' Brien and there is representation present from the faculties of Intensive Care Medicine and Pain Medicine in addition to the President, CEO, clinical tutors and members of the CAI management team. The training committee meets roughly every 6 weeks and discusses all aspects of training. It offers the opportunity for us to voice issues raised by trainees and pursue changes we feel necessary, as well as allowing for trainee interests to be represented in the decision-making processes that determine the future of training in Ireland. We decided to share this role between 2 people to ensure that someone would always be in attendance.



## **Exams Committee Representative**

**Representative in 2018/19:** Tim Keady

The exams committee sits once every two to three months and oversees the running of all college exams.

It is chaired by Professor David Honan and committee members include among others the CEO Martin McCormick, President Dr Brian Kinirons, Chairs of the FCAI, MCAI, Pain and JFICMI exam committees and experts on psychometrics and quality assurance as well as a CAT representative. Our seat on the committee provides an opportunity for trainees to get insight, and have an input into the continual improvement and validation of college run exams. This year there has been a strengthening in communication between trainees and the committee via the CAT representative and the LAT network with some positive changes occurring and I hope to see this continue.

## **Lead Anaesthetic Trainee (LAT) Co-Ordinator**

**Representative in 2018/19:** Tara Feeley

I've taken on the role of LAT Co-ordinator this year, and I have really enjoyed it.

I have tried to develop this as a leadership role for trainees who are interested in advocating for their colleagues and who are interested in innovation, improvement and progress. This has been done by ensuring there is a once per rotation LAT meeting, ensuring that every CAI tutor was notified about the role of the LAT, regular contact between the CAT and the LAT group and by developing the new LAT news section of CAT NEWS. The achievements of the LATs can be seen in training sites around the country, with a special emphasis on the range of wellbeing initiatives taken by LATs and their departments. The high number of LATs who went forward for election to the CAT this year is an encouraging indication that there is a strong body of emerging leaders among the current trainee cohort.

## **Treasurer**

**Representative in 2018/19:** Andrew Purcell

The role of treasurer can be likened to that of Smaug from the Hobbit. You're basically a grumpy dragon that sits atop a mountain of gold that's constantly under threat from an army of fierce dwarves. CAT has its own budget that we negotiate with the college on an annual basis. We have administrative assistance from the hard working Ben in the finance department, and budgetary control falls under the governance of the finance committee within the college, to which our spending must be justified.

## **AAGBI Representative**

### **Representative in 2018/19:** Eoin Kelleher

Since 2016, there has been a dedicated position for an Irish anaesthesiology trainee on the Association of Anaesthetists Trainee Committee. This has been a fantastic opportunity for Irish trainees to contribute to, and be heard within, the Association of Anaesthetists. The Association has been a strong advocate and representative for anaesthesiologists in the UK and Ireland for since 1932, and has always had a strong Irish membership. I was elected to the committee in June 2017, taking over from Dr Joey Coyne.

As the Irish representative on the Trainee Committee, I attended the quarterly meetings of the committee at the Association building in London. I also sat on the Irish Standing Committee of the Association, currently chaired by Dr Wouter Joncker, Consultant Anaesthesiologist in Sligo University Hospital.

Members of the Trainee Committee also sit on a variety of boards and working groups within the Association, in order to represent trainees. In the past, the Irish representative has sat on the editorial board of the journal, *Anaesthesia*, as well as assisting with *Anaesthesia News*. During my time on the committee, I organised the *Particles* section of the publication. I have been part of the Association's Fatigue Working Group, chaired by Dr Emma Plunkett, for the past 18 months. This group has carried out important work in raising awareness of fatigue among anaesthesiologists and the risk it poses to ourselves and our patients. It has been a pressing issue in the UK, in particular, where many departments have lost their rest facilities for on-call staff, leaving them more vulnerable to the effects of fatigue. The group was honoured by the Royal College of Anaesthetists in the UK with the Humphry Davy Award earlier this year.

The Committee also launched the #CoffeeAndGas project to encourage anaesthesiologists to come together to chat and foster support for one another in departments.

Within Ireland, as part of my role as a member of the Trainee Committee, I sought to highlight issues surrounding the inter-hospital transfer of critically-ill patients. Together with the Irish Standing Committee, we surveyed Irish trainees and presented the result to the board of the Association and the CAI. As a result of this, a Transport Users Group was formed this year which is seeking to address issues with training, patient and staff safety during inter-hospital transfers.

It has been a wonderful opportunity to be able to represent Irish trainees at the Association of Anaesthetists for the past two years, and I have no doubt Dr Murray Connolly will do an even better job!

# Changeover Tips and Tricks

Anyone who has survived a changeover knows they can often feel like equal parts excitement, sadness, relief and stress. Here are some simple tips that should make the experience a little more positive.

## Moving House

Perhaps the most stressful aspect of changeover is the need to relocate. With regard to moving expenses all NCHDs are entitled to claim up to €500. This can be claimed once per year and includes the cost travel expenses, furniture removal and short term storage (up to 3 months). Forms need to be obtained locally from individual HR departments.

When it comes to the practicalities of moving theatre porters are a great source of cardboard boxes and vacuum sealable bags shrink bulky bedding and clothing down into much more transportable packages.



## New Departments

Starting in a new department is often a daunting experience; new colleagues, different equipment and uncertainty about whether the coffee is any good are all major stressors. Hospital induction days, while occasionally tedious, are an invaluable way to figure out how the system works. At a departmental level it is important to get a good overview of the physical layout, equipment used and departmental structure in the first few days.

Perhaps the biggest resource when moving department are your fellow trainees. Be sure to touch base with someone who is working in the department you're moving to for that all important insider information.

As per the NCHD contract all rotes should be published at least 2 weeks prior to starting the rotation. If there are issues with the rota the first port of call is the college tutor(s) in the hospital, in the unlikely event that they are unable to sort your problem get in touch with the training department.

([training@coa.ie](mailto:training@coa.ie))

All trainees must meet with the college tutor(s) early on in the rotation to discuss goals and expectations for the rotation. This initial meeting should occur as early as possible to maximise your experience and learning in the department. Many departments now run a mentorship program where trainees have a nominated consultant or senior trainee who they can go to for advice and support.

## Pay

With the modernisation of the PAYE system employers now update revenue of your tax status in real time. This means that P45s will no longer be issued at the end of an employment and that emergency tax *should not* apply on moving jobs.

While your employer may register your employment it is quick and easy to do yourself. All you need is the employer registration number and access to the revenue online system (myAccount).

Hospital	Registration Number**	Hospital	Registration Number**
Beaumont	4503682S	West	0024042B
Coombe	0064009E	Cappagh	6416993T
Mater	6371402U	Eastern Region	0043024G
Midlands	0002000J	Mercy, Cork	6373064N
NMH Holles Street	0052069G	Mid West	0030888U
North East	0072958D	North West	0036210M
OLCH Crumlin	0043312L	South East	0027010D
Rotunda	0045082H	South Infirmary Cork	4653885A
RVEEH	0079103E	St. John's, Limerick	0030597J
St. James's	0085963R	St. Michael's	0068411E
St. Vincent's	6358585I	South	0007497W
Tallaght	0055033A	Temple St.	6371404B

\*\*These registration numbers are subject to change. Confirm with employers before submission.

## Clinical Course & Examination Refund Scheme

The terms of the CCERS have been updated from 8th July 2019. The scheme will now reimburse the full cost of approved examinations on the first sitting. Membership, Fellowship and JFICMI examinations are currently included with plans to include the pain examinations in the near future. Applications are made direct to employers. A guidance document and application form can be found [here](#).

## Trainee Support Scheme

New for 2019, the Trainee Support Scheme significantly increases the financial supports available for NCHDs. The scheme provides reimbursement for a range of examinations (including repeats), courses and conferences not previously covered by the CCERS A full list of eligible expenses can be found [here](#).

SHOs and Registrars are entitled to claim up to €1250 with SpRs being entitled to €2000 per year. This is in addition to the €500 per year SpR fund. For those who are on 6 month rotations the allowance will be divided between both rotations (€625/€1000 per 6 months.)

Applications are made direct to the HSE via the NER account. A guidance document is available [here](#). In contrast to the Higher Specialist Fund the funds from the TSS do not carry over from one year to the next and must be claimed before the end of the training year. Expenses for the period Jan 2019 - July 2019 are eligible to be included in the scheme however the cost will be deducted from the July 2019 - July 2020 allowance.

# Emerging Leaders Conference

Are great leaders born, or do we learn how to become one? This (and imposter syndrome) is something that I have struggled with over the past few years. My mission on attending the Emerging Leaders Conference run by ANZCA was to see how I, as a final year Anaesthesiology Trainee fit into the Leadership role, and how I can become not just a good leader, but a great one.

So, what did I learn? I'm going to summarise my learning into three themes.

1. What makes a leader great?

2. How to say no

3. Gender equity needs to happen

Leadership is not a title, it's not a birth right and anyone can become one. It's personal qualities that make a leader great which make the difference. A great leader is a great motivator. They make team members feel safe to make mistakes and learn from them; they trust their team with tasks; and they allow time for self-reflection. A great leader should lead by example, actively listen, and build a team based on mutual respect. Making team members feel valued is an important way to build a well-functioning team. As we transition from the trainee to the consultant role, we will often work with the same members of staff on a daily basis. Feedback is vital - it's not just enough to say thanks. It's important to frame feedback to the members of the team. Positive feedback builds an emotional bond between team members and encourages everyone to work together to achieve more. Compassionate leadership is key.

I've also garnered some valuable insight into how to say no. We all have an endless supply of opportunity to improve our CV during the training scheme; audits, research, articles, masters, exams. All of these opportunities take time and dedication. We all need to have somewhat of a normal life outside of work though to stay sane. So how do you say no to these opportunities without alienating the asker? Well, figure out what it is you want from your career and assess whether this opportunity fits in. If it doesn't, say thanks, decline and suggest an alternative. Ultimately, we need to say yes to the things that matter most to us.

Finally, gender equity was a key topic of not just the ELC but the whole ANZCA Annual Scientific Meeting. Stereotyping sets in early and can be difficult to challenge. We don't have to accept it. ANZCA highlighted their policy changes to encourage more female representation at all levels of anaesthesia, the theme being, "if you can't see it, you can't be it". The ANZCA ASM has a gender quota of female speakers and Convenor's guidelines for building their annual meeting. They've adopted a Gender Pledge which many high-profile male anaesthesiologists, including the President of ANZCA, have signed to encourage gender equity in our specialty. Gender equity is something we should strive for as leaders in Medicine. Good online resources exist which challenge and educate us about our implicit bias. Stanford University offer a course on Unconscious Bias in Medicine - it takes about 30 minutes to do online and it's free. An inclusive and equitable workplace environment benefits all who work there - we should work together to achieve this.

My suggestions for the application of the ELC in our College:

1. Make implicit bias training a mandatory component for trainees. There is an online module, it takes thirty minutes and it shows our commitment to building an equitable speciality. To take this further, we could also introduce the convenors guidelines and ASM Gender pledge that was adopted at the meeting. <https://med.stanford.edu/cme/courses/online/Bias.html>
2. Let's run our own ELC - and combine it with trainees from Ireland, England, Scotland and Wales. The conference could be held in conjunction with another international meeting and move regionally on a yearly basis.
3. Introduce components of the leadership course into the professionalism course run in the final years of training. Anaesthesiologists inevitably lead teams. Insight into the type of leader you are and where you could improve, or change is valuable in developing our trainees as leaders of the future.
4. Introduce a Leadership session at the Congress on a yearly basis. Change the theme yearly. Themes could be: Where will Anaesthesia be in 20 years, Women in Leadership, Sustainable leadership.

Finally, I'd like to say a huge thanks to the College of Anaesthesiologists and the Educational Committee for being given the opportunity to attend the conference - I hope that I can put the skills I've learned to good use for our benefit. The Emerging Leaders Conference run was an eye-opening, confidence building and self-affirming experience. I've come away feeling that I can change things, that in fact, anyone can be a leader and make a change!

**Dr Aislinn Sherwin**



## **Class of 2019**

An absolutely massive congratulations to the class of 2019 on completing the Specialist Anaesthesiology Training programme this year. The very best of luck to you all as you pursue the next steps in your careers, either at home or abroad.

We look forward to working with you all in the years to come.



<b>Claire Broe</b>	<b>Rosemarie Kearsley</b>
<b>Donogh Burns</b>	<b>Orla Nesha Kerr</b>
<b>Moninne Creaney</b>	<b>Kirk Levins</b>
<b>Craig Delavari</b>	<b>Michael Ma</b>
<b>David Devlin</b>	<b>Ciana McCarthy</b>
<b>Aoife Doolan</b>	<b>Mary Aisling McMahon</b>
<b>Tara Feeley</b>	<b>Orlaith McMahon</b>
<b>Janna Eve Finlay</b>	<b>Osmond Morris</b>
<b>Dylan Finnerty</b>	<b>Maeve Muldowney</b>
<b>Pierce Geoghegan</b>	<b>Brian Murphy</b>
<b>Greta Catherine Gormley</b>	<b>Claire Nestor</b>
<b>Ruairi Irwin</b>	<b>Sinead O'Shaughnessy</b>
<b>Louise Judge</b>	<b>Aislinn Sherwin</b>
<b>Colm Pascal Keane</b>	<b>Paul Fennessy</b>

# Apps in Anaesthesia Critical Care and Pain

Smartphones, we all have them. Many of you are probably reading this on one right now. Most of us would probably struggle to get through a day without ours. We've put together a list of some of the most useful apps that we've found. Many thanks to all those who contributed to the list!

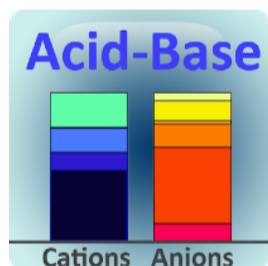
## MD Calc



A really useful app with a massive range of calculators and scoring systems. You can save frequently used items to a handy favourites list and search by speciality which is quite useful. Each calculator comes with an evidence tab with links to the validating study and information about the score's creators.

Available free on web, iOS and android.

## Acid-Base Calculator



This app takes a standard ABG result and processes it to represent abnormalities graphically. Really useful for complex acid base disorders.

Last update: 2017 - user interface may not be optimised for larger screens.

iOS €4.49 Android €3.19

## PICU Calculator



PICU calculator is an incredibly useful app for anyone who encounters paediatric patient's, regardless of frequency. Simply input the patient's age and weight and the app will return aged adjusted physiological variables, airway equipment sizes and drug doses for a huge range of commonly used medications in both theatre and critical care environments.

Last update: July 2018

Available on iOS for €6.99 and android for €4.89

## Anesthesiologist

Anestehsiologist is a similar app to PICU calculator but for the android platform.

Available free on android.





## Read

Read is a personalised medical journal in your pocket! Simply select your areas of interest and the app will collate relevant journal articles for you. If you have access to an Athens account or library account then it will automatically look for full texts of the articles which can be accessed with a tap.



Free on android and iOS

## UpToDate

UpToDate is a treasure trove of clinical summaries on a massive array of topics. Articles are written by experts in the field and updated frequently as new evidence comes available.



Free on Android and iOS.

Requires a HSE/institutional library access.

## ASRA Coags

Not sure when an anti-coagulated patient is safe for a regional anaesthetic technique, seeing someone pre-op and need to give them advice on their therapy...theres an app for that!



Really easy to use and well laid out.

iOS €4.49 Android €4.29

## AAGBI Guidelines

A one stop shop for all guidelines developed by the Association of Anaesthetists. The app is free but requires a current membership of the AAGBI.



## AnSo - Anaesthesia Sonoanatomy

AnSo is a brilliant ultrasound atlas. It is pretty comprehensive with sections on regional anaesthesia, vascular access and basic TTE. Well worth a look for those getting started with point of care ultrasound.



iOS €4.49 Android €3.99

## ICU Trials

A comprehensive summary of the landmark trials in critical care medicine. Searchable by both condition and intervention it's a useful quick reference guide.



iOS €5.49 Android €5.49

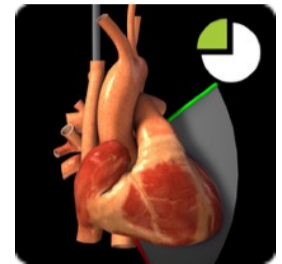
## TTE Standard Views

Developed by the department of Anaesthesia in Toronto General Hospital, this app is incredibly useful for anyone getting to grips with transthoracic echo. It contains comprehensive guides to basic views with video clips and interactive anatomic models. There are some useful tips for optimising views.

The same group have also developed a range of other apps to teach transoesophageal echo, alternate views and colour doppler examinations.

At present the apps are only available for iPad however the same content can be accessed online [here](#).

iOS €5.49



## Siilo



Siilo is a messaging app that is designed for healthcare teams by doctors. In addition to the usual features seen in messaging apps, all users are verified by the app developers as genuine healthcare providers to ensure confidentiality. It is fully encrypted and password protected with the option to auto-delete messages after 30 days. The app also allows you to create cases which can be discussed separately to the main group chat which helps reduce clutter.

Free on iOS and Android.

## Twitter

The chosen social media platform of clinicians worldwide Twitter is a great source of all things #FOAM (free open access medical education). Many eminent anaesthesiologists, intensivists and departments have an active twitter presence. Twitter is also an invaluable tool for conferences with dedicated hashtags to facilitate discussion.

Be sure to check out @AnaesTrainees and @COAIntl for updates.

Free on iOS and Android.



If there are any apps, websites, blogs or social media accounts that you find useful let us know and we'll be sure to include them in upcoming articles in the series.

## Fellowship - High Risk Obstetrics

I completed my anaesthetic training in Ireland, in July 2018 and I have since been completing my Fellowship in High Risk Obstetric Anaesthesia at the Royal Women's Hospital in Melbourne. I chose the Royal Women's Hospital in Melbourne, as it is a world-renowned referral centre for Obstetrics in Australia. Furthermore, the department is also highly rigorous in academic publications with research led by A/Prof Alicia Dennis. It was always a goal of mine to come and live in Australia and to experience living life "down under".



### **The Job**

The anaesthetic department is a very welcoming cohesive department. We provide anaesthetic cover for all women's health issues including obstetrics, gynaecology, gynae-oncology, breast/plastics, reproductive health and surgical terminations. We also have a proactive preoperative assessment service and a comprehensive MDT approach to complex patients, with follow up care provided in our Complex Care Unit.

Aside from my clinical commitments, I have had a very well rounded experience at the Women's. I have been involved in teaching for both registrars and nurses. I have had the opportunity to be involved in a clinical trial with A/Prof A Dennis. I have also been allowed the time to complete and deliver courses in Transthoracic echocardiography and a Learning with Simulation Workshop in Monash University. I have also set up a Departmental Online Journal Club.

There are five fellows working in the department, usually two are international. Working hours average 86 hours every two weeks including 10 hours of allowed teaching time. Five weeks of annual leave a year with one week's conference leave. Basic pay is \$143,000 but overtime is paid, as well as extra pay for working weekends/bank holidays. Weekend work is included in your allocated hours. There are also many tax breaks including Salary Packing.

Fellows cover weekend days and weekend nights, usually no midweek nights. Only one anaesthetist in house on call with Consultant on call at home. As a fellow this allows great autonomy and independent work practice, which will benefit me as a future Consultant.

### **Preparation**

Application opens May (similar time to the OAA) for the following Feb and August start dates. Therefore, if you want an August start you need to apply at least 15 months beforehand. Fellowships for overseas trainees are usually 12 months but 6 month terms can be considered. I would recommend expressing an interest in the job at least 18 months before the start date. If the opportunity allows, it would also be beneficial to visit the Department in Melbourne, in person. Jobs are advertised and applied for on the following website <https://thewomens.mercury.com.au/>.

It would be useful to sign up to this website and set an alert for the Royal Women's hospital jobs. A link to available jobs can be found on the careers link on the Women's home page ([www.thewomens.org.au](http://www.thewomens.org.au)). The interview is a phone interview for international applicants. The outcome of the interview is provided within the following week.

## Immigration

At least six months before the job starts, you need to get onto the Provisional Register with AHPRA, apply to the AMC, and obtain your visa. This is a lengthy process but once you are organised with all the correct paperwork and liaise with the Hospital HR it is very doable. This is feasible especially if your plan is to complete fellowships in Australia.

Since, I have come to Australia immigration laws have changed. In the last year Anaesthetics is no longer on the wanted skills list for permanent residency. ICU still remains on this list. If you want to stay long-term in Australia and work as a Consultant Anaesthetist you need permanent residency. You also need to get retrospective recognition of your training through ANZCA which costs at least \$30,000 and takes at least 18 months to complete. So it depends on your long-term goal and ambition. With increasing competition for jobs at home and increasing requirement for Consultant experience, prior to taking up permanent jobs, it may prove difficult to get that experience in Australia unless you are willing to go rural. Food for thought!

Overall, I have had an excellent year at the Royal Women's Hospital. I have had a wide and varied exposure to high risk obstetric anaesthesia and increasingly developed my independent practice. I have also been offered the opportunity to expand my non clinical skill set, as well as living and working in Melbourne, one of the most liveable cities in the world!

## Kim Caulfield

### Useful Links

<https://www.ahpra.gov.au/>

<https://www.amc.org.au/>

<http://www.anzca.edu.au/>

<https://www.thewomens.org.au/research/research-centres/anaesthetics-research>

<https://thewomens.mercury.com.au/>



### Contacts at The Women's Anaesthetic Department

Dr Nam Le - Supervisor of Training - [nam.le@thewomens.org.au](mailto:nam.le@thewomens.org.au)

Dr Phil Popham - Consultant Anaesthetist - [Phil.Popham@thewomens.org.au](mailto:Phil.Popham@thewomens.org.au)

I am also happy to take informal queries - [kimcaulfield86@gmail.com](mailto:kimcaulfield86@gmail.com)

## LAT News

### Mercy University Hospital

**LAT:** Musab Elhadi

#### **Well-being initiatives and events taking place in your training site:**

Our trainees have been engaged with many outdoor activities in the south, Jessica Groenwald completed the half marathon of cork city marathon! , Oscar Duffy made it to the finish line of crooked lake triathlon in Waterford!

The Mercy University Hospital runs an employee wellbeing week with different activities like physiotherapy sessions, Spa, pilates, facials, make up and nutrition workshops NCHDs in general and trainees stuck in theatres rarely if at all avail of any of these awesome activities. At departmental level our consultants have kindly agreed to make arrangements to facilitate and incorporate in the Rota protected time for Trainees to avail of these services.

#### **Innovation and change brought about by trainees within your department/ hospital:**

Joanne O'Brien took over from Oscar Duffy in the Hospital Enviromental committe and working hard to make up for all the desflurane gas that finds it way out of our theatres to lovely Earth

#### **Good news stories from your site:**

Dhari Alrashed is officially a fellow of the CAI, well done! Departmental dinner took place to celebrate another fruitful 6 months with superb attendance by our consultants and Trainees.

Jawad Zebb got married - congratulations!

### Cork University Hospital

**LAT:** Aoife Driscoll

#### **Well-being initiatives and events taking place in your training site:**

Team building activity kayaking around Oysterhaven and showing how beautiful the coast of Cork really is.

Attended by consultants and trainees alike and paid for by the very generous bosses.

End of year summer party in the Bulman in Kinsale. Biggest turn out of the year with 45 of us in the restaurant. Great night altogether!

Coffee and gas is a new initiative just set up by the consultants on the last Thursday of every month where the consultants will provide tea and light bites and encourage people to talk about things other than work



### **Good news stories from your site:**

Two babies were born, the first to Cathal MacDonnacha and the other to Louise Judge

6 people working stand alone positions in CUH got to the interview stage for the scheme and all 6 got it - a party was had.

Eoin O Rathallaigh was acknowledged at the CAI Congress for his Rark Run heroics when he helped a young guy who had a cardiac arrest. The patient survived and Eoin got to meet the young man and his family who were obviously incredibly grateful - hurray for Eoin (from now on to be known as Eoin The Outstanding Anaesthetist!)

People who volunteered that they passed their exams were:

Paudie Delaney - ICU

Anna Horgan - Membership Viva

Ronan Bluett - Membership MCQ

## **OLOL Drogheda**

**LAT:** David Burke

### **Well-being initiatives and events taking place in your training site:**

Department Dinner, June 27th

### **Good news stories from your site:**

Ross Bowe; Expecting their first baby; passed the FCAI

Susan Hannon; Recent engagement and passed the MCAI

Richard Sweeney; Recent marriage

David Burke; Passed the FCAI

Anna Impuimi; Expecting her second baby

## **University Hospital Limerick**

**LAT:** Kiran Reddy

### **Good news stories from your site:**

Our department participated in the medical grand rounds competition with Alan Horan (SAT 3) receiving second place for his research on situational awareness in critical incidents.



# St. James Hospital

**LAT:** Catalin Iulian Efrimescu

## Well-being initiatives and events taking place in your training site:

Minding the medics!

A multi-session program put together by Dr. Tara Feeley, SAT 6, geared towards improving trainees' wellbeing. It comprised of 4 sessions over 6 months, both educational and practical, on topics like Sleep Hygiene, Mental Health, Self-defense and LAT lead trainees' debriefing.

The program was well received, confirming our interest in personal wellbeing and own health.

The sessions were a success among the consultants too, who could not stay aside when they had the opportunity of practicing some self-defense moves - trainees watch out!



80Km cycle!

An optimistic plan to cycle 80km in February was embraced by many of the trainees and nursing colleagues! Many did not make the full 80km, but everyone had fun ;-)

## Innovation and change brought about by trainees within your department/ hospital:

Dr. Tim Keady introduced to SJH a mobile phone system which replaced the ICU bleeps. The change was an important improvement project highly appreciated by the ICU NCHDs and the nursing staff. Among other advantages, the system facilitates a quicker response time to queries and referrals, by removing from the communication chain the need of a fixed phone. Also, the phones came with a more pleasant ringing tone 😊.

## Good news stories from your site:



Dr. Tara Feeley, SAT 6, participated between 12<sup>th</sup> to 15<sup>th</sup> of June in the 2019 Dun Laoghaire to Dingle "D2D" Race, an offshore 3 day all day/ all night yacht race, proving that anesthesiologists can also master less volatile fluids.

# St. Vincent's University Hospital

**LAT:** Rose Kearsley

## **Well-being initiatives and events taking place in your training site:**

We took a break from our regular Wednesday Anaesthesia Grand rounds and enjoyed a talk from Dr Ide Delargy from the Practitioners Health Matters Programme on Physician health and well-being earlier in the year. Based on previous trainee feedback, a 4pm start has also been implemented in the ICU for on-calls.

## **Good news stories from your site:**

Congratulations to Pierce Geoghegan (SAT 6) on the birth of his daughter Roisin and on winning the medal for the ICU exam so quickly after, I'm sure you have Ireland's most understanding wife.

Wedding Bells for Ray Kelly (SAT 1), Marton Deli (SAT 5) and Caroline Jennings (SAT 1 from July)

Rania Haydar (SAT 5) and Rose Kearsley (SAT 6) embarked on some charity work, with Rania spending some time in refugee camps in Jordan, and Rose going to Hanoi in Vietnam.

Well done to all who passed their exams during their time in SVUH! And congratulations to Kevin Hore for being Ukiyo's most loyal customer again this 6 months.

Good luck to everyone as they move on to their next jobs and to the SAT 6s who head off on their travels....

# Beaumont Hospital

**LAT:** Janna Finlay

## **Good News stories from your site:**

Claire Nestor went to Vietnam to volunteer as part of Operation Walk and Colm Keane volunteered with the Special Olympics

Sorcha McCague has been selected to play in the European Doctors' Orchestra in a charity concert in Germany

Colm Keane was awarded the Outstanding Anaesthetist award for his actions in saving the life of a young man who had a cardiac arrest while out running

Claire MacSweeney welcomed her daughter Eve and Zeenat Nawoor Quinn welcomed her son Aidan

Congratulations to Rahiman Rahim, Cillian Suiter, David Devlin, Deirdre Edgeworth and Kashif Mahmood who all passed CAI exams!



# Sligo University Hospital

**LAT:** Rachael Cusack

## **Well-being initiatives and events taking place in your training site:**

After work Yoga, Financial advice from the IMO, Nutrition and wellbeing talk all organised by Mai O'Sullivan and Richard Skelly for the Anaesthesia department

## **Innovation and change brought about by trainees within your department/ hospital:**

New Audit, Research and Activity board

"Paper where possible" environmentally friendly initiative to encourage use of recyclable/compostable materials in dressing packs instead of plastic trays

## **Good news stories from your site:**

Congratulations to Aine McCarthy and Mai O'Sullivan for taking part in the Gauntlet Triathlon in Galway

# Temple Street

**LAT:** Eva Corcoran

## **Well-being initiatives and events taking place in your training site:**

Temple Street is an incredibly supportive environment. From formal and informal debriefing sessions involving both ICU and the multidisciplinary team to 20 pizzas provided by Dr Bruell after one particularly difficult week, body & soul were looked after!

## **Innovation and change brought about by trainees within your department/ hospital:**

Dr. John O'Flynn undertook a QI initiative which has reduced fasting times from 5.5 hours to under 3 hours on average. All elective patients are now offered 7up/Ribena/Dioralyte on arrival to the day ward & allowed to drink up to an hour pre-procedure. This has led to improved patient and parental satisfaction. Before this over 25% of patients were fasting over 10 hours, now that figure is 2%.

## **Good news stories from your site:**

Alan Blake, Andy Purcell & Don Walsh all passed FCAI in April!

Teasy Sweeney passed EDIC part1!

Andy Purcell got engaged!

Andy Purcell was re-elected to CAT & Parvan Parvanov was elected this year!

Emer Ryan won best dressed at the CAT funrun!

Ahmed Mahmood has accepted a consultant post in Birmingham!



# **Irish Society of Regional Anaesthesia**

## **-EDRA Preparation Course-**



**Separate courses for those sitting the the MCQ & Viva  
Faculty includes EDRA examiners**



**Date: Friday 26<sup>th</sup> of July 2019**

**Venue: College of Anaesthetists**

**Fee: €100 (ISRA members) €115 (non members)**

**Booking:  TicketTailor**



**See ISRA Facebook page & [isra.ie](http://isra.ie) for updates**



**[www.isra.ie](http://www.isra.ie)**



**@ISRA\_Ireland**



**@ISRAIreland**



**[isra.secretary@gmail.com](mailto:isra.secretary@gmail.com)**

# ISRA

ISRA is the Irish Society of Regional Anaesthesia. It works to promote the training and use of regional anaesthesia in Ireland. Its AGM is held at the CAI Congress annually, and at this time new council members, including the Trainee Representative, are elected.

ISRA has several exciting events and projects specifically for trainees and those interested in improving their regional anaesthesia skills; workshops, prizes and courses.

## **€1,000 IRSA grant**

A new grant with the aim of supporting research in regional anaesthesia in Ireland. Applicants who have prospective research, travel expenses to present research, and open access publishing fees are eligible. This year's ISRA Grant was awarded to Dr. Dylan Finnerty for his project "Efficacy of Serratus Anterior Plane (SAP) block versus Erector Spinae Plane (ESP) block for post operative analgesia after Video Assisted Thoracic Surgery (VATS) : a randomised control trial".

Please do consider applying for the 2020 grant if you have a project in mind or underway.

€200 Prize for Poster in the Field of Regional Anaesthesia.

The 2019 ISRA Poster Prize at the CAI Congress was awarded to Dr. Ahmed Abdelaatti. Congratulations to him!

## **EDRA Preparation Day, July 26th 2019**

ISRA are holding a one day EDRA preparation course on July 26th in the College of Anaesthetists. This course has been running for a number of years with excellent feedback and a high pass rate from participants.

We will be holding separate sessions for those sitting Part 1 and Part 2.

Preparation for Part 1 (MCQ) will include didactic lectures and MCQ practice.

Preparation for Part 2 (Viva) will include practice workshops to simulate the style of questions in the EDRA Viva.

## **The Block Bus**

Bamboozled by blocks? Lost by L.A.S.T.? We will be taking to the road and bringing a workshop to several hospitals around the country to introduce the fundamentals of regional anaesthesia to trainees/consultants/ NCHDs who would like a basic introduction to all things regional. Details of locations to be announced separately.

## **Survey**

Yes, I know! Another one! We would like to know what we can do to improve the quality and standardization of RA training nationally. Please keep an eye out on your inboxes and please do use this opportunity to improve this area of your training by completing the survey.

**Tara Feeley, Irish Society of Regional Anaesthesia, Trainee Representative.**

# Fun Run

This year's Fun Run was an enormous success with a high number of competitors participants!

The 'Fun' was put into the Fun Run with the new 'Fancy Dress encouraged' dress code.

The inaugural Mark Owens Trophy was won by the lightning quick Dr. Pierce Geoghegan in a time of 17:07.

The inaugural James Close Trophy was won by Dr. Emer Ryan, dressed as Super Mario. It was not an easy win for Emer as she faced a dance off for the trophy, with Dr. Tim Keady coming a close second.

A huge THANK YOU to all the competitors, and to all of you who donated to the Practitioner Health Matters Programme. A Whopping €800 was raised and a cheque was presented to Dr. Íde Delargny, clinical lead of PHMP.

Details of how PHMP can help you or any colleague who may be in distress can be found on their website.

<https://practitionerhealth.ie/>

Remember, their motto is "Support, not report".





# Calendar

## Exams

Title	Date	Cost	Applications Close
MCAI MCQ	04/09/19	€600	09/08/19
MCAI OSCE/SOE	05-06/11/19	€800	11/10/19
FCAI Written	25/09/19	€600	30/08/19
FCAI Clinical	26-27/11/19	€700	08/11/19
EDRA Part 1	11/09/19	€300	TBC
EDRA Part 2	09-10/09/19	€300	TBC
EDIC Part 1	30/09/19	€330*/€480	TBC
EDIC Part 2	24/11/19	€480*/€680	TBC

\*ESICM Members

## Courses and Conferences

Title	Location	Date	Early Bird Deadline	Cost	Link
ESRA	Bilbao	11-14/09/19	24/06/19	€350*/€400	<a href="https://esra-congress.com">https://esra-congress.com</a>
ESICM LIVES	Berlin	28/09-02/10/19	11/07/19	€220/€290/€410	<a href="https://www.esicm.org/events/32nd-annual-congress-berlin/">https://www.esicm.org/events/32nd-annual-congress-berlin/</a>
AAGBI Annual Congress	Glasgow	11-13/09/19	01/08/19	£435	<a href="http://www.annualcongress.org">http://www.annualcongress.org</a>
AABGI Trainee Conference	Telford	03-05/07/19		£230	<a href="http://www.gatasm.org/node/14">http://www.gatasm.org/node/14</a>
Euroanaesthesia	Vienna	01-03/06/19	14/03/19	€300*/€820	<a href="https://euroanaesthesia2019.org">https://euroanaesthesia2019.org</a>
Irish Pain Society ASM	UCD	19/10/19			<a href="https://irishpainsociety.ie">https://irishpainsociety.ie</a>
National Patient Safety Conference/KP Moore	CAI	15/11/19			<a href="https://anaesthesia.ie">https://anaesthesia.ie</a>
BASIC Course		21-22/11/19			<a href="https://intensivecare.ie">https://intensivecare.ie</a>
ICSI Winter Meeting	Waterford	23/11/19			<a href="https://intensivecare.ie">https://intensivecare.ie</a>
Critical Care Reviews	Belfast	16-17/01/20		TBC	<a href="https://www.criticalcarereviews.com/">https://www.criticalcarereviews.com/</a>

\*ESICM/ESA/ESRA/AAGBI Members Western Anaesthesia Symposium