



# CAT NEWS

December 2022

## INSIDE THIS ISSUE

### **SAT 7**

*We hear from Dr. Niall Tierney about his SAT 7 year working in Crumlin Children's hospital*

### **Thinking about postgraduate study?**

*Find out what Dr. Mohammed Ahmed Rasheed thought about his Masters in Clinical Research*

### **Interested in volunteering abroad?**

*Dr. Hanin Hamza shares her experience working with Global Emergency Care skills*

### **Autumn Social and Wellbeing Event**

*Have a look at some of the photos from our yacht party*



# CONTENTS

<b>Editor's Note</b>	<b>Page 3</b>
<b>SAT 7</b>	<b>Page 4</b>
<b>Postgraduate education</b>	<b>Page 6</b>
<b>Volunteering with Global Emergency Care Skills</b>	<b>Page 9</b>
<b>CAT Social</b>	<b>Page 15</b>
<b>ISRA updates</b>	<b>Page 19</b>
<b>LAT news</b>	<b>Page 20</b>
<b>e-LA RCOA</b>	<b>Page 22</b>
<b>GASOC updates</b>	<b>Page 23</b>
<b>Support services</b>	<b>Page 24</b>
<i>Available Resources</i>	
<i>Wellbeing Resources</i>	
<b>Dates for your Diary</b>	<b>Page 26</b>
<i>Exams</i>	<b>Page 28</b>





# Editor's note

**Dr. Maeve O'Brien and Dr. Siobhán Clarke**  
*Co-Editors CAT news*

Welcome to the December edition of CAT news!

We hope you are enjoying the start of festive season and getting excited for Christmas! Only five more sleeps!!

We are very excited to share this jam-packed edition with you! First up, we would like to thank everyone who made it to our Autumn Social and Wellbeing Event in October. The turn out was seriously impressive and it was great catching up with friends from far and wide. Turn to page 15 to find out what went on and to see if you made it into any of the photos. Make sure to watch this space for future social outings!

We would like to thank Dr. Niall Tierney for submitting a fantastic piece about his SAT 7 experience in Crumlin Children's Hospital. We would also like to thank both Dr. Mohammed Ahmed Rasheed and Dr. Hanin Hamza for their contributions to this edition. Dr. Rasheed completed a Masters in Clinical Research in the University of Galway and Dr. Hamza travelled to Kenya during her year out after SAT 2. We're sure they'll inspire many others to follow in their footsteps.

Dr. Fiona Roberts has informed us that she will be stepping down from her position as the Irish Anaesthetic Representative for GASOC. If you're interested in this role read on to find out more!

As usual we have some of your good news stories from the various hospital sites around the country and we also have some important dates for your diary.

If there is anything you'd like featured in CAT news going forward don't hesitate to let us know. We're always delighted to receive feedback and advice. Get in touch via twitter, facebook or email!

We wish you all the best over the Festive period and a Happy New Year!

[cat@coa.ie](mailto:cat@coa.ie)  
[@AnaesTrainees](#)  
[Committee of Anaesthesia Trainees Facebook Page](#)  
[Previous CAT NEWS Editions \(anaesthesia.ie\)](#)

# Specialist Anaesthesia Training (SAT) Year 7

The aim of SAT 7 is to help secure more senior experience for trainees and offload the pressure intrinsic to a trainee trying to fulfil their senior on call experience requirement and gain training in a new subspecialty within a six-year programme.

Options for SAT 7 include Intensive Care Medicine (ICM) (Beaumont, MMUH, SJH, SVUH, CUH, TUH, UHG), Perioperative medicine (SVUH), Pain medicine (TUH, SJH), Paediatric anaesthesia/ ICM (Crumlin), Regional Anaesthesia (UHG), Cardiothoracics (MMUH), Obstetric anaesthesia (Dublin/ Galway).

Each subspeciality, not to mention each centre will ascribe different roles and responsibilities to their SAT 7 however the overall emphasis is on leadership and preparatory work for consultant practice.

We ask Dr. Niall Tierney to tell us about his experience of SAT 7 for those considering applying in future.



# SAT 7 experience

*Dr. Niall Tierney*

*PICU and Anaesthesia, Crumlin Children's Hospital*

With a love of paediatric anaesthesia and a desire to stay in Ireland for another year post CCST a SAT 7 fellowship seemed like a great idea. Paeds anaesthesia consultant jobs generally require at least 2 years of post-CCST paediatric experience so a SAT 7 year is unlikely to remove the need to go abroad entirely.

Crumlin offers two posts – one in paediatric anaesthesia and one in PICU. After the standard SAT 7 application there was a common interview for both posts with representatives of the anaesthetic and PICU departments after which I was offered the anaesthetic job.

The day to day role is largely similar to that of an SpR. Crumlin is a busy department with a nice mix of “normal” paeds surgery and the more weird and wonderful stuff that comes with being a national referral centre. As the fellow I generally had a say in what lists I was assigned and was able to pull rank if there were interesting cases coming up. Paeds is more intensely supervised than adult anaesthesia but as with anywhere this is largely dependent on the individual consultant and so there were opportunities for solo practice and plenty of scope for developing my skills.

The post has a full on call commitment as it is not supernumerary. Anyone who has worked in Crumlin before will know this means lots of PICU call as there is generally a dearth of senior trainees who have done paeds before. Until staffing levels are increased this is unlikely to change.

I enjoyed my SAT 7 year. The caseload and level of complexity you will see in Crumlin is significant. The consultants are generally supportive and are open to developing the role of the SAT 7 fellow which is very much in its infancy. There is also an understanding that the SAT 7 fellowship will be held in the same regard by a future interview panel as an international fellowship although I have yet to test this.

Any questions please contact me by email. [nttierney@gmail.com](mailto:nttierney@gmail.com)

# Postgraduate Education

More and more trainees are enrolling in postgraduate courses. From Certificates to Masters, the choice is endless. But deciding whether to further your study and what to study next can be a very daunting task.

In this upcoming series, we ask SAT trainees about their experience in postgraduate education to better equip those hoping to pursue a similar path.



# Masters in Clinical Research - University of Galway

*Dr. Mohammed Ahmed Rasheed  
Out of programme after SAT 2 - Paediatric critical care, Royal London  
Hospital*

The Masters in Clinical Research (MCR/MSc) at the University of Galway (formerly NUI Galway) is an excellent choice for trainees looking to improve their ability to understand and perform clinical research. It has a broad target audience, including healthcare workers new to research, or clinicians looking to improve and diversify their research interests.

The structure of this Masters programme is similar to other level 9 courses. It can either be completed over 2 years as a part time course, or 1 year as a full time student. I undertook the course during SAT1 and SAT2 as a part time student - and found this quite manageable. There are usually one or two assignments a week, and one or two tutorials weekly. Since COVID-19 lockdowns, the entire course has been transformed to accommodate online learning. The course remains largely accessible online for most modules. In person teaching is available, but very rarely compulsory. Lectures and tutorials are recorded for future reference and available through the online blackboard.

The course follows the European Credit Transfer System (ECTS), where 90 credits are required for successful completion of the Masters programme. Students are awarded 10 points per module, and 30 points for a research thesis. In essence, either 9 individual modules, or 6 modules and a research thesis are required.

Year 1 consists of 2 semesters. Semester 1 consists of 3 compulsory modules; fundamentals of research, ethics and an introduction to biostatistics. In semester 2, students choose 3 modules of their liking. These include, but are not limited to, advanced biostatistics, observational study analysis, systematic reviews, biobank ethics and methodology for randomised trials.

Assessments for the modules include continuous assessments in the form of assignments, and most modules have an end of term exam. The module examinations are mostly manageable and not particularly challenging.

Having chosen systematic review, observational studies and the two statistics modules, I found them very important in improving my understanding of published research and were vital in helping me perform recent projects. In particular, my comprehension and appreciation for data analysis has vastly improved.

The thesis component of the Masters programme can either be self organised, or you have the option of joining one of the college's professors in their on-going work. My thesis was self organised - and allowed me to collaborate with a researcher at the Manchester Royal Infirmary. The course tutors are very happy to facilitate this and offer a plethora of support during your thesis write up. Periodic evaluation of progress, academic writing classes and access to librarian services such as help with search strategies, are all available through the postgraduate school.

The programme gives you the resources required to perform good quality research and allowed me to perform my first systematic review and meta-analysis as part of my thesis.

As future consultants, analysing and critically appraising medical research is essential to keep up to date with developments in our speciality. The Masters in Clinical Research at the University of Galway is a fantastic programme to help you develop skills as a researcher. However, I believe its true value lies in giving trainees the tools to become confident in assessing potential practice changing research - a crucial skill for the modern consultant.



## A week in Nyabondo, Kenya with Global Emergency Care Skills (GECS)

*Dr. Hanin Hamza*

*Out of programme after SAT 2*

I'm a trainee in Anaesthesiology and I'm currently taking leave out of the SAT programme, between SAT 2 and SAT 3. I feel immensely privileged to be able to take this time away to forge new experiences. In November this year, I travelled to Kenya with a medical non-profit charity organisation called Global Emergency Care Skills (GECS). GECS was founded in 2008 by Prof. Jean O'Sullivan, consultant in Emergency Medicine at Tallaght University Hospital, with the purpose of providing training courses to healthcare staff in low and middle income countries.



L. Sr. Arnolda with Prof. O'Sullivan R. GECS faculty



The GECS faculty was led by Prof. Jean O'Sullivan and Dr. Robert Eager and was otherwise composed of another trainee in Anaesthesiology, Siobhán Clarke, Emergency Medicine consultants and trainees, a medical trainee and a transition year student on work experience. Together we visited St. Joseph's Nyabondo Missionary Hospital in Nyabondo, Kenya. There we delivered a 5-day training course focusing on the management of medical emergencies and trauma, using a combination of didactic teaching and simulation training.

St. Joseph's Nyabondo is, at present, an 80-bed hospital with an emergency room, inpatient wards, a maternity ward, laboratory services and an operating theatre. Additionally, the hospital provides outpatient services such as nutritional services, HIV care and reproductive health education. Alongside other rural hospitals, St. Joseph's Nyabondo serves the surrounding 6 counties with a combined population of approximately 4 million people. We were invited to teach at St. Joseph's Nyabondo because in the coming months, a new Trauma Centre is due to be opened on the site. The hospital director wrote to medical charities, one of whom was GECS, requesting emergency and trauma training provision for staff in St. Joseph's Nyabondo and neighbouring hospitals.

I was surprised to learn upon our arrival, that very few of the staff undertaking the course (and managing emergencies in St. Joseph's Nyabondo on a daily basis) were doctors. In fact, there are only 3 doctors contracted to work in the entire hospital regularly, 2 of whom (ideally) would be on-site in a given 24 hour period. There is a paucity of medical graduates throughout Kenya and much of Africa, therefore many of the tasks that would be carried out by doctors back home would instead be performed by clinical officers or nursing staff. Clinical officers complete a 3 year university degree and are employed in a role similar to doctors however with a limited scope of practice. Of the 35 course participants, 2 were doctors and the remainder were a mix of clinical officers and nurses.

The course that we delivered was based around the World Health Organisation's Basic Emergency Care course. Given the imminent upgrade of St. Joseph's Nyabondo into a regional Trauma centre, we also chose to emphasise trauma management, dedicating 2 days of the course to delivering trauma lectures designed by the GECS group and conducting trauma simulation sessions. Additionally, throughout the course we were able to incorporate airway teaching.

I found it incredibly touching how motivated each and every person who attended the course was. Keeping lectures and simulation sessions within their allotted time was difficult due to the sheer number of questions the attendees had. It was very apparent how much they valued this opportunity for learning. The hospital security staff were also keen to take an opportunity to up-skill, eagerly partaking in a workshop on the safe immobilisation and transport of the trauma patient. Later in the week speaking to Kennedy, one of the doctors participating, I found out that healthcare workers in Kenya usually have to take unpaid leave from work to attend any educational courses and in fact, this had precluded many members of staff from other hospitals who had signed up from actually attending this course.

Not keen on disproving the Anaesthetist stereotype, as soon as we arrived at St. Joseph's Nyabondo, Siobhán and I were hoping to get a tour of the operating theatre. We were soon introduced to Chris, a clinical officer specialising in Anaesthesiology, who is the only member of the Anaesthesia team based in St. Joseph's Nyabondo full-time. There is also an Anaesthetist (a doctor) available at times for procedures in theatre and he works between several hospitals in the region. However hearing from Chris (and seeing the theatre logbook) the 'Anaesthetist' is most often not a doctor. Chris showed us around the theatre and talked us through the equipment and medications available to him. Suffice to say, anaesthetic practice in rural Kenya is an exercise in doing quite a lot with very little



On the Wednesday of our week in Nyabondo, Siobhán and I were invited to observe an emergency Caesarean section, with the mother's consent. A significant proportion of deaths at St. Joseph's Nyabondo are due to maternal and neonatal causes with 54% of deaths in this hospital attributed to communicable, maternal and neonatal disease. In theatre, Chris explained to us that he performs low dose spinals for Caesarean sections unless contraindicated. However he clarified that availability of vasopressors in the hospital is severely limited and that he has no access to phenylephrine, ephedrine or noradrenaline. Notably, there is no neonatal resuscitation station in the theatre. We watched the surgery with bated breath. Mother and baby came through and when Siobhán and I visited them on the maternity ward the next day, they were thriving. The unfortunate reality is that that is too often not the case and unsurprisingly in the course feedback, participants requested training in Obstetric emergencies in future.

After teaching was finished on our third day, we visited the Nyabondo Centre for Persons with Disabilities. As Sr. Ludavena led us through the centre, I was struck by how the religious sisters took their passion for helping the disadvantaged and built a loving home for children with disabilities, many of whom had been abandoned by their families and society. Sr. Arnolda, a nurse who now works in an antenatal clinic told me: "this is still where my heart is". As well as being a home, the centre has teamed up with AMREF, the Flying Doctors of East Africa, to perform Orthopaedic and Reconstructive surgeries that change the lives of their children. The centre in Nyabondo provides rehabilitation services with charity funded-physiotherapy, occupational therapy and even production of prostheses on-site. Additionally, the sisters provide vocational training in the centre, teaching skills that can enable their children to live independent adult lives. A description can't fully encapsulate the feeling of being there and seeing the impact that the co-ordinated work of medical charities can make to a community or a group of people in need



GECS faculty with Sisters Arnolda, Ludavena and R.N Churchill

I feel so fortunate to have had the experience of travelling to Kenya with GECS. Reflecting on my experience now, I feel like a naïve version of myself boarded the plane in Dublin airport, knowing that we were headed to an under-resourced African hospital but not having a frame of reference for it. The week was a steep learning curve. The entire GECS faculty showed an immense amount of versatility, adapting the course along the way to ensure that the knowledge imparted could be put to real-world use by participants with the resources available to them.

It was so fulfilling hearing and reading feedback from the people who attended the teaching sessions. At the close of the course one of the participants, Mike, gave an emotional speech to thank both the GECS faculty and those who attended. He reflected on previous practice in their various hospitals and opined that the training that we provided, such as a systematic (ABCDE) approach to managing emergencies will help to save lives in future. It was a particularly poignant moment in my week that I'm not embarrassed to say brought tears to my eyes. A nurse who attended the course, Denis, summarised: "As per now, I am very confident I can manage a patient in trauma. I have the capacity".

Close to my heart (and I'm sure to Siobhán's) was the airway teaching and simulation component of the course. Siobhán delivered an airway lecture at the outset of the course. Over the following days, together we conducted airway simulation sessions in small groups which proved very popular with the course participants. Notably, in a questionnaire designed by the GECS group, 58% of the attendees indicated that they had no previous airway training however 63% had been involved in clinical situations which required emergency airway management. The happy ending to this story is that 100% of attendees reported feeling more confident in their airway skills following this GECS course.



One key aim of the GECS group was to ensure that sustained teaching and delivery of life saving skills could continue in future. As part of this effort, the 5th and final day of the course was devoted to training the trainer. Course lectures were made available to the hospital's clinical director and the equipment and mannequins donated by GECS will make simulation training possible into the future at St. Joseph's Nyabondo.

Prayer and gratitude were all around us in Nyabondo. The course began and ended with staff nurse Rose leading the attendees in prayer, to thank God for granting them this opportunity for learning. I'm thankful for the people who volunteered to join the GECS faculty and the wonderful group that I got to meet and work with. I'm thankful for the friends, family, hospitals and businesses in Ireland that donated money and equipment to make this trip possible. I will be more appreciative in future for the training opportunities I have in life, for the mentorship and guidance that's so readily available to me, for end-tidal CO2 monitoring in theatres, and for working in hospitals that can afford propofol, vasopressors, a defibrillator and more than one laryngoscope. I'm so grateful for the fulfilment and the personal growth this trip with GECS has given me and I would thoroughly recommend the experience to anyone who is tempted by the prospect.

**For more information on GECS:** <https://iaem.ie/international/gecs-22>

(dedicated website in development)

**Twitter:** @GlobEmergCare

**Instagram:** @globalemergencycareskills



# CAT Social

*Dr. Maeve O'Brien*



## Party Like a Lob - Star

This year, we at CAT decided to treat you to a very special Autumn Social and Wellbeing Event and unless you've been living under a rock, you'll know it was our CAT Yacht Party!

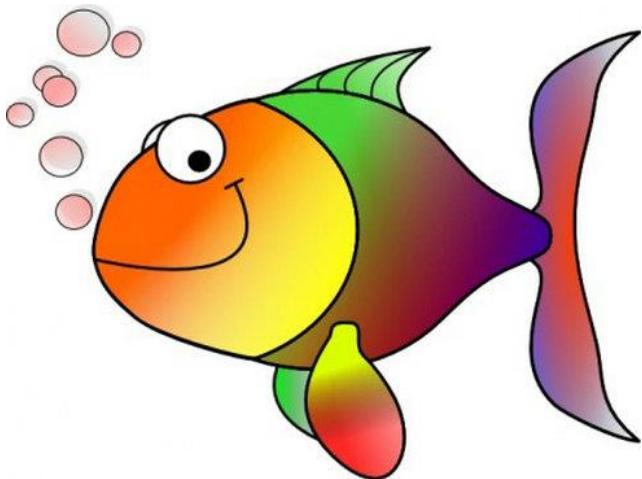
A ravishingly good-looking group of trainees travelled from around the country and met outside the Ferryman pub to wait for the boat to take us up the Dublin Riviera!! We were welcomed by the crew of the double decker yacht and off we went down the Liffey and headed for the open sea! We thankfully had a hearty serving of pints and prosecco (both served by the pint glass!) to help to steady the nerves as we made our way through the waves to Howth. Even a few dolphins stopped by to see if they could get in on the action.

Keen to continue the party once we arrived in Howth, we strolled up to McNeils where we tucked into some delicious food. We even managed a joint birthday celebration for Gill Crowe and Eanna O'Sullivan (rumour has it, that this event was really a birthday party for them in disguise!)

As soon as we were fed and watered we bundled onto the DART / Dorsh (whatever your inclination) and made the journey back to the city. In true anaesthetic trainee style, we settled into the Gingerman for the night!

Thanks to everyone who joined us! Already looking forward to seeing you all at next year's social event!

# CAT Social Photos!

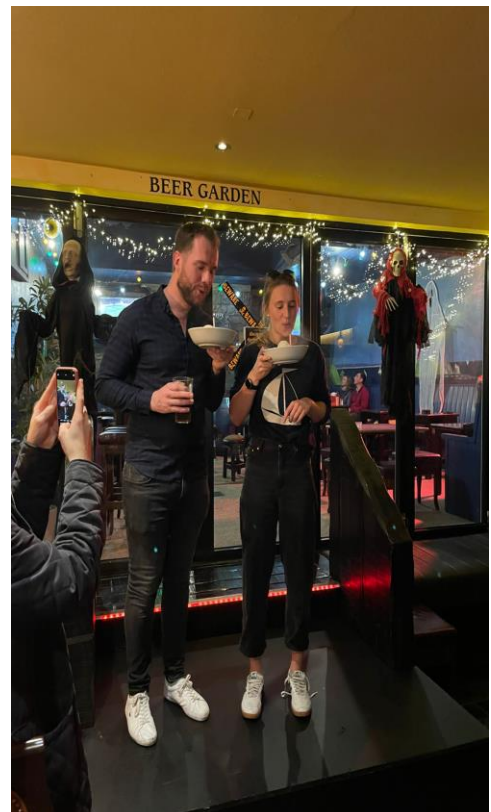
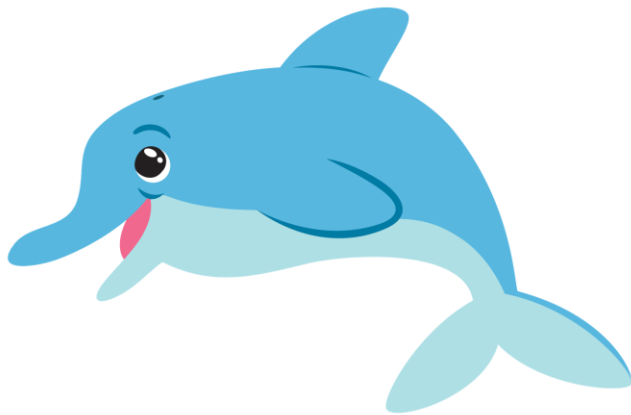




# CAT Social Photos!



# CAT Social Photos!



# ISRA updates

*Dr. Colleen Harnett*  
*SAT 6 MMUH*

ISRA wish you all a very Happy Christmas and we take this opportunity to thank you for all the support in 2022! It was a great year with lots of events and we have another busy year planned for 2023. We look forward to seeing you all again at our annual update day, foundation courses and our annual workshop at the CAI congress in May.

EDRA is always a popular exam for trainees and both part 1 and part 2 will likely take place around the ESRA 6<sup>th</sup> World Congress on Regional Anaesthesia and Pain Medicine in Paris 6<sup>th</sup>-9<sup>th</sup> September. In preparation for this, ISRA will run a prep course in early August. This course is essential for anyone sitting the exams and dates will be released soon.

As your ISRA trainee rep please contact me if you have any questions about regional anaesthesia, events we will be running or chats about regional in general.

Do follow us on Facebook [www.facebook.com/israireland](http://www.facebook.com/israireland) and twitter @ISRA\_Ireland so that you don't miss out on any event.

Lastly, be sure to sign up as an ISRA member for 2023 through the college website or at [www.isra.ie](http://www.isra.ie) . Membership not only gives you a lower fee admission for ISRA events but also automatically makes you an ESRA member so that you can view academic material and attend ESRA events as well. Looking forward to seeing you all in 2023!

## Dates for your diary:

- [March 10<sup>th</sup> – ISRA Update Day](#)
- [ISRA workshop at CAI congress](#)
- [Early August – EDRA prep course](#)

# LAT News

**Dr. Maeve O'Brien**  
LAT coordinator



**Mercy University Hospital**  
LAT Dr. Roisin McCarthy

The Mercy Anaesthetic department has had an active social calendar recently. First there was a brilliant Anaesthetic Christmas party and more recently a department rock climbing night!



**Wexford Hospital**  
LAT Dr. Gordian Barry

It's been an enjoyable 6 months in the Sunny South East! After changeover, we ventured out to find the best beaches in Wexford and they did not disappoint! With Curracloe and Rosslare all a short drive from the town, we were in full sea swimmer mode by the first few weeks. As the ten-day-summer passed, the crowds flocked from the beaches to the town where a host of festivals are held in the run up to Christmas. Who knew an Internationally known Opera festival is held here every October? With the favoured Sky & the Ground (The Gingerman here in Wexford) keeping us merry and warm since the winter set in, we've been looking forward to the surprises this little place will bring us in the next 6 months! Maybe a beer festival if we're lucky?

**Rotunda Hospital**  
LAT Dr. Gerard Browne

Congratulations to Jennifer Kielty who welcomed a lovely baby boy into the world last week. We are all thrilled for her and her husband Paul.

**Cork University Hospital**  
LAT Dr. Cian Anderson

The CUH cohort have been keeping active both in and out of the hospital over the colder months. The team proudly represented the department at the CAT Autumn Yacht Party as well as the Department's Christmas Party at Goldberg's, the intricate details of which will remain on a need-to-know basis! The hardiest of NCHDs also spent a brisk evening at Cork's Run in the Dark while others were saving themselves for the Cork Jazz Festival. Joanne Fish & Dan Coffey successfully passed the MCAI Part 2 while Shane O'Keefe & Mohamad Ahmed came through the FCAI Clinical/SOE Exams unscathed. On one particularly great day in CUH, Andrew Maye celebrated his birthday while Clare Keaveney Jimenez brought home the KP Moore Medal. Shane O'Keefe got engaged while Sophia Angelov both got married and won the Consultant vote for the NCHD of the 6 months.



# LAT News

*Dr. Maeve O'Brien*  
*LAT coordinator*



## **Temple Street Hospital** LAT Dr. Ciarán Doherty

There have been a few social occasions this rotation with the annual theatre Christmas party attended by the most sparkling and sociable trainees. Alain Fennessy also organised a Christmas breakfast where trainees brought food and snacks to say thank you to theatre staff. As NCHD lead Marike Rademan has been hard at work advocating on our behalf at hospital meetings. Good news on the exam front as Sean Hartigan, Madhu Gnanamoorthy and Emma Garry have all been successful in passing their fellowship exams! Elsewhere, the Intensive care department has been approved for JFICMI training so trainees will now be signed off for their ICU modular time here. Finally, hospital stamped fleeces for all NCHDs are coming soon™.

## **Coombe Hospital** LAT Dr. Caroline Jennings

Congratulations to Fatima for passing part one for the MCAI. Congratulations to Shane P and Lydia on their fellowships. Brilliant Christmas party was had last week despite the big freeze.

## **Sligo University Hospital** LAT Dr. Jonathan Doran

Congratulations for Dr. Hasan Huzu on his recent marriage and Dr. Eoin O'Connor on passing the MCAI!

## **Connolly Hospital Blanchardstown** LAT Dr. Siobhan Clarke

The lead up to Christmas brought a paradoxical slow down in theatre as there was some serious and long overdue renovation work taking place. That didn't slow down the enthusiasm for Anaesthesia and intensive care medicine which remained alive and well in the department!!!! Siobhán returned from her teaching week in Kenya and presented her experiences during teaching one morning over breakfast. The Christmas party, we've been reliably informed, is scheduled for December 30<sup>th</sup>.

# e-LA- Royal College of Anaesthetists

*Dr. Siobhán Clarke*

*SAT 3 Connolly Hospital Blanchardstown*

Irish Anaesthesiology trainees are fortunate to have access to e-learning anaesthesia, a joint initiative undertaken by the Royal College of Anaesthetists and e-Learning for Healthcare, intended primarily to provide access to the knowledge base required to support specialist training in Anaesthesia.

Written and edited by anaesthetists, e-LA covers the knowledge and key concepts that underpin the anaesthetic curriculum. The learning material is presented as a structured series of bite-sized sessions including access to an extensive e-Library of articles and interactive MCQs to support continued professional development in anaesthesia.

There are 14 modules altogether covering all aspects of anaesthesia which are accompanied by a number of revision guides in areas such as pharmacology, physiology and physics.

It's a fantastic resource for anyone sitting exams or those looking to further develop or expand their knowledge of anaesthesia. As someone who's personally used the resource to study for the MCAI, I couldn't recommend it highly enough!

Trainees should have received a sign- up email on joining the scheme but can always email the Training Department to request a new link if in doubt.

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

## Global Anaesthesia, Surgery and Obstetric Collaboration (GASOC)



As of Jan 2023, I will step down from my position as Irish Anaesthetic Representative for GASOC. It is with a heavy heart that I move on from this role and pass it onto the next successful candidate.

GASOC is a committee of highly motivated and enthusiastic trainees and offers opportunities to get involved with Innovation, research, education and advocacy roles within the field of global surgery.

If you are an Irish anaesthetic trainee with a passion for global surgery then this may be the perfect role for you.

### WHO ARE GASOC?

GASOC (Global Anaesthesia, Surgery and Obstetric Collaboration) was established in 2015 to encourage trainees and sub-consultant grades (SCGs) to engage responsibly and impactfully in global surgery. This non-profit organisation acts as an entry-level platform to signpost trainees and SCGs to information and resources that will enable them to further their knowledge and experience in this field. The organisation's goal is to increase trainee engagement in global surgery activity during their training and to facilitate career-long leadership commitment post qualification.

[gasocuk.co.uk](http://gasocuk.co.uk)

### IRISH ANAESTHETIC REP

**DEADLINE 22ND DECEMBER**

This is an exciting opportunity to become a committee member of this multi-disciplinary team of global surgery enthusiasts. As the Irish Anaesthetic Representative, you will be an active and valuable committee member and be expected to work closely with the other Anaesthetic Representatives in organising regular GASOC activities. There are many opportunities to get involved in education, research, advocacy and innovation. A crucial part of the role will involve continuing, and strengthening, collaborations with colleges such as RCSI and CAI.

This post is open to Ireland-based applicants who are post-foundation training programme and have a confirmed Anaesthetic training post. Submit 250 cover letter & CV to [gasocuk@gmail.com](mailto:gasocuk@gmail.com) by 2359h GMT 22nd December 2022

[gasocuk.co.uk](http://gasocuk.co.uk)

Dr Fiona Roberts, Irish Anaesthetic Representative 2020-2022.

Website: [www.gasocuk.co.uk](http://www.gasocuk.co.uk)



# Support Services

Despite our best efforts, our job can be stressful. With the pandemic hopefully disappearing off into the distance, we need to remember that we still need to look out for ourselves, look out for each other and reach out to fellow trainees if you think they might be having a bad day / week / month!

Below are some resources that you may find helpful.

## General Practitioner

With moving around every year or indeed every 6 months, it can be difficult to find the time to register with a GP. The National GP Directory, compiled by the ICGP, lists GPs who have indicated that they have capacity to register NCHDs, trainees and interns seeking a GP within their locality during their clinical rotations. You can access the map and directory here.



[https://www.icgp.ie/go/in\\_the\\_practice/doctors\\_health/national\\_gp\\_directory\\_for\\_nchds](https://www.icgp.ie/go/in_the_practice/doctors_health/national_gp_directory_for_nchds)

## Practitioner Health

This programme provides appropriate care and support for health professionals in Ireland who may have mental health issues such as stress, anxiety, or burnout or who may have a substance misuse problem. It is fully independent and separate from the regulatory bodies and employers. It has been endorsed by Memorandum of Understanding by the relevant professional councils and is supported by representative organisations and training bodies.



<https://practitionerhealth.ie/confidential@practitionerhealth.ie>  
085 7601274

## Pieta House

Pieta provide free counselling to those with suicidal ideation, those engaging in self-harm, and those bereaved by suicide. Staff are fully qualified and provide a professional one-to-one therapeutic service.



[www.pieta.ie](http://www.pieta.ie)

24hr Crisis Helpline on Free phone **1800 247 247**, or Text **HELP** to **51444**

Therapy Services team on **0818 111 126**



## Samaritans

Samaritans is a charity in Ireland offering emotional support 24 hours a day, 365 days a year, to anyone who is in distress, lonely, struggling to cope or feeling suicidal. Samaritans has 21 local branches across the island of Ireland (13 in ROI and 8 in NI) which are run independently by a network of volunteers. Volunteers are on duty 24 hours a day, seven days a week, on the freephone helpline number **116 123**



## HSE Employee Assistance Programme

The HSE Employee Assistance Programme (EAP) is a work-based support service for staff and the organisation. This is a confidential independent service. It supports employees with psychosocial issues (psychological and social factors that influence mental health). These issues may be personal or work-related, affecting your job performance or home life. The service is free and available to all HSE employees.

Call **0818 327 327** to speak to someone who can help.



## Websites

**HSE:** <https://www.hse.ie/eng/staff/workplace-health-and-wellbeing-unit/>

**CAI:** <https://www.anaesthesia.ie/training/wellbeing/>

**Mind the Frontline:** <https://www.mindthefrontline.com/>

### UK ICU Society:

[https://www.ics.ac.uk/Society/Wellbeing/Society/Wellbeing\\_hub/Wellbeing\\_Hub.aspx?hkey=c4cc359f-caac-4198-b1f2-dabac29af11a](https://www.ics.ac.uk/Society/Wellbeing/Society/Wellbeing_hub/Wellbeing_Hub.aspx?hkey=c4cc359f-caac-4198-b1f2-dabac29af11a)

## Apps

**Insighttimer:** meditation app where much of the content is free with an endless supply of new content frequently being added. Users can browse between a range of popular wellbeing topics.

**Headspace:** An app that makes meditation and mindfulness simple

**Calm:** Focuses around meditation relaxation and sleep, with sessions anywhere between 3-25minutes to suit your schedule.

# Dates for your Diary

## **Anaesthetic updates**

February 8<sup>th</sup>-10<sup>th</sup>, Royal College of Anaesthetists London  
March 28<sup>th</sup>-29<sup>th</sup>, Online

<https://www.rcoa.ac.uk/events/anaesthetic-updates-0>

## **Irish Paediatric Anaesthesia and Critical Care Society Annual Scientific Meeting (IPACCS ASM)**

March 3<sup>rd</sup>-4<sup>th</sup> 2023, Kinnitty Castle Co. Offaly

Their first meeting since 2019 this meeting is set to be their best yet with international and homegrown speakers on the agenda.

<https://checkout.eventcreate.com/e/ipaccs>

## **ISRA update day**

March 10<sup>th</sup>

## **CAT consultant interview prep course and careers evening**

April 20<sup>th</sup> 2023

The Consultant Interview & CV Prep course will run in person during the day, with spaces generally reserved for senior trainees. The Careers Evening will follow on from this and starts after working hours, allowing more trainees to attend, trainees of all levels are welcome.

## **European Diploma in Intensive Care Medicine (EDIC)**

- Part I April 4<sup>th</sup> 2023
- Part II May 23<sup>rd</sup>-24<sup>th</sup> 2023

<https://www.esicm.org/education/edic2-2/>

# Dates for your Diary

## Annual Congress of Anaesthesiology TBC

- ISRA workshop

## Emerging leaders conference

May 2<sup>nd</sup>- 4<sup>th</sup> 2023, Voco Kirkton Park, Hunter Valley, New South Wales, Australia

The College of Anaesthesiologists of Ireland has supported one Fellow to attend the conference..

<https://www.anzca.edu.au/fellowship/information-and-opportunities-for-new-fellows/emerging-leaders-conference>

## Anaesthesia 2023

May 16<sup>th</sup>-18<sup>th</sup>, Birmingham

<https://www.rcoa.ac.uk/events/anaesthesia-2023>

## Association of Anaesthetists

- Winter Scientific meeting Jan 12<sup>th</sup>-13<sup>th</sup> 2023, London
- Trainee Conference July 6<sup>th</sup>-7<sup>th</sup> 2023, Leeds
- Annual Congress September 13<sup>th</sup>-15<sup>th</sup> Edinburgh

## Critical Care reviews 2023

June 14<sup>th</sup>-16<sup>th</sup>, Belfast

<https://criticalcarereviews.com/meeting/ccr23>

## Euroanaesthesia 2023

European Society of Anaesthesiology and Intensive Care  
June 3<sup>rd</sup>-5<sup>th</sup>, Glasgow, Scotland

<https://euroanaesthesia.org/2023/>

# Dates for your Diary: MCAI

## MCAI: MCQ

Details Trial exam	Time	Trial Exam date	Venue
	09.00-12.00	18 <sup>th</sup> January 2023	Online
Application opening date	Application closing date	Exam date	Venue
7 <sup>th</sup> November 2022	19 <sup>th</sup> December 2022	25 <sup>th</sup> January 2023	Online
20 <sup>th</sup> March 2023	8 <sup>th</sup> May 2023	14 <sup>th</sup> June 2023	Online
TBA	TBA	13 <sup>th</sup> September 2023	Online

## MCAI: OSCE/SOE

Application Opening Date	Application Closing Date	Exam Date	Venue
06 Sep 2022	11 Oct 2022	15,16 Nov 2022	The Grand Hotel, Malahide
16 Jan 2023	27 Feb 2023	28,29 March 2023	The Grand Hotel, Malahide
04 Sept 2023	09 Oct 2023	14,15 Nov 2023	The Grand Hotel, Malahide

# Dates for your Diary: FCAI

## FCAI: Written

Trial Exam Dates	Exam Dates	Times	Venue
21 Feb 2023	28 Feb 2023	09:00-12:00	Online
27 Sep 2023	4 October 2023	09:00-12:00	Online

Application Opening Date	Application Closing Date	Exam Date	Venue
12 Dec 2022	31 Jan 2023	28 Feb 2023	Online
19 June 2023	4 Sep 2023	4 October 2023	Online

## FCAI: Clinical/SOE

Application Opening Date	Application Closing Date	Exam Date	Venue
7 Oct 2022	8 Nov 2022	29&30 Nov 2022	CAI
3 March 2023	3 April 2023	18&19 April 2023	CAI
9 Oct 2023	6 Nov 2023	5&6 Dec 2023	CAI

# Dates for your Diary: FJFICMI

## FJFICMI: Trial exam

Trial Exam Date	Exam	Venue
27 April 2023	Trial FJFICMI SBA Paper 1	Online
27 April 2023	Trial FJFICMI SAQ Paper 2	Online

## FJFICMI: Written/Clinical

Application Opening Date	Application Closing Date	Exam Date	Venue
9th Jan 2023	8th Feb 2023	4th May 2023	Online (Written)
5th May 2022	22nd May 2023	1st June 2023	Dublin, Ireland (Clinical)

