



CAT NEWS

SUMMER EDITION JUNE 2022



INSIDE THIS ISSUE:



CAT QUIZ

- Turn to page 5 to find out which Anaesthesiology sub-speciality you are made for....

CAT Tag Rugby Blitz

- Here about the epic fun had on the first ever CAT Tag Rugby Blitz on page 10

LAT News

- Flip to page 23 to check out all the good news stories happening around the country

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Editor's Note

Hello all, and welcome to our last edition of CAT news for the current academic year, time has flown by!

The CAT team have had an amazing time this year with Kirsten as our Chair, what a fabulous leader, we wanted to give one final shout-out and a round of applause to her and all the hard work she has put in over the year. We bid farewell to Laura, Carrie, Bryan, Jillian and Eva and thank them as well for all the work and time put in over their time on CAT.

In this edition, we have a bit of fun for you all with our first-ever CAT Quiz – Which Anaesthesiologist Are You? This might help you finally realise your true calling! We wish you the best of luck. Graphics courtesy of our very own Gill Crowe.

Following on from this we have a little blurb on the inaugural CAT Tag Rugby Blitz, which took place in June. An amazing day out to raise funds for Pieta House, which we hope to continue on an annual basis.

We also have some information about the GASOC collaboration, how to apply for GMC in the UK for those hoping to do fellowships there and an announcement about LTFT research being carried out. Dr Murray Connolly has given us a low down on the regional anaesthesia fellowship he undertook at CUH.

Finally, we finish off with some LAT news from around the country and the usual calendar and upcoming courses/exams.

We hope you have enjoyed the CAT news editions over the last year. Once again if there is anything you would like featured in future CAT News please give us a bell, we are always delighted to get feedback and advice.

We hope you enjoy the read 😊

Dr Sophia Angelov

CAT News Editor

cat@coa.ie

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[Committee of Anaesthesia Trainees Facebook Page](#)

[Previous CAT NEWS Editions \(anaesthesia.ie\)](#)

CAT QUIZ

Have you ever wondered which Anaesthesiologist you are destined to become? Well now is your chance to find out. Simply answer these ten questions to reveal the true sub-speciality to match your personality...

Q1. What does your average list look like?

- a. Different day, different list
- b. Appears nice on the surface, but chaos will always take over
- c. Small but mighty
- d. However I want it to look, I'm the boss
- e. Not a list, more of a booklet

Q2. What type of coffee do you drink?

- a. Americano
- b. Flat White
- c. Frothed milk, hold the coffee
- d. Affogato
- e. Espresso

Q3. What do you drive?

- a. Bicycle
- b. Mercedes Maybach
- c. Mini Cooper
- d. Lamborghini
- e. Motorbike

Q4. What is your favourite skill at work?

- a. Intubation
- b. Placing an epidural
- c. Inserting the world's smallest cannula
- d. Writing a prescription
- e. Brain stem testing

Q5. What do you wear to work?

- a. Cycling gear
- b. Smart casual
- c. Bright colours
- d. Something I can also wear to the courtroom
- e. No time to change, always wearing scrubs

Q6. What is your favourite take-away?

- a. Chipper
- b. Big Mac
- c. Pizza
- d. Sushi
- e. A vending machine cereal bar

Q7. What is your preferred footwear?

- a. Birkenstock Clogs
- b. Christian Louboutin's
- c. Wheelies
- d. Gucci Loafers
- e. Nike Runners

Q8. Which other speciality do you have the most “disagreements” with?

- a. Orthopaedics
- b. Orthopaedics
- c. Orthopaedics
- d. Orthopaedics
- e. Orthopaedics

Q9. Where is your ideal Holiday Home?

- a. West of Ireland
- b. Amalfi Coast
- c. Disneyland
- d. Paris
- e. Australia

Q10. What is your favourite alcoholic beverage?

- a. Pina Colada
- b. French 75
- c. The Shirley Temple
- d. Negroni
- e. Espresso Martini

TURN TO THE NEXT PAGE TO REVEAL WHAT YOUR ANSWERS SAY ABOUT YOU...

Answers (as if you didn't already see where this was going...)

Mostly A's – GENERAL ANAESTHESIOLOGIST

You tend to truly value work-life balance. Cardio is always on the cards if the list finishes on time and that is why you come to work prepared in full Lycra gear every morning, even if you haven't cycled to work. You value comfort, always opting for the Birkenstock clog. Simplicity is your motto, simple americano, simple anaesthetic. Overall, a hard worker, patient and a team player!



Mostly B's – OBSTETRIC ANAESTHESIOLOGIST

You wouldn't be the shy type, often described as a social butterfly who can talk to a wall. You know how to act calm and quickly in high-stakes and emotionally charged situations and always perform under stress with a perfect smile (although the masks conceal this skill now). A touch of glamour is in your blood. Some say you are the 'Polymaths' of the anaesthetic realm – subspecialists of many areas. A caring, compassionate and reassuring person.

Mostly C's – PAEDIATRIC ANAESTHESIOLOGIST

Often described as the most Type A of the Type A anaesthetic personalities. You tend to thrive on stress, being challenged and love working in high-stakes scenarios on a daily basis. You are quick-witted and know how to crack a quick joke to relieve tensions. You like children and also like acting like a child. A resilient, highly energised, and warm-hearted person.



Mostly D's – PAIN PHYSICIAN

A little bit aloof from the world of anaesthesia, you are a great manager – of patients, staff, and emotions. Multi-tasking is in your nature. Some might say you are emotionally detached – but how else can you manage a full chronic pain clinic? You are dynamic and have great dexterity. You work hard but play hard.

Mostly E's – INTENSIVIST

Intense is in your job title so of course, your personality is a little intense. You leave no stone unturned and you can function on very little sleep. You are well able to make rapid decisions and know how to remain calm in the most chaotic of situations. You are patient and always have time to spare to listen and be empathetic to family members. Some describe you as more of an intellectual than the other anaesthesiologists (read: nerd). Overall, a diligent, hardworking and resilient individual.



CAT Tag Rugby Event



After much anticipation, the inaugural CAT Tag Rugby Blitz took place on the 11th of June in UCD. And what a day of fun! Fair play to the Vincent's crowd for supplying the majority of the players. The sun also decided to make a friendly appearance for the day, as if the competition wasn't heated enough as it was. Everyone got a great run around and despite a few injuries and the sweat pumping off us, it was very enjoyable.





Only one team could be victorious and were crowned with the almighty trophy, but aren't we all winners really and it's the participation that counts.



The event was created to raise some much-needed funds for a charity close to CAT and to anaesthesiologists, Pieta House. A total of €350 was raised.



Special shoutout to our youngest CAT recruit and rugby enthusiast, Ruairi Purcell (pictured with proud dad, Andy!). And a big round of applause for our stunning cheerleaders and photographers of the day, right off the set of Cheer, Barbara and Ruth.



After a lot of blood, sweat and tears and a few injuries, we popped along to Farmer Browns for some much-deserved food and drinks.





A great day to socialise with colleagues outside of work and to stretch out the legs. Needless to say, it will hopefully be an annual event (there may be some redemption needed by some!)

Global Anaesthesia, Surgery and Obstetric Collaboration (GASOC)

GASOC (Global Anaesthesia, Surgery and Obstetric Collaboration) is a trainee led organisation that was established in 2015 in order to encourage trainees to engage responsibly and impactfully in global surgery. It was formed on the back of the publication of the 2015 Lancet commission in an attempt to increase trainee involvement in global surgery activity during their training and to encourage career-long leadership commitment post qualification.



The committee has been growing from strength to strength over the last 7 years and this is a reflection of the dedication and advocacy of all the committee members. We currently have over 20 committee members and 1,000 members subscribed to our mailing list and over 1,500 followers on Twitter. Our events attract interested participants from all over the world and our international reach across LMICs (Low-middle income countries) is a vital part of our work. To support this, we have elected three international representatives to the committee to enhance the bi-directional involvement of those based in LMICS.

GASOC is a multidisciplinary organisation comprised of anaesthesia, surgical, and obstetric trainees. It serves a niche area for trainees and offers a unique opportunity for engagement in global surgery during training. We run Journal clubs, educational webinars and have a two-day annual conference. We are continuously adding to our collection of publications and creating strong, long-lasting collaborations with medical colleges and global surgery organisations. Particular achievements in 2022 so far include the delivery a GASOC oral presentation prize session at the

Association of Surgeons in Training (ASIT) conference and the delivery of an inaugural global surgery focused VR surgical training Conference in Kampala Uganda, which was live streamed Internationally.

Our annual conference is being held October 22nd-23rd 2022. It will be a hybrid event held in Sheffield, UK but with a large virtual component. The theme this year is “Sustainable Global Surgery” and it promises to be a fascinating two-day event. Join our mailing list or alternatively, follow our social medial channels for further updates.

In summary, GASOC is a very active organisation which is making large strides in the promotion of global surgery amongst trainees. My two-year term as Irish Anaesthetic Representative will come to an end in December 2022 and I would encourage anyone with an interest to apply for this very rewarding role.

Dr Fiona Roberts
GASOC Irish Representative 2020-22

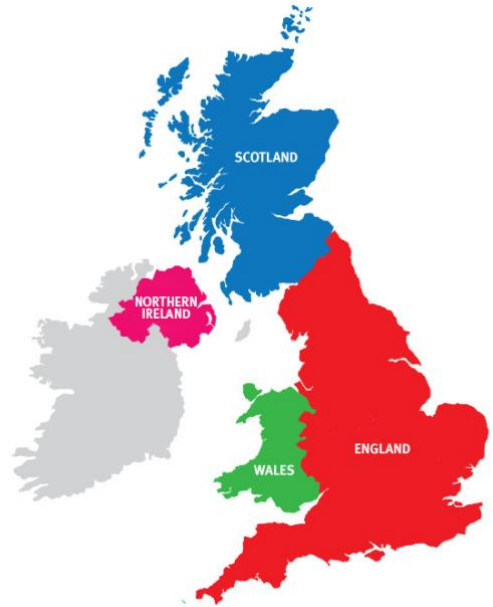
Website: www.gasocuk.co.uk



A Guide to the GMC (UK)

At least anecdotally, more trainees are looking to the UK for post CST fellowships in recent years. The close proximity and broad range of fellowship opportunities in anaesthesia, intensive care and pain make it an attractive choice.

One of the most important aspects of getting ready to make the move is securing registration with the General Medical Council (GMC). We've put together a brief guide to explain the steps required to register to practice in the UK.



When to apply



The entire process can take quite a number of weeks depending on how quickly your document verification comes through, this seems to be largely dependent on processing times at the verification stage.

Unlike the IMC, the GMC do not have a fixed date for renewal so your registration will commence as soon as it is granted by the GMC.

Requirements before you apply

Digital copies of:



- Passport
- Final medical degree
- Certificate of experience (Medical Council)
- Certificate of Specialist Doctor (if applying to join specialist register in UK)
- Certified translations of documents not in English

Primary Source Verification

The GMC have partnered with the Educational Commission for Foreign Medical Graduates (ECFMG), a US-based agency to verify credentials of applicants from outside the UK. The ECFMG use a system called EPIC to facilitate this. As it is a US-based organisation they insist in all documentation being presented **in English**. If, like me, your final medical degree is in Latin, you will be required to submit both the original and a certified translation of the degree for verification.

The documents you will be required to verify are:



- Final medical degree
- Certificate of experience
- Certificate of specialist doctor (if applicable).

EPIC require a specific standard of translation and recommend that you use an agency called Straker translations for any documents that you're going to submit. (<https://www.straker.ie>)

Step 1: EPIC account and ID verification

Go to <https://www.ecfmgepic.org/> and select 'Establish and Account'



Once your application has been approved you will be invited to complete an EIF (EPIC Identification Form). You will need a scanned copy of your passport for this.

Once accepted by ECFMG they send you a link to have the EIF notarised by an attorney based in the US. This is a very brief video call but you do need to have your physical passport available for it.

Step 2: Medical degree and certificate of experience (± cert of specialist doctor)

Upon verification of your EPIC account, you will be able to upload your medical degree and certificate of experience to the portal. When completing the application, you can select to have the reports automatically sent to the GMC.

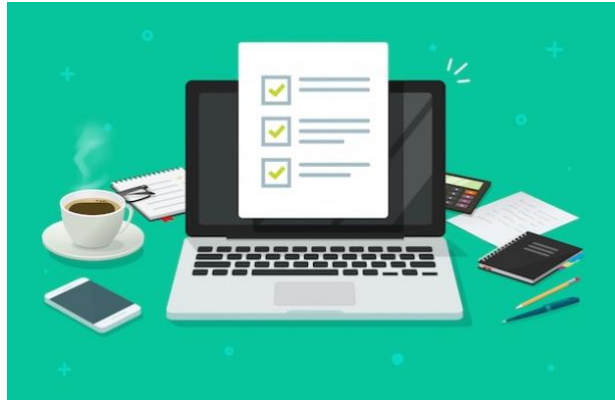
The time taken for these documents to be verified is variable.

Step 3: Create GMC account.

Creating a GMC account allows you to start your application to join the register. An EPIC ID is required to proceed with your application to the GMC so it makes sense to do those first.

The GMC provides excellent guides on the application process itself.

Step 4: Complete the online application form



Step 5: Submit documents

The GMC will email asking you to submit a list of documents, these will include your passport, medical degree (and translation), certificate of experience and certificate of specialist doctor (if applicable)

You also need to submit a certificate of good standing from the IMC. The IMC can send this directly to the GMC which avoids the need for verification. This is only valid for 3 months so best to request it as close to the time of application as possible.

Step 6: Approval

Once all documents have been submitted the approval decision is quite quick. Once approved your name will be added to the register and you will be able to practice in the UK.



Costs

	Base Fee	Euro Total
EPIC registration and ID verification	\$130	€119.52
EPIC Credential Verification (per credential)	\$100	€183.68
Translations (per document)	€48	€48
Certificate of Experience	€50	€50
Certificate of Current Professional Status	€50	€50
GMC	£420	€503.36
Total Cost		€954.56

If applying to join the specialist register additional costs apply:

Certificate of Specialist Doctor (€105), verification (\$100)

Dr Bryan Reidy
SAT7, ICU Beaumont



LTFT Research Announcement

The CAI, ICGP, and RCSI are inviting you all to take part in an amazing opportunity to improve less-than-full-time (LTFT) training in Ireland.

We are conducting a research study via Zoom interview about your experiences or opinions with respect to LTFT training. We are eager to speak to trainees in all specialties (whether LTFT or full time), as well as non-training NCHDs who plan to return to training in the future.

Your participation in this study will help to inform possible future changes in medical training and you may directly benefit from workforce improvements.

If you have any further questions about the study or if you want to be a part of it, please contact Dr Majid Khan at drmajidkhan@ymail.com with your details.



An Irish Fellowship

Coming to the latter end of the SAT Scheme can be a relatively daunting experience. The topic of conversation for last twelve months of the scheme always seemed to centre around “Where are you going in July?” Deciding firstly on what subspecialty to choose, secondly where to go, and finally actually getting the job and working out the logistics can be very difficult.



I have had an interest in Regional Anaesthesia for a few years, and so I decided to apply for the fellowship in CUH to gain some real expertise. And I promise it wasn’t just because I’m from Cork, studied in Cork, trained in Cork... The fellowship offers quite a unique balance of clinical and academic opportunities which really appealed to me.

Clinical component

The fellowship is based primarily around providing anaesthesia and analgesia for trauma patients. Historically this has been primarily Orthopaedic trauma surgery and has recently expanded to cover Plastics trauma and acute pain pathways.



The Orthopaedic theatres have a dedicated Block Room, and supervision is provided by a group of consultants who all routinely practice regional anaesthesia. The case mix is challenging. The lists frequently include a mix of paediatric cases, complex orthogeriatric patients for major revision surgery as well as patients for routine ambulatory surgery.

The volume of practice is relatively large, routinely the fellow would take a leading role in six and ten cases per day and will have completed over **six hundred blocks** by the end of the year.

Academic component

One of the major strengths of the fellowship, for me at least, is the academic opportunities it offers. The job is structured to provide the fellows essentially half of their time as non-clinical work. What this time is used for is relatively flexible depending on the individual's interests and needs.

This year I pursued the educational route. I was an Adjunct-Clinical Lecturer for UCC. I provided weekly tutorials to medical students, carried out their assessments and set their exams, under the supervision of Dr. Gabriella Iohom, the Senior Clinical Lecturer. In the second half of the year, I was responsible for giving hands-on teaching to the visiting fellows who came to us through an exchange programme with the ESAIC.

I am also completing an MD examining the use of Mixed Reality in medical education, and was assisted with funding to run the research as well as to

present my work at the Euroanaesthesia conference in Milan. This contrasts to recent fellows who pursued more clinical research, leading high-level research including randomised control trials, dose-finding studies, procedural metrics validations among others. The support and supervision from the academically-oriented members of the department is fantastic.



Overall, this fellowship offers a challenging case-mix, the opportunity to develop an expertise in regional anaesthesia and very significant academic opportunities. It goes without saying of course that Cork is a great place to spend a year or longer!

If anyone is interested in the fellowship, I would be happy to be contacted through CAT.

Dr Murray Connolly
Regional Anaesthesia, CUH

LAT News

Tallaght University Hospital

First, we want to wish our heartiest congratulations to Tom Walsh and his wife Fionnuala on their wedding, and we wish them all the best on their honeymoon! Sheena Cassidy also welcomed the beautiful Liv to the world back at the beginning of June.

Congratulations also to all those that graduated last week:

MCAI: Eleanor O’Riordan, Alice Meagher.

FCAI: Musab Elhadi, Eimear Keane, Mohammed Arslan, Umer Malik.

Finally, a huge well done to Mustafa Masoud for passing his JFICMI, Umer Malik (again!) for attaining his diploma in Pain Medicine, Alan Blake for both CSCST and fellowship in Pain Medicine and Sarah Ryan for getting her CSCST.

CUH

Lots of activities happening in CUH recently. Coffee and a gas, pride themed, delicious as always.



Congrats to both Andrew Maxwell and Murray Connolly on their recent nuptials. Congrats to the fantastic SAT6 crew who will leave us for greener pastures in the coming weeks – Laura, Eoin, Alan and John.



We also had not one, but two evening social events organised by our consultants: a laid-back sojourn in the Angler's Rest (culminating in a few missing memories), and a more refined affair in the Crawford Art Gallery Restaurant. A couple of kayaking days out were also had.



Mercy University Hospital

The Mercy crew enjoyed a great night out recently at the newly opened Sophie's, celebrating a couple of birthdays in the process. Clare Keaveney Jimenez and Bianca Von Widdern also did us proud with their recent exploits in the Cork city marathon.



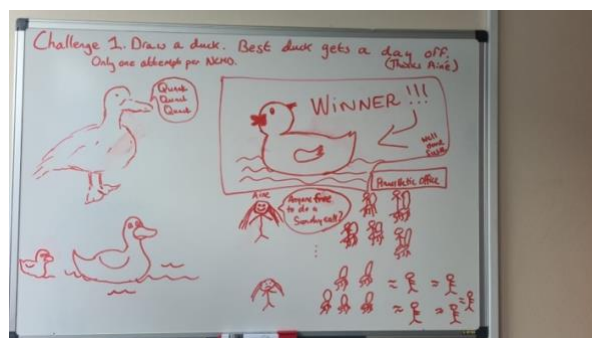
Coombe Hospital



Congratulations to Emma Hughes, Yasi Besharatian and Brandon Tan who all got on the scheme. Willkommen! Congratulations to Susie Hannon for winning the departmental drawing competition!!

We also enjoyed a departmental night out to mark the end of our time in the Coombe.

We would like to say goodbye to Dr. Michael Carey who is retiring next week and thank him for everything he has done. Wishing him a happy retirement, he will be missed!



While more abstract interpretations of the brief were expressed by some artists, Dr Hannon's pure depiction of the common waterfowl enjoying its natural environment was ultimately crowned winner.

Support Services

Despite the apparent ebbing of the global pandemic, our jobs continue to be as stressful and intense as ever before. Here are some resources you may find helpful. The list is by no means exhaustive and there is constantly new websites/apps popping up. Please always look out for each other and reach out to fellow trainees if you think they might be having a bad day/week/month!



Available Resources

Your GP

[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

<http://practitionerhealth.ie/>, Call 01 297 0356

Pieta House

<https://www.pieta.ie/>, Call 1800 247 247

Samaritans

Call 116 123

Employee Assistance and Counselling Service

Visit: <https://www.hse.ie/eng/staff/workplace-health-and-wellbeing-unit/employee-assistance-and-counselling-service/>

Websites

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

Calendar

Upcoming Exams

Title	Date of exam	Date of trial exam	Applications Close
MCAI MCQ (online)	14/09/22	07/09/22	05/08/22
MCAI OSCE/SOE (In person)	15-16/11/22		11/10/22
FCAI Written (online)	05/10/22	28/09/22	29/08/22
FCAI Clinical (In person)	29-30/11/22		28/11/22
EDIC Part 1	19/09/22		FULLY BOOKED
EDIC Part 2	9-10/11/22		
EDRA Part 1	02/10/22 (INDIA)		
EDRA Part 2	A/W dates		

Courses and Conferences

Title	Location	Date	Link
ESICM LIVES	Paris	22-26/10/22	https://www.esicm.org/events/35th-annual-congress/
AABGI Trainee Conference	Bristol	12-14/07/22	https://anaesthetists.org/Home/Education-events/Trainee-Conference-2022
AAGBI Annual Congress	Belfast	14-16/09/22	https://anaesthetists.org/Home/Education-events/Conferences
ESRA Autumn Meeting	Algarve, Portugal	3-7/10/22	Esraeurope.org