



CAT NEWS

October 2019



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Editors' Note

Hello and welcome to the first CAT News of the 2019/2020 year!

Firstly, a big welcome to the new trainees receiving the newsletter for the first time. Via the CAT News, we bring you some interesting articles from the world of anaesthesiology, while also highlighting upcoming exams, courses and other dates for your diary. We hope you enjoy reading!

One of the highlights of this edition features an interview with Dr. Cathy Lawson, who brings us a brilliant insight into her unique role as a fellow of Environmentally Sustainable Anaesthesia in the UK.

Following on from the excellently received article on anaesthesia/critical care apps in the last CAT News, we continue our digital resources series and highlight some of the brilliant blogs and websites available at our fingertips.

We also introduce you to our new Lead Anaesthesiology Trainee Coordinator for the year, Dr. Murray Connolly, who will provide CAT News with updates from the LATs around the country as the year progresses.

As the new editors of the CAT News for this year, we would like to thank Bryan for his excellent work as editor last year. As he now moves on to his new role as CAT Chairperson, we will do our very best to keep up his good work!

As always, we would love any suggestions and feedback you may have, so if you have ideas for articles or features you would like to know more about, please let us know!

Enjoy reading,

Patrick and Parvan.

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The 2019/2020 CAT

After the recent elections, we are delighted to introduce this year's committee and tell you a little more about ourselves and our roles!

Bryan Reidy - SAT 5

Current Training Hospital: Crumlin

CAT Role: Chairperson

Interests outside work: My current fitness fad is cycling and spinning which will hopefully mean I won't die during the 60km Great Dublin Bike Ride. My more regular hobbies include trying to find the perfect GIF for every situation, Netflix binges and planning my next holiday.

Happiest when: Eating, preferably somewhere warm and sunny.

Andy Purcell - SAT 5

Current Training Hospital: SJH

CAT Role: Vice-chair, Secretary, Treasurer

Interests outside work: Crossfit, memes, watching Ireland underachieve at Rugby World Cups, playing really poor quality golf and black coffee.

Happiest when: in no particular order:

1. Cruising the 'net for dank memes.
2. Listening to "Three Lions" by the Lightning Seeds on Spotify while simultaneously watching Steve McLaren's reaction to Iceland beating England in the 2016 European Championships on YouTube.
3. Doing a load of fake chin-ups in Crossfit while listening to people cry about how "they're not even real chin-ups".

Tim Keady - SAT 6

I'm a SAT 6 working in Temple St at present and it's my second year on the CAT. But more importantly, I'm from Cork.

My role this year includes sitting on three committees, and generally being a bit Cork.

The Quality and Safety committee sits three or four times a year and oversees continuous improvement in the delivery of anaesthesia. Environmental sustainability is one of our focuses this year. I will also be representing you on the forum on the trainee subcommittee of the Forum of Irish Medical Training Bodies. Thirdly, I will be involved in the Return to Programme Group who are instituting a return to work policy.

Outside of work I'm getting into running, especially in Phoenix Park and around Wicklow. Still playing tag rugby as well. And if anyone can think of a good team name for us please let me know.

Cillian Suiter - SAT 6

I am a current SAT 6 doing my SIY in pain medicine in Tallaght Hospital. I studied graduate entry medicine in UCD after originally studying civil, structural and environmental engineering in Trinity.

I was drawn to anaesthesia because of the combination of highly practical skills and logical/scientific theory that one learns during training. I started the scheme in Waterford and Mullingar after intern year and have rotated through Galway and most the Dublin Hospitals at this stage. I have found the scheme challenging both mentally and physically on many occasions and wanted to join CAT to continue to push for flexibility and better conditions for trainees.

In my personal life I played a lot of rugby in the past but have hung up the boots in recent years and also got a snowboard instructor licence in New Zealand during college. Now I am an occasional attendee of crossfit.

Carrie Murphy - SAT 5

Current Training Hospital: MMUH

CAT Role: Intensive Care Trainee Representative

Interests outside work: Loud music. Converse. Guinness.

Happiest when: Listening to loud music, while wearing Converse and drinking Guinness.

Murray Connolly - SAT 5

Current Training Hospital: CUH

CAT Role: Lead Anaesthesiology Trainee Coordinator; Association of Anaesthetists Trainee Committee Co-opted Member

Interests outside work: Family, triathlon, pizza and Cork. Not necessarily in that order!

Happiest when: Surrounded by water.

Deirdre Edgeworth - SAT 5

Current Training Hospital: SJH

CAT Role: This year I'm representing CAT along with Cillian on the Training Committee. CAT had a positive influence on a number of training and wellbeing issues brought to the committee last year and we plan to continue this practice this coming term.

Interests outside of work: Good food, wine and company, fresh air, gym, true crime docs

Happiest when: Watching Limerick lift silverware (well worth the wait!)

Parvan Parvanov - SAT 5

Current Training Hospital: Tallaght

CAT Role: Comms, IT, CAT News

Interests outside work: Apart from spending time with my little man, gym and tag rugby take up most of the remainder. Nothing beats a good Netflix documentary and nice wine on a lazy night.

Happiest when: Going to bed without setting an alarm or when properly caffeinated.

Coilin Collins Smyth - SAT 5

CAT Role: Exams Committee

Interests outside work: Running, Cycling, Soccer, Kitesurfing

Happiest when: Enjoying a hobby with my mates.

Gabriel Beecham - SAT 3

I'm a SAT 3 currently rotating through the Mater Private and Cappagh.

I've just finished a two-year term as an elected member of CAT, acting as Secretary and Vice-Chair. I have been co-opted back into the fold this year to be CAT's representative on the College's pre-hospital care committee, continuing work by previous members of CAT to develop a governed and structured pathway for SATs to engage in pre-hospital care activities while still in training. In this respect I attend meetings of the Transport Users Group.

My other commitments include the Irish Medical Organisation's NCHD Committee. Outside of medicine I like cooking, learning languages, and binge-watching YouTube channels. I also tweet a lot!

Eimear Keane - SAT 2

Current Training Hospital: Beaumont

CAT Role: Education and NCPA

Interests outside work: when not in work I can be found reading, baking, watching Netflix and trying out new restaurants. I try to stay somewhat fit playing hockey and a bit of running.

Happiest when: tucking into a wine and cheese board with friends.

Patrick Wiseman - SAT 1

Current Training Hospital: Beaumont

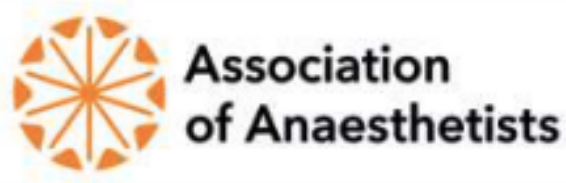
CAT Role: Comms, IT, CAT News

Interests outside work: I will watch or talk about any sport at all, so the Rugby World Cup takes up a lot of time currently. I play football and I also like to run, I would recommend Parkrun to anyone who hasn't tried it yet!

Happiest when: Convincing myself it's Mayo's year. And socialising with family and friends.

The CAT Long Read - Environmentally Sustainable Anaesthesia

The committee are putting an emphasis on the environment and sustainable anaesthesia this year. With this in mind, we were delighted to catch up with Dr. Cathy Lawson, the first doctor to undertake a Fellowship in Environmentally Sustainable Anaesthesia in the UK, for a fascinating interview.



Hi Dr. Lawson, many thanks for taking the time out to participate in a guest article for the CAT News. You are a fellow of Environmentally Sustainable Anaesthesia at NuTH. Firstly, we understand this is the first fellowship of this kind in the UK, do you know what was the driving force to create the position?

The Association of Anaesthetists has been mindful of the environmental impact of anaesthesia for a number of years, publishing their first environmental policy statement in 2012 and creating an Environmental Task Group the following year. They see sustainability and climate change as key strategic issues and as such there have been many ideas and initiatives that the task group, which recently became the environment and sustainability committee, has been keen to pursue but hasn't had the resources to do so. Until now. Teaming up with the Centre for Sustainable Healthcare (CSH) and the Newcastle upon Tyne Hospitals (NuTH) this national fellowship has enabled these initiatives to become a reality and helped the Association to meet its' joint environmental policy statement and long-term strategy targets which include:

- Actions to mitigate adverse effects of climate change, prudent use of natural resources and minimising waste
- Identify and act upon opportunities to improve environmental sustainability in healthcare
- Position ourselves as leaders in promoting sustainable healthcare
- Sharing good practice

What motivated you to apply for and take the role?

When I was elected to the Group of Anaesthetists in Training (GAT) committee in 2015, one of my roles was to be the trainee representation sitting on the Environmental Task Group. The more I learned about the harmful environmental aspects of our speciality, the more I felt empowered to do something about it. I'd been working on embedding a sustainability project within our regional school of anaesthesia the year before the fellowship was advertised and was keen to take things a step further and pursue sustainable anaesthesia on a national level. So, I applied for the fellowship and I guess that you could say the rest is history.

What have been the main strategies you have employed day to day in the area of sustainable anaesthesia?

I believe that one of the main barriers to sustainable anaesthesia is awareness and knowledge of the implications that our practices have on the environment. We are, rightly so, a speciality that prides ourselves on maintaining patient safety. We have one of the most rigorous post graduate examination processes which mandates knowledge of the intricacies of our speciality but one of the elements that is lacking pertains to sustainable anaesthesia. We are not (yet) expected to know the environmental impact that our clinical decisions and choices can make.

I see my role as one of sharing the knowledge, promoting consideration and adoption of sustainable alternatives and getting sustainability into people's mindsets and have used a variety of approaches and techniques to achieve this. On a national level we are keen to share the brilliant work that anaesthetists and departments have been embedding locally and promote this through the Association of Anaesthetists to give them recognition for their sustainability work as well as share the tools and means with other departments to allow wider adoption of sustainable practice without the need to reinvent the wheel each time.

How have you found the role?

I am absolutely loving the Fellowship and things are really starting to get busy now as enthusiasm builds and the word about sustainable anaesthesia continues to spread. It's great to see some of the ideas and initiatives that we've been talking about become a reality. Starting things from scratch has naturally taken some time, longer than I hoped that it might, which has been a little frustrating but important to make sure the necessary infrastructures are in place ahead of launching the various initiatives. There have been some exciting collaborations and partnerships forged along the way and some unexpected developments both locally and nationally. For example:

- Locally we teamed up with some multidisciplinary innovation students at Northumbria university and, through workshops with a small group of engaged anaesthetists and ODPs, have developed a 5-year road map to embed sustainable anaesthetic practices within our department.
- Engaging with industry partners and innovators to discuss how future technologies could reduce the impact that some of our anaesthetic techniques have - exploring volatile capture and recovery technologies and nitrous oxide cracking.
- Partnering with NHS improvement and the Sustainable Development Unit (SDU) to discuss metrics and strategies that departments can use to meet emissions reduction targets for anaesthesia as laid out in the NHS long term plan earlier this year.
- Working with the Royal College of Anaesthetists to develop e-learning modules on sustainable anaesthesia in the first step towards its introduction into the curriculum and FRCA examination syllabus.

What have been the main challenges you have faced as a sustainable anaesthesia advocate?

For me I think it's been the element public speaking and use of social media. Perhaps naively, I hadn't appreciated that opportunities to speak on a national level would play such a dominant part and I had never imagined that I'd be part of a television interview for Channel 4 news! Public speaking is something which I'm less confident about but I hope that I've risen to this challenge and have given sustainable anaesthesia the platform that it deserves. As someone who only dabbled with Twitter before the start of this fellowship, it's been a challenge to try and keep up with my feed and deliver important messages through this fast-paced social media platform. I think it's fair to say that I'm still posting in fits and starts but think that I'm starting to get the hang of it.

What has surprised you in the role?

I was honestly expecting to encounter more barriers but it seems that, so far, I couldn't have been proven more wrong. I've been overwhelmed with words of encouragement and enthusiasm from anaesthetists far and wide. It seems that this Fellowship could not have come at a better time as the appetite for embedding sustainable anaesthetic practices is definitely here and I'm very proud to be able to be a part of delivering it.

Are there any initiatives ongoing or in the pipeline that you are excited about?

In a word, yes!! This year's Annual Congress has seen us launch our Environmental Champions Network which aims to maintain links and facilitate communications between the Association of Anaesthetists and our membership on the important issues pertaining to sustainable anaesthesia and the environment. We are looking for volunteers from every hospital in the UK and Ireland to sign up and help us to achieve our environmental strategy targets and deliver on our joint environmental policy statement. For more details and to get involved please e-mail secretariat@anaesthetists.org

Alongside the network we are developing a series of case studies which will form a library on the environmental pages of the Association website and allow us to promote local projects that departments have embedded and share these on a national platform. This library of free access resources, project templates and tools can be used by individuals and departments to help them embed sustainable practice without the need to start from scratch and will allow them to anticipate and hopefully avoid any barriers and pitfalls that others have encountered when getting them up and running. The Green Star Awards have also been launched which recognise abstracts and projects that have been accepted to Association conferences and demonstrate sustainability aspects. These project authors will also be approached to transform their work from abstract to case study for inclusion in our library.

What are your plans moving forward? How would you like to contribute to sustainable Anaesthesia once your fellowship is finished?

Over the coming months I'll be continuing to work on the national and local initiatives that I've already described as well as helping to appoint the next Fellow, due to start in August 2020. The application window is still open and will close on 29th September giving a little more time for those interested to submit their application (https://www.jobs.nhs.uk/xi/vacancy/?vac_ref=915699699). I'm really looking forward to being involved in the interview process for the next fellow and will continue to support them in the work that they do from August 2020 onwards. I hope to maintain the partnerships that I have forged over the past year with key figures in industry to ensure the continued collaborations and team working to make our speciality more sustainable. I will be moving into my advanced year in Intensive Care Medicine when I return to training next year and plan to start embedding some sustainable practices into this other resource intensive area in our hospitals.

Where do you think the focus on sustainable anaesthesia will move to in the future? How do you feel it will affect our practice as anaesthetists?

To ensure the survival of our health service, delivering sustainable healthcare is key. It requires every individual to play their role, both healthcare professionals and patients. Working with key stakeholders in industry, procurement, technology, innovation and research will help us to achieve this. There is not one solution but instead many things that we can, and need, to do in order to deliver the most sustainable healthcare service possible without compromising the quality of care and the safety of our patients and staff.

This is a very exciting time for anaesthesia. With technologies and innovations that are currently in development I think that some very significant changes are afoot which will revolutionise the way that we deliver anaesthesia and the service that we provide for our patients. Technologies such as volatile capture and nitrous oxide cracking will help to reduce the carbon footprints of inhalational anaesthesia, engagement from industry and pharmaceuticals to provide carbon footprinting and life cycle analyses of products will allow us to make more sustainable procurement choices. We are in a very strong position to make a hugely positive impact on the future of our health service, our environment and our planet for this generation and those to come.

Is there anything we can do as trainees in our day to day careers to help?

At work – start by promoting sustainability in your department

- Advise your patients. A better diet and more walking and cycling will improve their health and reduce their carbon emissions
- Start a 'green' conversation
- Think about the carbon footprint of getting to work and delivering care
- Learn about the environmental impact of anaesthetic drugs and techniques
- Spread the word, set up a local network

At home:

- Inform yourself about the basic science of climate change, the health benefits of taking action, and the urgency of doing so
- Save energy and money through house insulation, turning off appliances and lights and reductions in use of goods and services

- Drive and fly less, walk or cycle more, teleconference/webcast
- Eat local food, less meat, and less processed food - a low carbon diet is a healthy diet. Drink tap water

Finally, we understand you will be speaking at the CAI Congress here in Dublin next year, which is great! What can we look forward to seeing?

I believe that details for the event are yet to be published but I am led to understand that my talk will be one of three in a whole session dedicated to the environment and sustainability. Without wanting to give too much away, my talk will be focussing on sustainable anaesthesia - what it is, what we can do and ways in which individuals and departments can get involved. I look forward to meeting and chatting with some of you there!

Cycling to Work

Dr. Barry Singleton

Cycling to work can be a great way to get fit, save time on your commute, and save money. The presence of Lycra-clad colleagues in the changing room can might make it appear that it's only for the 'hardcore' cyclists, but there's no need to be intimidated. If you've ever thought about cycling to work, here are a few tips to help you get started!



Bike to Work Scheme

If you do decide to take the plunge and make an investment in a shiny new pair of wheels, the bike to work scheme is the only way to go. It allows you to purchase a bicycle and accessories up to a value of €1000, and discount up 51% against tax - meaning you can get €1000 worth of bike for about €490. What's more is the net cost is usually deducted from your payslip over a few months (if you avail of the scheme early enough in your rotation). Contact your hospital's HR for exact details.

That said though, €500 is quite the sum if you're not sure whether cycling work is for you. If you don't happen to have a bike lying around in the family shed, or you can't borrow one, depending on where you live you might be able to use avail of a short-term bike rental service such as 'Dublinbikes' or the Coca-Cola bikes. Otherwise, second-hand bikes can be found for cheap, and you can re-sell if you decide to get a new bike later.

Example savings

Actual savings will depend on each individuals personal circumstances. Below is a typical example of savings possible as both a Basic Rate taxpayer (20%) and a Higher Rate taxpayer (41%). Public Sector employees will in addition save the pension levy

Higher rate taxpayer: 41% Tax + 6% PRSI + 4% Levies = 51%				
Cost of bike and accessories	€250	€500	€750	€1000
Tax relief saving	51%	51%	51%	51%
Tax relief saving	€128	€255	€383	€510
Net Cost	€123	€245	€368	€490
Cost split over 12 months	€10	€20	€31	€41

Basic rate taxpayer: 20% Tax + 6% PRSI + 4% Levies = 30%				
Cost of bike and accessories	€250	€500	€750	€1000
Tax relief saving	30%	30%	30%	30%
Tax relief saving	€75	€150	€225	€300
Net Cost	€175	€350	€525	€700
Cost split over 12 months	€15	€29	€44	€58

Type of Bike

Different 'styles' of bike exist, which have different geometry, wheel thickness etc. The three main types are road bike, mountain bike, and commuter. Road bikes and commuter bike are very similar expect commuter bikes have higher handles without drop bars, and you can generally adopt a more comfortable riding position. Mountain bikes have wider wheels and may come with suspension. Generally, any type of bike will do - go with the type you think will work best for you.

Tyres

If you buy a road bike, the tyres are usually 'racing' tyres, which are designed for speed rather than durability. For that reason, I'd highly recommend you invest in a pair of 'puncture resistant' tyres - there are various brands available. Again, the small performance penalty shouldn't matter to the average commuter. It's certainly faster than having to walk your bike to work when you inevitably get a flat.

You're also more likely to get a puncture if your tyres aren't at a high enough pressure. Make sure to invest in a pump with a pressure guide and re-inflate your types every 2 weeks - the exact pressure to aim for will depend on your tyre, bike, and your weight.

Security

Many hospitals now have dedicated bike sheds that are monitored by security. To lock your bike as securely as possible, use two locks of different types - for example a 'U' lock and a cable. This offers better security because most thieves carry the tool to break only one type of lock. Make sure each lock secures one wheel and the frame (especially if your bike comes with quick release wheels). Some hospitals also have a scheme whereby you can register your bike with the Gardaí - meaning if it is stolen and later recovered, it will find its way back to you.

Mapping out a Route to Work

It's worth taking some time to map out your route to work. Sometimes the shortest route doesn't make for the most pleasant cycle. Especially when you're new to cycling, sharing the road with heavy good vehicles, negotiating roundabouts and so on can bit a nerve-wracking. You might even find that you like to change routes every so often.

Safety

At the risk of sounding like an over-bearing Irish mother, wearing a helmet is almost certainly a good idea. It's hardly surprising that helmet use has associated with reduced incident of serious head injury and death - and although there's been some debate about the merits of legislation to mandate helmet use for cyclists, I certainly wouldn't get on my bike without one.

In fact after I went a step further when I first started commuting by bike after a long break and bought a Hovding - the first available 'airbag' helmet made for cyclists. You essentially wear it as a collar around your, and if it detects you falling, a compressed canister of CO2 will inflate an airbag around your head - but it's one use only. After just over a year, I fell off my bike while trying to mount a curb and it exploded as promised - but I (luckily) I landed on my side. At €300 and with no discount replacement program available in Ireland, I decided to start wearing my conventional helmet again. For this reason I can't recommend it - but you might want to check it out.

Clothing

The main thing is to wear something you're comfortable in. Because the weather is so changeable in this great little country of ours, I find a layering system works best. I wear a moisture wicking t-shirt and shorts, and then I have arm and leg warmers. I have a rain-proof hi-vis jacket I can throw on as well. I can take on and off the warmers and jacket depending. I have rain-proof trousers as well, but I generally just let my shorts take the hit and hope they're dry by the time I'm ready to go home! I have a bag with a rain proof cover which I consider a must.

Shoes

You don't have to do anything special when it comes to shoes; an ordinary pair of runners will do. If you want your feet to fit more snugly on the pedal, you can buy pedals with toe clips. I bought flat, mountain bike style pedals for my road bike, and along with pair of mountain bike shoes with a stiff sole - they provide good grip while still be comfortable enough to walk in. But what makes shoes deserve a special mention apart from clothing is that some people buy pedals with clips or cleats, meaning you 'clip' into the pedals. These are supposed to offer greater power efficiency, but it can be tricky to get your feet out in a hurry - which isn't great for traffic! "Road Bike" shoes are also virtually impossible to walk in, and in my opinion best avoided for the work commute.

Headphones

There's little doubt that listening to music, podcasts etc. can make exercise more enjoyable - and cycling is no exception. Of course, wearing headphones has the potential to reduce your ability to hear what's happening around you in traffic, though this is one area of cycling safety that lacks hard data. My solution was to invest in a pair of 'bone conduction headphones' - they sit in front of your ears and vibrate your skull, leaving your ears free to take in ambient sound. There are various brands available online, and range in cost from €35 to nearly €200 - I bought a pair for around €50 and I'm pretty happy with them.

So there you have it: some disjointed tips on getting started on cycling to work. Give it a go and see if it's for you. You don't even have to wear Lycra if you don't want to!

Speaking of cycling, a massive well done to everyone who joined CAT on Sunday for the Great Dublin Bike Ride, a brilliant day was had!



A full report and pics to follow in the next CAT News!

LAT News

Dr. Murray Connolly

Welcome to the latest edition of LAT News!

My name is Murray Connolly, and I have taken over as the Lead Anaesthesiology Trainee Coordinator for 2019-2020. We are taking this opportunity in LAT News to introduce you to the numerous Leads around the country, to remind everyone about the history of the LAT role, and let you know about our upcoming **“National Coffee and a Gas Day”**. We are delighted to have new representatives in twenty-four training hospitals this rotation, and you can find your local LAT on the following page.

One of the primary roles of the CAT is to work towards improving trainee wellbeing and we can only do this if we work together in a coordinated manner. The LAT role was developed between the College and CAT in 2015 with the aim of improving communication between the College, CAT and our fellow trainees spread out around the country.

The recent CAT committees have had huge success in developing a sense of community among all SAT trainees and we are determined to keep building on this momentum.

We work in intense environments which can be dominated by negative press, but we hope our future **LAT News** segments can help tackle this. We will continue to highlight the positive news stories and developments from each training department and hopefully remind ourselves that it's not all doom and gloom!

Finally, we are organising a National Coffee and a Gas Day on October 16th (World Anaesthesia Day) with the help of local LATs and College Tutors to encourage trainees to take a break, have a chat and get to know each other. We hope this may act as a catalyst towards regular **#CoffeeandaGas** meetings, and develop a safe space to talk, share and ask for advice.

Below are your Lead Anaesthesiology Trainees for each of the training hospitals for the next six months:

Training Hospital	Lead Anaesthetic Trainee
Beaumont	Dr. Orna Grant
Cappagh	Dr. Gabriel Beecham
Connolly	Dr. Raymond Kelly
Coombe	Dr. Ben Cantan
CUH	Dr. Kirsten Joyce
Drogheda	Dr. Hishaam Saumtally
Holles St	Dr. Caroline Smyth
Letterkenny	Dr. Lorcan O'Carroll
Limerick	Dr. Paul Stewart
Mater	Dr. Lucy Dockrell
Mercy	Dr. Ciara Hayden
Mullingar	Dr. Ciarán Doherty
OLCHC	Dr. Terry Kong Kam Wa
Rotunda	Dr. Jack Collins
RVEEH	Dr. Robert Owens
SIVUH	Dr. Anna Louise Horgan
SJH	Dr. Sarah Corbett
Sligo	Dr. Lauren Hughes
Tallaght	Dr. Karen Sheehan
Temple St	Dr. Fiona Roberts
UCHG	Dr. John Francis Ryan
Vincent's	Dr. Ruth Boylan
Waterford	Dr. Aoife Geoghegan
Wexford	Dr. Jean Bonnet

Websites and Blogs in Anaesthesia/Critical Care

Dr. Bryan Reidy

Over the last few years a huge number of #FOAMed (free open access medical education) resources have sprung up in every corner of the internet. While ICU, point of care ultrasound and emergency medicine seem to predominate there are some really great resources out there for both general anaesthesia and regional too. Some of the sites below are more focused on exams while others are more for ongoing professional development, but all have a wealth of information. This list is by no means exhaustive so if there's something that you feel is missing why not share it with us at @AnaesTrainees.

Anaesthesia

Propofology

Developed by David Lyness (@GasCraic) propofology is a website jam packed with infographs on all things anaesthesia, ICU and pain. The range of basic science infographs are a godsend for the MCAI exam and the trial summaries are a great way to catch up on the literature. They have also produced a free e-book for absolute beginners in anaesthesia which is well worth checking out for those new to the speciality.

Anaesthesia UK

Anaesthesia UK is targeted at exam preparation for the primary and final FRCA exams in the UK. As the curriculum is similar there's plenty here for those sitting the Irish exams.

NI School of Anaesthesia

A must visit website for anyone studying for the written component of the FCAI exam. There are worked examples of questions from the Final FRCA exam in the UK which closely follow the style of the questions asked in the Irish exam.

World Federation of Societies of Anaesthesiologists - Tutorial of the Week

These weekly tutorials cover a huge range of topics in anaesthesia, critical care and pain. You can subscribe to receive the weekly emails or search their huge database of past tutorials. The more recent tutorials each come with a quiz so you can test your knowledge before and after.

ICU

Life in the Fast Lane

Life in the Fast Lane is one of the most popular ICU resources on the web and a vital resource for anyone studying for the JFICMI or EDIC exams. There are overviews of a huge number of conditions, more ECGs than you could ever imagine, clinical cases and tons more. If podcasts are your thing, they have a great range covering lots of common ICU presentations, the toxicology section is well worth checking out too!

Critical Care Reviews

Founded by Rob McSweeney, CCR has gone from strength to strength in recent years. The weekly newsletter is jam packed with all the latest research in critical care medicine from around the world. There are also curated topics of the week which provide an in depth look at specific subject areas. The annual meeting in Belfast continues to grow attracting some of the biggest names in ICU research to the stage. The registration for next year's meeting, on 16th and 17th of January, is open now.

The Bottom Line

The Bottom Line does exactly what it says on the tin! ICU trials are broken down and presented in an easy to follow and objective manner. Each summary follows a standard format making them easy to read and interpret. The 'bottom line' at the end of the summaries provides a succinct and objective interpretation of each trial. Beyond informing readers about all things ICU the website is a really useful tool for those getting to grips with evidence-based medicine and critical appraisal of medical research.

Critical Care Northampton

Founded and managed by Jonny Wilkinson (@wilkinsonjonny), Critical Care Northampton is a phenomenal resource for all things ICU, regional anaesthesia and POCUS. The ever-growing list of infographics are handy ways to refresh core topics, blocks and basic sciences. Aside from the stellar information on the blog itself there's also links to loads of other useful resources, blogs and websites too.

Deranged Physiology

Deranged Physiology is geared towards the Australian CICM examinations but is equally useful for the Irish and European exams. The core topics section is a really well written (and referenced) guide to the core syllabus, while the ABG section is second to none. The respiratory physiology section has a brilliant guide to all things mechanical ventilation.

POCUS

5 Minute Sono

Jacob Avila has put together a great range of videos demonstrating a number of point of care ultrasound techniques. Each video starts off with normal anatomy followed by detailed descriptions of the ultrasound appearance of a number of different pathologies. In addition to the website there's a podcast that's well worth a listen for all POCUS enthusiasts.

UltrasoundG.E.L

UltrasoundGEL (gaining evidence from literature) is a great blog and podcast that follows the evidence for point of care ultrasound as it emerges.

The Pocus Atlas

An ever-growing repository of ultrasound images uploaded from around the world. You'll find plenty of examples of normal anatomy and pathology here to help you get to grips with interpreting all manner of bedside images.

Regional

New York School of Anaesthesia

NYSORA is the go-to resource for regional anaesthesia. There are detailed guides to the most commonly performed blocks, articles on pharmacology and equipment and a recently launched podcast section too.

Miscellaneous

Journal Feed

Too busy to read up on the latest publications? Then journal feed may be for you. Get an expert reviewed brief summary of a recently published article direct to your inbox every day, for free. A really great way to stay up to date.

Cove Point Foundation

This is a really great resource, from John Hopkins University, for anyone who cares for paediatric or adult congenital heart disease patients. There are detailed diagrams for a flow and shunting. Well worth a look for those rotating through Crumlin.

Radiopaedia

Radiopaedia is a one stop shop for all things radiological. The image bank is a useful way to practice chest X-ray and CT interpretation for those with exams on the horizon. There are articles explaining radiological appearances of a variety of pathologies and images can be downloaded under the creative commons licence.

Gomer Blog

Gomer Blog is the (self-proclaimed) finest medical news site on earth and we find it hard to disagree. While not strictly of any educational value it's a constant source of laughs, and chuckles.

We are delighted to highlight the upcoming book launch of CAT
alumnus, Dr. Eoin Kelleher!

Congratulations on the brilliant achievement, Eoin!



Dr. Eoin Kelleher's realistic depictions of human anatomy in his new book *Journey Through the Body: A Visual Exploration* brings the reader on an immersive trip around the body's organs. The illustrations reimagine the human body, drawing inspiration from a wide variety of artistic styles.

2nd Anaesthesiology Alive - Knowledge Update

Porto, Portugal | 09-13 December 2019

Dr. Joao Vinagre, SAT 6

Dear Colleagues,

Anesthesiology set itself apart from other medical specialties as a leader in medical progress in its earliest days.

The last decade has borne witness to a revolution in the fields of pharmacology, equipment, safety and training. Our knowledge base keeps expanding and it is challenging to stay updated with the onslaught of recent and relevant developments in the various fields.

CAR / ESRA Portugal is well aware of the immense responsibility entailed in being a peri-operative specialist. Our commitment is to attain the level of leadership in education and training required to achieve the highest quality of clinical care and uncompromised patient safety throughout the perioperative period in the fields of pain management and regional anaesthesia.

The 1st Anesthesiology Alive in 2017 was a veritable success and the program offered then ensured that attendees left with a comprehensive understanding of the latest advances, risk mitigation strategies, anaesthesiology guidelines and specific recommendations ready for incorporation into practice.

The comprehensive CME-approved program offered at the 2nd Anesthesiology Alive Knowledge Update provides a unique and timely opportunity for anesthesiologists and anesthesiology trainees to stay updated about the most recent developments and hear it first from world-renowned specialists and field experts.

The structure of the meeting is both appealing and engaging in such a way that throughout the morning sessions and at the end of each session attendees are welcomed to question the speakers on a one-to-one basis and there is a variety of hands-on skills progression workshops in the afternoons.

We hope you will join us in Porto in December. We look forward to meeting you then.

Sincerely,

The Organization of the 2nd Anesthesiology Alive

PORTO

09-13 DECEMBER 2019



Anesthesiology **alive**

KNOWLEDGE UPDATE



SECRETARIAT
T: 226076290 / BRIGITE.CARVALHO@DIVENTOS.COM / DIVENTOS.COM
REGISTRATION: BIT.LY/ALIVE2019

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HERE



For more information on this event, visit:
<https://diventos.eventkey.pt/geral/detalheeventos.aspx?cod=76>

Calendar

Exams

Title	Date	Cost	Applications Close
MCAI MCQ	22/01/20	€600	29/11/19
MCAI OSCE/SOE	05-06/11/19	€800	11/10/19
FCAI Written	12/02/20	€600	13/12/19
FCAI Clinical	26-27/11/19	€700	08/11/19
FJFICMI Written	02/04/20	€500	14/02/20
FJFICMI Clinical	08/05/20	500	01/05/20
EDRA Part 1	27/10/19	€300	18/10/19
EDRA Part 2	TBC	€300	TBC
EDIC Part 1	01/04/20	€330*/€480	03/02/20
EDIC Part 2	28/05/20	€480*/€680	09/03/20

*ESICM Members

Best of luck to all candidates sitting exams in this period!

Courses and Conferences

Title	Location	Date	Link
Irish Pain Society ASM	UCD	19/10/19	https://irishpainsociety.ie
World Airway Management Meeting	Amsterdam	13-16/11/19	https://wamm2019.com/
National Patient Safety Conference/KP Moore	CAI	15/11/19	https://anaesthesia.ie
BASIC Course		21-22/11/19	https://intensivecare.ie
ICSI Winter Meeting	Waterford	23/11/19	https://intensivecare.ie
Critical Care Reviews	Belfast	16-17/01/20	https://www.criticalcarereviews.com/
CAI Annual Congress of Anaesthesiology 2020	UCD	21-22/05/20	https://www.anaesthesia.ie/education-events/annual-congress/

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

Finally, a massive congratulations to Dr. Noelle Healy on her fourth All Ireland title, and third in a row, with the Dublin Ladies!



cat@coa.ie

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