



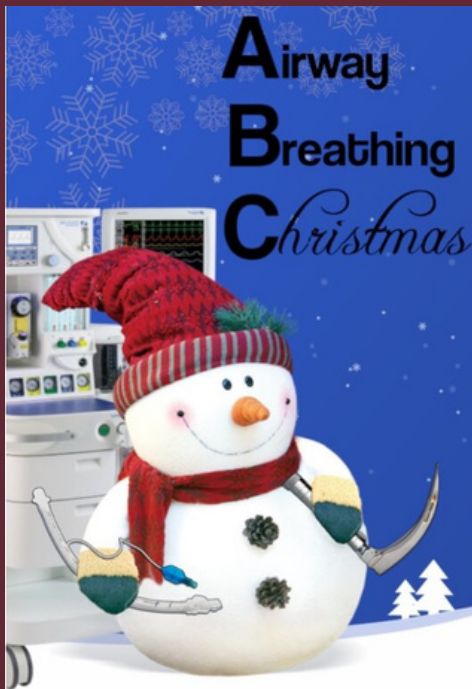
CAT NEWS

WINTER NEWSLETTER



IN THIS EDITION

- On Call Audit Results
- CAT social - Autumn Boat Party
- LAT news
- ISRA Update
- NAPSAC/KP Moore
- Wellbeing Package
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BOAT PARTY - CAT AUTUMN SOCIAL

CAT SOCIAL

ANNUAL BOAT PARTY



The CAT Boat Party took place on Saturday October 14th. We had a great turnout with trainees travelling from the four corners of the country. Our crew assembled at the Ferryman for a drink before setting off on a scenic cruise around Dublin bay. The sun was shining giving us spectacular views of the bay, Poolbeg lighthouse and Howth cliffs. A few friendly seals even popped up to join the party, no doubt attracted by the dulcet sounds of Taylor Swift pumping out around the bay! The drinks and snacks on board were enjoyed by all, the only debate was over music selections and whether or not Christy Moore was appropriate music for a boat party. We eventually docked in the harbour in Howth, and thankfully everybody was accounted for with nobody falling overboard!

The fleet of foot made a dash for The Bloody Stream in Howth to claim the best seats for the rugby but we managed to catch a snap of the stragglers here →

We had some dinner after and had our own viewing area in the beer garden with a large screen where we shared in some extreme emotional torment as we watched Ireland's nailbiting and heartbreaking defeat to New Zealand in the RWC Quarter Final.



Despite the result, everyone had a great day out and we hope to make the boat party an annual event on the CAT social calendar!

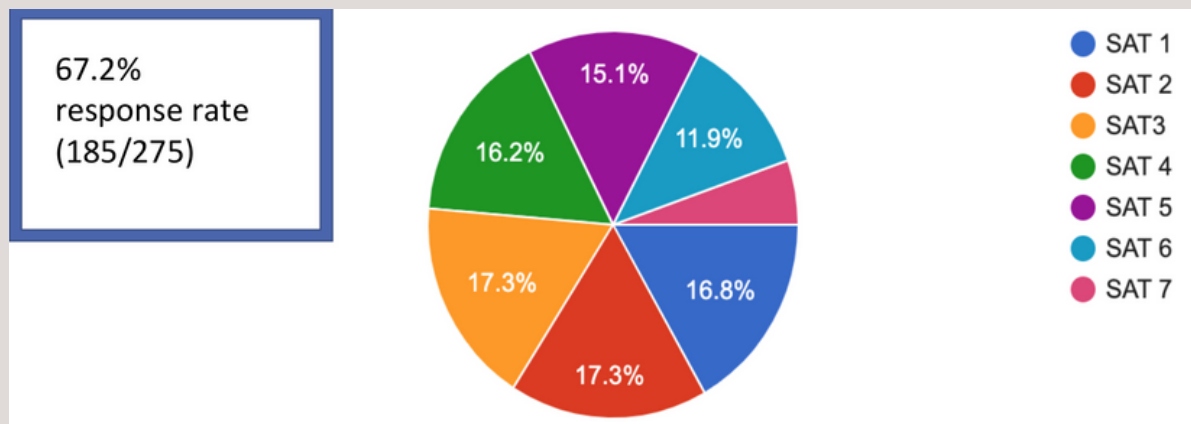
CAT SOCIAL ANNUAL BOAT PARTY



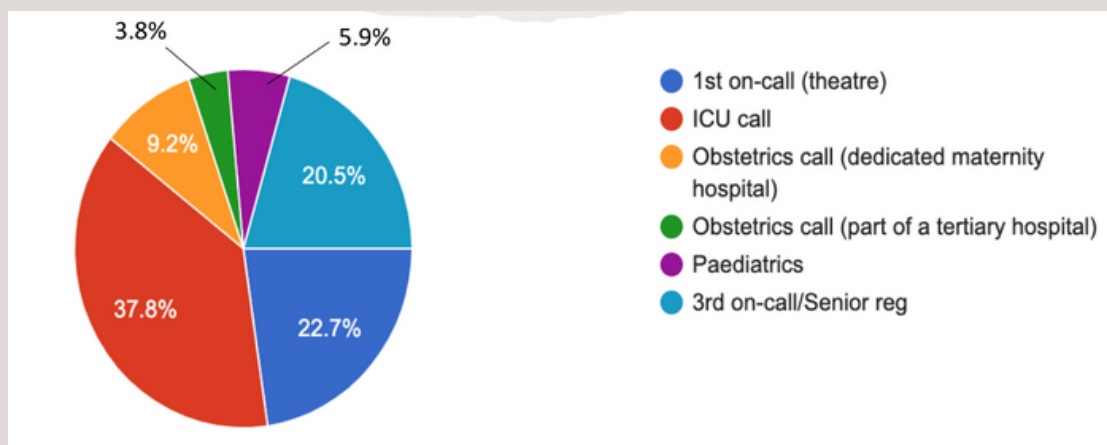
ON CALL AUDIT

AN AUDIT OF ON CALL PATTERNS AND PREFERENCES WAS CARRIED OUT BY MEMBERS OF THE CAT COMMITTEE IN RECENT MONTHS. BELOW IS SOME OF THE INSIGHTS GAINED

Responses



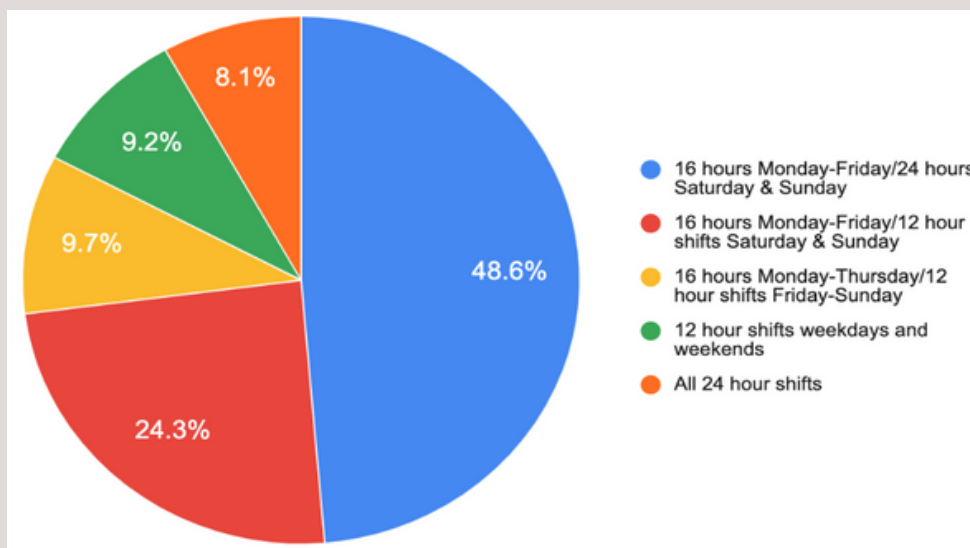
Breakdown of Responder Call Tiers



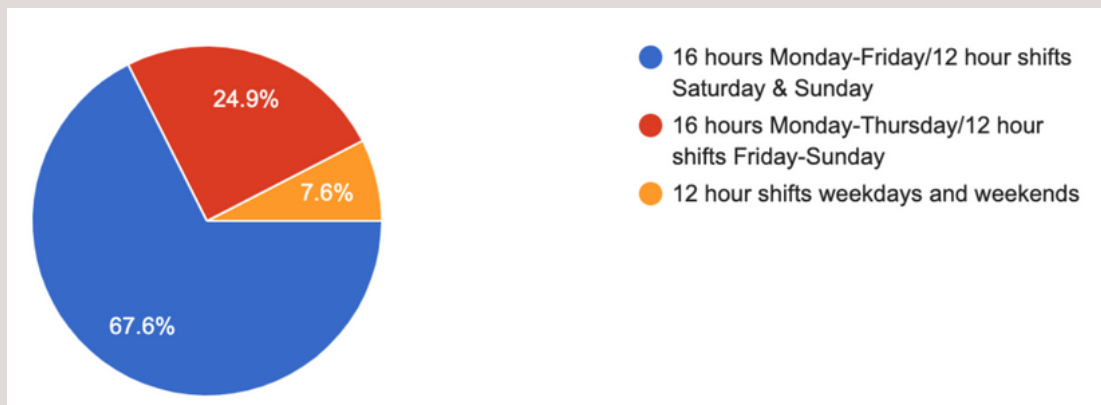
ON CALL AUDIT

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Current Call Formats



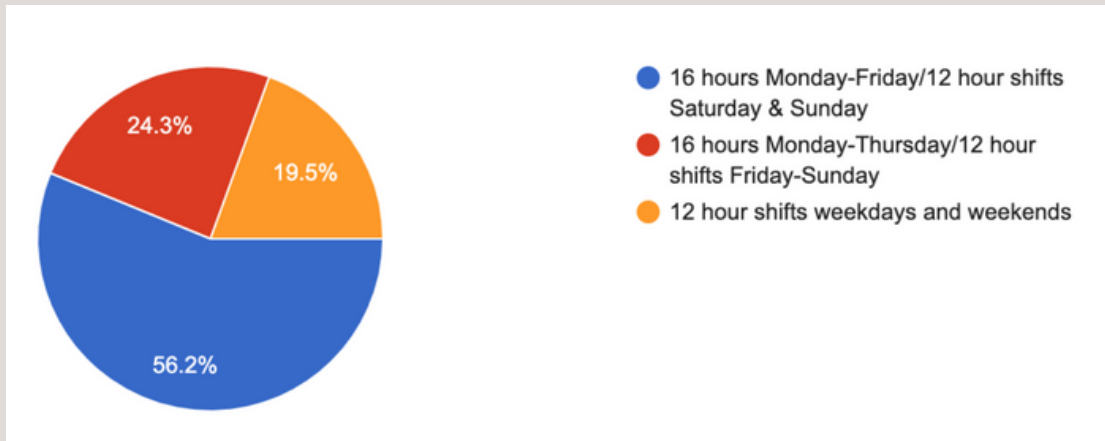
Optimum call format for theatre call (1st on/3rd/Obstetrics)



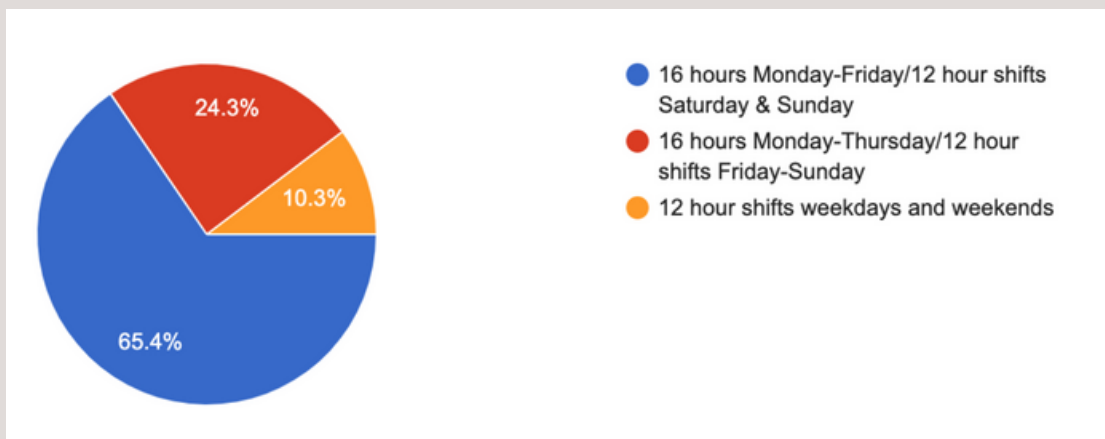
ON CALL AUDIT

AN AUDIT OF ON CALL PATTERNS AND PREFERENCES WAS CARRIED OUT BY MEMBERS OF THE CAT COMMITTEE IN RECENT MONTHS. BELOW IS SOME OF THE INSIGHTS GAINED

Optimum call format for ICU call



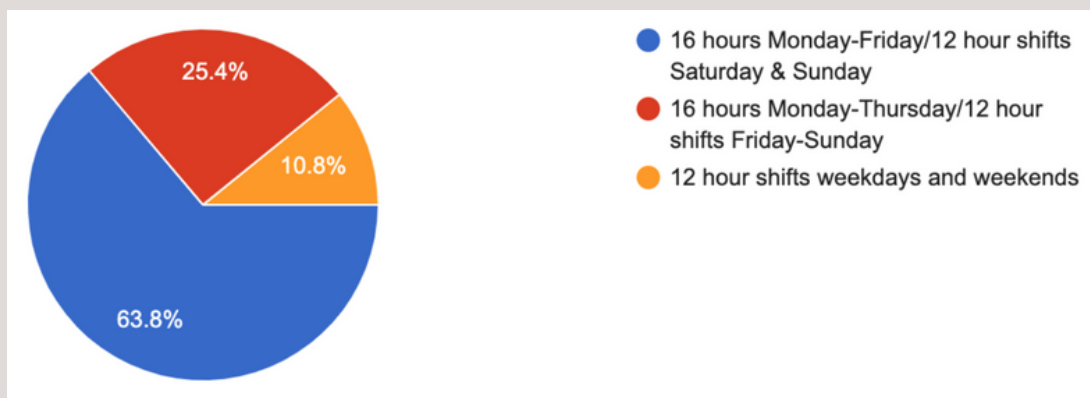
Optimum call format for easiest access to modular training



ON CALL AUDIT

AN AUDIT OF ON CALL PATTERNS AND PREFERENCES WAS CARRIED OUT BY MEMBERS OF THE CAT COMMITTEE IN RECENT MONTHS. BELOW IS SOME OF THE INSIGHTS GAINED

Optimum call format for best work-life balance



Some Common Themes From the Free Text

- Increased frequency of nights/long days with shift work pattern- burnout, negative impact on sleep and family life.
- More NCHDs needed to facilitate increased number of long day shifts and compensatory rest days.
- Compensatory rest days likely not to be prioritised in understaffed departments.
- Significant loss of face-to-face consultant teaching time.
- 24 hour call- 11.9% advocated keeping 24h weekend call, particularly for theatre call and in less busy centres.
- Impact on patient safety in ICU with handovers only from long-day NCHDs and no consultant presence.
- Financial losses.

LAT NEWS

*NEWS SNIPPETS FROM THE LAT REPS AT SOME OF THE TRAINING SITES
AROUND THE COUNTRY*

CHI AT CRUMLIN



“Full steam ahead with the festivities in CHI Crumlin!

Firstly, congratulations to SAT5 Anna Horgan for winning the coveted Great PICU Bake Off trophy with her (clearly delicious!) take on carrot cake.

We had our Christmas night out in town recently with the CHI consultants in Fallon & Byrne, with plenty of food, drink and stories to spare! Big thank you for a fun-filled night.

There’s always another exam; massive congratulations to Mark O’ Rahelly and Clare Keaveney Jimenez for recently passing the FCAI examinations!

You’ve been a lovely bunch to work with and I wish you all well in your new posts. Safe travels” Ian Kelly



LAT NEWS

*NEWS SNIPPETS FROM THE LAT REPS AT SOME OF THE TRAINING SITES
AROUND THE COUNTRY*

WEXFORD GENERAL HOSPITAL

We had a lovely Christmas Party for the NCHDs in Wexford at an Indian Restaurant - the first one in 4 years! It was good fun and we all had a laugh. It was also an excuse to celebrate 3 of our birthdays. Some of the photos from the night out can be found on Instagram with varying degrees of image quality- which may very well have worked in our favour!

Otherwise all has been well, some of the porters here have lost the plot with Christmas decorations and Christmas FM, but nobody's complaining!

Paul McNulty

OUR LADY OF LOURDES HOSPITAL DROGHEDA



Everyone had a great time at our recent Christmas party here in Drogheda.

We would also like to congratulate Dr. Balchand Kukreja on becoming a father last Thursday, we wish him and his wife all the best.

Manuel Calvo-Gurry

LAT NEWS

NEWS SNIPPETS FROM THE LAT REPS AT SOME OF THE TRAINING SITES AROUND THE COUNTRY

ST JAMES HOSPITAL

A night of great fun and festivity was had by all the gang at St. James', with a few Guinness (0.0!) thrown in for good measure. Even at the home of the Black Stuff, they dream of a white one! Merry Christmas.



UNIVERSITY HOSPITAL WATERFORD

The big news from our department in the last few weeks is the retirement of Dr. Collette Murphy. She had a big send off this week and we wish her all the best going forward. Happy Christmas from everyone at University Hospital Waterford!



Niamh Coughlan

LAT NEWS

NEWS SNIPPETS FROM THE LAT REPS AT SOME OF THE TRAINING SITES AROUND THE COUNTRY

UNIVERSITY HOSPITAL GALWAY

We are 6 months into the term and everyone has well and truly settled into life out West.

Congratulations to our trainees who passed their MCAI and FCAI. Alice Meagher and her partner Brendan recently got engaged, John Ryan bought a house and hasn't been seen since - painting ++! Ruth McGovern was told she was a "ginger devil" on the ward and has passed the baton of the rota over to a very reluctant Dan Lehane.

Our Christmas party was held in a new location this year in the Golf Club, and poor Dermot Lowe was subjected to many a baby Guinness and eventually had to scold the female trainees as they wouldn't let him go home.

The Anaesthesia team were leading the annual Hospital Christmas Quiz, but were unfortunately beaten in the last round of "guess the consultant" as no one could recognise the Geriatricians. All in all, everyone enjoying Galway and even the rain isn't getting spirits down!

Orla Murphy

BEAUMONT HOSPITAL

Huge congratulations to Chris for passing the membership exam and to Aysegul and Tara for passing the fellowship exam! Well done guys! And congratulations to Fadi on the arrival of his second baby!

We had a departmental night out last week and awaiting our departmental Christmas breakfast next week!

Anna Impiumi

LAT NEWS

*NEWS SNIPPETS FROM THE LAT REPS AT SOME OF THE TRAINING SITES
AROUND THE COUNTRY*

MAYO UNIVERSITY HOSPITAL



It wouldn't be Christmas in Mayo without the annual Christmas ball! A wonderful time was had by all (special appearance from Santa) and we're looking forward to another six months in the Wild West.

Jennifer Clarke

LAT NEWS

NEWS SNIPPETS FROM THE LAT REPS AT SOME OF THE TRAINING SITES AROUND THE COUNTRY

CORK UNIVERSITY HOSPITAL

Season's greetings from CUH! Mr and Mrs Clause (Kirsten Joyce and Ciarán Costello) have been keeping a close eye on who's been naughty and nice this last six months and us little girls and boys must have done something right as we look forward to spending some time with friends and family over the Christmas period. Christmas came early for a lot of our team as they got a shiny new MCAI or FCAI to put after their name, although this was anything but a gift as we saw the huge amount of work that everybody put in leading up to the exams. The staff party was a roaring success thanks to Aoife Driscoll organising a morning dip in the balmy Irish Sea complete with a beachside sauna, gorgeous coffee and pastries. We all donated some money on the day and managed to raise over €2000 for our colleagues in Medecins Sans Frontieres. A lovely night was had at the Dean Hotel thanks to our consultants and we may or may not have gone in search of more eggnog in town afterwards. We were especially grateful to Natalie Edmunds for bringing Hozier along even if he didn't treat us to a song. We'd like to wish all our friends in the anaesthetic departments across the country a very Happy Christmas and good luck to all those being added to another WhatsApp group in January.

Mike O'Sullivan



LAT NEWS

NEWS SNIPPETS FROM THE LAT REPS AT SOME OF THE TRAINING SITES AROUND THE COUNTRY

UNIVERSITY HOSPITAL LIMERICK



It's been a busy six months in UHL. Firstly, a massive congratulations to our wonderful rota maker Eimear Keane on the safe arrival of baby Ferdia. In our bank of amazing women, the impressive Carolyn Hayes was also awarded a Triathlon Ireland Special Recognition Award for 2023. Massive congrats Carolyn!

Big congrats to Emma Hughes, Aneeqa Tahir, Nicola Duffy and Ruaidhri O'Doherty on passing their MCAI OSCE this 6 months. And a particular mention to Aneeqa on receiving the membership medal!

Andrew Maye and Sarah Gaffney were thrilled to get over the hurdle of the FCAI OSCE, and even more thrilled to get their CAI ties.

It's been all systems go since July. Our beginners have well and truly broken the back of theatre on call, and are now seasoned regulars on the M7 or the windy roads to Cork. We're getting them to compile a list of the best supermacs on route for the journeys home as mandatory departmental reading.

The curious case of the missing theatre clogs was finally solved, with Andrew being reunited with his shoes at long last. Lesson learned, never leave your shoes unattended. The barefoot member of staff learned that lesson the hard way too.

Much more to come from this group in 2024. We're encouraging Jo Fish to start a memoir with her tales from ICU call over the years. Would highly recommend the audiobook.

Sarah Gaffney

LAT NEWS

NEWS SNIPPETS FROM THE LAT REPS AT SOME OF THE TRAINING SITES AROUND THE COUNTRY

MATER MISCORDIAE UNIVERSITY HOSPITAL

Sending you all the merriest Christmas wishes from the Mater! Amidst the dazzling glow of festive lights and the warmth of the holiday season, our incredible team of anaesthetists came together for a fantastic celebration at the anaesthesia Christmas party.



A huge congratulations to Sinead O'Brien and Eoin Murray for passing their FCAI exam! Three cheers for Niall McGreevy, Ronan Sheridan, and Jack McGrath for successfully passing their MCAI exam!

Warmest congratulations to David O'Driscoll on his recent engagement – exciting times are on the horizon! Wishing everyone a joyful and festive holiday season!

Christine Greene



NAPSAC 2023

The 2023 National Patient Safety in Anaesthesia Conference took place in the Chartered Accountants House on Friday November 17th. The event was chaired by Professor Terry Tan and Dr. Brian McCloskey. There were some very thought-provoking discussions on a variety of topics including safe sedation practices, safety cultures and safe airway practices, as well as a fascinating talk from guest speaker Professor Jeffrey Cooper. There were eight excellent presentations in the KP Moore Medal competition and there were also some excellent posters on display. The prestigious KP Moore medal was won by Dr. Ben Atterton, and elevator poster pitch was won by Dr. Ahmed Mohi, both of Cork University Hospital. A great day out for the rebels!

The event was well attended by trainees and consultants alike. Check out some of the pictures from the event below as well as an in depth look at the event from the KP Moore Medal winner Dr Ben Atterton!



NAPSAC AND KP MOORE MEDAL

KP MOORE MEDAL WINNER BEN ATTERTON TELLS US ABOUT HIS AWARD WINNING PRESENTATION

The annual National Patient Safety in Anaesthesia Conference took place in November this year at the Chartered Accountants building on Pearse Street in Dublin. Yet again it not only featured high quality international speakers but also served as a fantastic advertisement for the all the inspiring safety-centric quality improvement projects going on around the country. The Winter College Lecture this year was delivered by Professor Jeffrey Coopers from Harvard Medical School. His talk gave a fascinating insight into the history of the safety culture which we are blessed to have in anaesthesia as well as his thoughts on the future of the safety within the specialty.

The first session of the day saw talks on airway safety, the new safe surgery checklist being rolled out, updates in perioperative allergy including the role of anaesthetists in allergy clinics and a thought-provoking discussion about the provision of safe procedural sedation.

Interspersed between the sessions were “elevator pitch” presentations by selected trainees. Candidates had just one minute to explain their project and hopefully intrigue people enough to come see their poster. Getting your point across in such a short, succinct way is a tricky skill to master so congratulations to all those that presented on the day!

The second and third sessions of the day included examples of effective safety culture from different departments and industries across the island. One of the keynote lectures delivered by Dr Marie Ward discussed her experience of safety culture in aviation and how “just culture” is being implemented in healthcare.

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NAPSAC AND KP MOORE MEDAL

*KP MOORE MEDAL WINNER BEN ATTERTON TELLS US ABOUT NAPSAC
AND HIS AWARD WINNING PRESENTATION*

In the afternoon Dr Russel Perkins, the immediate past vice president of the Royal College of Anaesthetists and past chair of the Anaesthesia Clinical Services Accreditation (ACSA) Committee, gave insights into how the ACSA system seeks to improve the performance standards of anaesthetic departments across the UK.

The KP Moore medal this year was won by little old me. No one was more shocked by this than me, I was the penultimate presenter and judging by the excellent presentations that had gone before me I'd basically ruled myself out ... perhaps this worked in my favour as all the nerves had disappeared! When I was asked to write this piece (thanks Jenny!) I was asked to explain a bit about our project so here it is; we set up an education day for critical care and emergency department nurses in how to perform the airway assistant role. We demonstrated a significant improvement in their knowledge and confidence levels, and it will hopefully avoid the situation I'm sure we've all experienced of being handed a laryngoscope the wrong way around! Providing education to nurses is an absolute pleasure and I would encourage anyone who has the opportunity to get involved in nurse education to take it. There is often little provision for formal courses for nurses when compared the options we have, and they always show buckets of enthusiasm and gratitude. The medal was awarded by Dr Moore's wife and I have to say that it was an honour and pleasure to meet her. The prize for best poster presentation was awarded to Dr Ahmed Mohi (CUH really cleaned up this year!) for his work on the use of visual checklists to improve the performance of emergency cricothyroidotomy – something we'd all like to avoid!

All in all, NAPSAC 2023 showed that anaesthesia safety culture and innovation in Ireland is thriving – keep up the good work!

Ben Atterton

KP MOORE MEDAL

*KP MOORE MEDAL WINNER BEN ATTERTON TELLS US ABOUT NAPSAC
AND HIS AWARD WINNING PRESENTATION*



CONGRATULATIONS BEN, AHMED AND EVERYONE INVOLVED!

NAPSAC 2023

CAI NATIONAL PATIENT SAFETY IN ANAESTHESIA CONFERENCE AND KP MOORE COMPETITION / WINTER COLLEGE LECTURE 17 / 11 / 2023



NAPSAC 2023

*A FANTASTIC TURNOUT FROM TRAINEES
AT THE RECENT PATIENT SAFETY CONFERENCE*



NAPSAC 2023

CAI NATIONAL PATIENT SAFETY IN ANAESTHESIA CONFERENCE AND KP MOORE COMPETITION / WINTER COLLEGE LECTURE 17 / 11 / 2023



NAPSAC 2023

CAI NATIONAL PATIENT SAFETY IN ANAESTHESIA CONFERENCE AND KP MOORE COMPETITION / WINTER COLLEGE LECTURE 17 / 11 / 2023



ISRA UPDATE

LUA RAHMANI GIVES US SOME BACKGROUND AND SOME THINGS TO LOOK OUT FOR WITH THE IRISH SOCIETY OF REGIONAL ANAESTHESIA

The Irish Society of Regional Anaesthesia (ISRA) was founded in 2009. As the Irish division of the European Society of Regional Anaesthesia (ESRA), this specialist society of anaesthetists interested in the field of regional anaesthesia aims to promote the advancement of standards and education in regional anaesthesia in Ireland. ISRA runs a busy schedule of educational and training events throughout the year. The intention is that regional anaesthesia novices, intermediates and experts alike, can all find something within the calendar of activities to add to their regional anaesthesia practice.

There are several upcoming events to look out for, starting with a very special event on Saturday, 27th January 2024 – the 1st World Day of Regional Anaesthesia and Pain Medicine. More than 100 cities across all continents will participate in events on this day, with a common scientific program aimed at learning, incorporating hands-on practice, interaction and reflection between trainees and experts in regional anaesthesia and pain medicine. This event will cover a wide range of regional anaesthesia and pain topics that will also be accessible live online for ISRA members. This is the marquee event of the 1st World Week of Regional Anaesthesia and Pain Medicine, which runs from Saturday 20th to Saturday 27th January 2024 and is being launched by ESRA, together with its Sister Societies AFSRA, ASRA Pain Medicine, AOSRA and LASRA under the theme: Joining Hands for a Pain-Free Future Worldwide.

(continued)

ISRA UPDATE

LUA RAHMANI GIVES US SOME BACKGROUND AND SOME THINGS TO LOOK OUT FOR WITH THE IRISH SOCIETY OF REGIONAL ANAESTHESIA

There are a few other notable events upcoming for which to save the date. The next ISRA update day is taking place on Friday 19th April 2024 at the College of Anaesthetists. Update days are an opportunity to learn from an international panel of speakers about current hot topics in the field of regional anaesthesia. The ISRA workshop at CAI Annual Congress returns on Thursday 23rd May 2024. A Cadaver course will take place in early August 2024 at UCD Anatomy lab. Further details will be shared soon.

The society also manages an annual ISRA grant of €1,000 which is open to all ISRA members. For work to be eligible for consideration, the applicant must be an ISRA member in good standing, the grant should be in the field of regional anaesthesia, and the purpose of the grant should fall under one of the three following categories - namely research, travel, or publication fees.

ISRA Membership renewal for 2024 opens soon. ISRA members also receive ESRA membership as part of joining ISRA. This provides ISRA members with access to the ESRA academy e-learning portal, discounted rates at ISRA and ESRA events and counts towards eligibility to sit the European Diploma in Regional Anaesthesia & Acute Pain Management (EDRA) exams.

For further details on grant applications, educational activities, foundation courses, training events, cadaver courses, EDRA exam preparation and quite a lot more, follow ISRA on twitter/ X @ISRA_Ireland and Facebook, and take a look at the website at ISRA.ie

Dr Lua Rahmani is currently a SAT 7 Onco-anaesthesia Fellow at the Mater. She is the ISRA council member trainee representative, and the ESRA Residents and Trainees representative from Ireland

NATIONAL LECTURE SERIES UPDATE

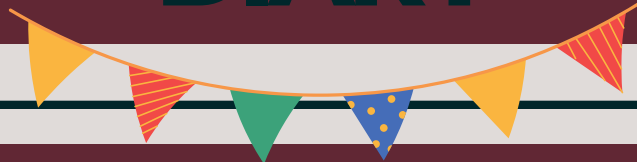
We are now 5 months into the National Lecture Series Project, which CAT are piloting this year in conjunction with CAI.

The aim is to provide standardised, high-yield educational material relevant to our curriculum and exams. To date, we have had a broad range of talks relevant to specific stages of training, and many more to come in the new year.

So far it has been progressing well and the feedback has been very positive!

We urge trainees to try their best to attend where possible and to remind your tutors and consultants that it is going on. We want to increase awareness and recognition of this programme among the consultant body. We strive to ensure at least 1.5 hours per month of protected teaching time for all SAT trainees and hope that this will become widely accepted by training sites.

DATES FOR YOUR DIARY



CAT 2024 SOCIAL CALENDAR

Thursday March 7th: Quiz Night

Get your quiz hats on, we will be hosting a table quiz that will take place across multiple sites around Ireland so that everyone will have the opportunity to get involved. We have a brilliant MC lined up for the night so get your teams together and bring your A game!

Thursday May 23rd: Congress Party

We will use the opportunity of the Annual Congress bringing so many of us together to have a social event in Dublin. Details to follow.

Friday June 21st: Conferring Celebration

We will host a party on the night after the Annual Conferring Ceremony where friends and family alike can join to raise a toast to those who you who have worked so hard to pass exams this year.

Cycling Outing: TBC

We hope to host a cycling outing in 2024 where we will come together and get out to explore the lovely Irish countryside on two wheels. Date and venue tbc!

DATES FOR YOUR DIARY



ACADEMIC DATES 2024

CAI Congress – 23rd and 24th May

- Conferring Ceremony – 21st June

Exams

- MCAI MCQ: 17th January, 12th June, 18th September
- MCAI OSCE: 9th + 10th April, 5th + 6th November
- FCAI Written: 28th February, 2nd October
- FCAI OSCE: 23rd + 24th April, 3rd + 4th December
- FJFICMI Written: 18th April, Clinical: 30th May
- DPMCAI/FFPMCAI: Written 30th April, Oral 6th June

WELLNESS PACKAGE



SUPPORT LOCAL: SOME DISCOUNT CODES FROM OUR CAT PARTNERS



As Anaesthetists, we love our coffee! Mahers Coffee Roasters in Cork are up there with the very best in the business. Enter the discount code **CAT&MAHERS** to get 10% off all their range of delicious coffee and barista classes. You will not be disappointed!



Looking to get ahead of the game in 2024? Kinetica are a fantastic Irish company who have a huge range of nutritional supplements. Enter the discount code **COA10** to get 10% of their extensive range.

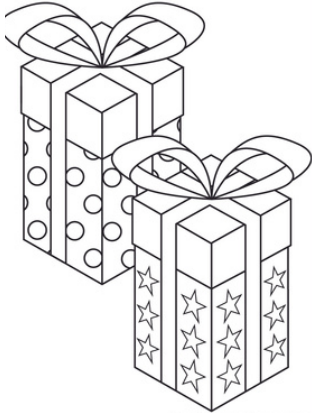
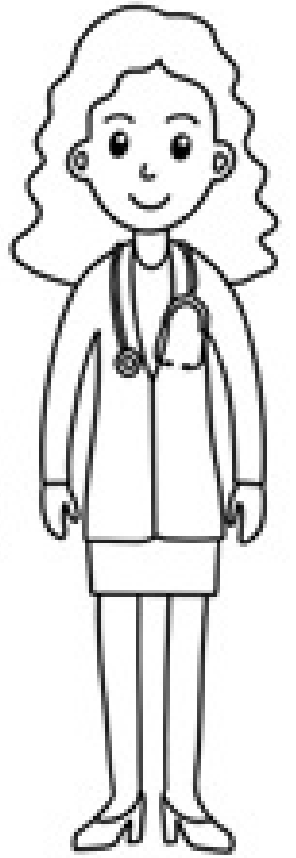
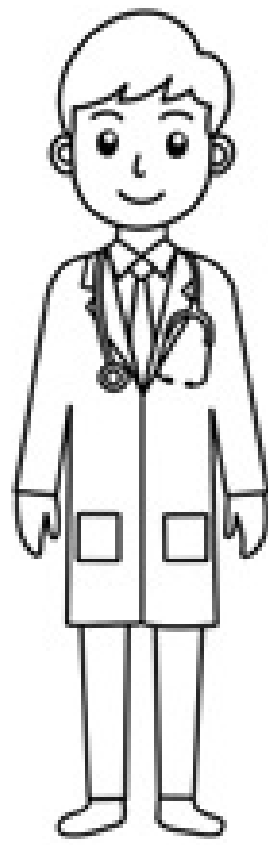


Vico deodorant is a new sustainable natural deodorant small business based in Ireland. Their product range smell fantastic and are kind to the environment. Enter the discount code **Trainee20** to get 20% off.

COLOURING COMPETITION

For the young (and old) amongst us, print off the next page and give it to sons or daughters, nephews or nieces, friends or foes to colour.

Email a picture of the finished product to CAT at cat@coa.ie and let us know the name and age of the entrant to win some fun festive prizes!



Merry Christmas!

All of us at the CAT Committee would like to wish you all a very happy and peaceful Christmas. You have all worked hard throughout the year so we hope you get the opportunity to relax and take a break and connect with friends, family and loved ones whether in person or by phone over Christmas.

We hope you all get some downtime to catch up with some of these guys and a few mince pies!



To all the knights in shining armour covering call shifts over Christmas we say a sincere thank you!

Happy Christmas to you and yours! We look forward to seeing you all in 2024!





Ellie
12/13

*He sees you when you're sleeping,
he knows when you're awake...*