



Know Your Representatives



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SSA Rep



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**Welcome to your 6th
Trainee Newsletter.**

The newsletter aims to update you with all the relevant news and events happening within the school.

Please, if you have something you want to share let us know.

stokeschoolreps@gmail.com

YOU AND YOUR WELLBEING

During these unprecedented times, it is not surprising that many of us are facing anxieties and we are concerned about our health, family, training and finance etc.

Here are some tips for looking after yourself

- Stay connected to friends and family.
- Take regular breaks. Even taking a few minutes break for breathe, stretch or walk make a difference.
- Stay well hydrated and eat as healthy as possible.
- Getting adequate good night sleep. After work, ensure you have some wind-down time away from screens and bright lights, so that you have the best chance of sleeping well.
- Stay away from unhelpful strategies, e.g. tobacco, alcohol and other drugs.
- Acknowledge your feelings. Ask yourself "Am I OK?" if the answer is "No", seek help.

Speak with your educational supervisors, college tutors or senior colleagues if you have experienced particularly difficult or traumatic situations (to ensure the necessary support is put into place).

We have dedicated the last page of this newsletter to list some resources that can help you.

Advertisement For New Trainee Reps

The trainee rep body, on your behalf would like to thank Dr Elriedy for his time and work with us. He will soon start his next innings as consultant in University Hospitals of Derby & Burton. We wish him all the best.

We have already advertised for two Stoke School of Anaesthesia trainee representative posts:

1. ST Representative to replace Mo Elriedy as a representative
2. CT Representative (a new post).

We would like people interested in becoming a rep to email expressions of interest along with a short statement outlining why you would like to take up the role. Please check your email as details were circulated via Stokeanaesthesia email.

Trainee Programme Directors

ST: Dr Chris de Klerk CT: Dr Shashank Agarwal
Consultant at SATH Consultant at New Cross
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FRCA Examination

Due to current COVID-19 situation the Royal College has decided to change the way the exams are conducted.

The next Final FRCA written exam will take place in September 2020 virtually.

For More details please visit:

<https://www.rcoa.ac.uk/examinations/covid-19-examinations/primary-final-written-examinations>

<https://www.rcoa.ac.uk/examinations/covid-19-examinations>

COVID-19 and ARCP

ARCPs are still going to take place. The portfolio will be reviewed online prior to ARCPs. The majority of the ARCPs will be held in absentia with virtual meeting events occurring only when there is a specific requirement to meet.

There are two new outcomes, 10.1 and 10.2, which may be used this summer where progress has been interrupted. Outcome 10.1 may progress to their next year of training in all cases. It will be awarded where progress has been at the expected rate but particular Units of Training have not been completed or examinations were not able to be sat. Outcome 10.2 will be awarded when extra time is definitely required, for instance for someone at the end of ST7 who has not completed all of their mandatory Units of Training.

When completing the ESSR it is essential to explain the reason behind any deficiencies in modular training. The outcome will be decided based on your explanation.

For further details please visit:

<https://rcoa.ac.uk/training-careers>

[https://www.rcoa.ac.uk/sites/default/files/documents/2020-05/Anaesthetics%20ARCP%20decision%20guidance%](https://www.rcoa.ac.uk/sites/default/files/documents/2020-05/Anaesthetics%20ARCP%20decision%20guidance%20)

Teaching and Exam Preparation

As the School is trying to restart the teaching programme, several options are being explored.

A trial of virtual primary teaching took place on the 4th of June led by Dr. Sorana White, our senior trainee currently working at New Cross Hospital and we had good feedback.

In addition, a trial for regional teaching took place on the 5th of June led by trainees from the Warwick School of Anaesthesia and was received well.

A full programme for primary and final teaching is being discussed based on the trainees' feedback and the recent survey which looked specifically at the final teaching.

The delivery methods will be a combination of virtual teaching and face to face sessions in rooms with appropriate size to maintain adequate social distancing.

In addition, a further guidance from the School regarding the utilization of study leaves and budget will be out soon.

Please, keep an eye on your emails for further details.

Meanwhile, the college has developed online preparation courses for the exam. For more details please visit:

<https://www.rcoa.ac.uk/events>

Recognise your colleagues Trainee Excellence Awards

It is always nice to be recognized for going the extra mile, especially if that recognition comes from your colleagues. If you think that a trainee has gone the extra mile, in a clinical or non-clinical context, please nominate them for an Excellence Award.

This is done via the "Trainee Commendation" link on the Stoke School Website.

<http://stokeanaesthesia.org.uk/excellence-awards/>

Information and resources about wellbeing

- NHS Practitioner Health - COVID Workforce and wellbeing
lots of useful wellbeing resources, including support and access to therapy, webinars, podcasts, free well-being apps.
<https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing>
- Our NHS People Wellbeing Support
a confidential staff support line, operated by the Samaritans
free to access: 7.00 am – 11.00 pm, seven days a week
For emotional support by phone call 0300131700 7am—11am, all days
For text messages: Text 'FRONTLINE' to 85258 available 24/7
- free wellbeing apps for NHS workers
Apps available are: Silvercloud, Headspace, Unmind, Sleepio, Daylight etc.
<https://www.practitionerhealth.nhs.uk/wellbeing-app>
- iTalk call 023 80383920
<https://www.italk.org.uk/home/covid-19-coronavirus-updates/>
- Samaritans
Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide (non-medical specific) Call 116 123 for free (24/7, 365 days)
- [BMA Wellbeing Support Services](#) available to all UK doctors, medical students and their spouses/partners and dependants aged 16-24 - access is available **without being a member**
- BMJ – Self-care During the COVID-19 Pandemic <https://blogs.bmj.com/bmj/2020/03/16/self-care-during-the-covid-19-pandemic/>
- Association of Anaesthetists (former AAGBI) – useful resources and information relevant to we anaesthetists, e.g. career support, fighting fatigue and tips for night shifts.
<https://anaesthetists.org/Home/Wellbeing-support>
- COVID-19 virus infection and pregnancy (RCOG guidelines) <https://www.rcog.org.uk/globalassets/documents/guidelines/2020-03-30-occupational-health-advice-for-employers-and-pregnant-women-during-the-covid-19-pandemic.pdf>
- **Financial hardship** : Hopefully none of us are badly affected financially by COVID-19. If you or someone who you know (doctors, medical students and their families) are experiencing some financial hardship due to illness, injury, disability, bereavement and age, they can seek help from:
- **Royal Medical Benevolent Fund** <https://www.rmbf.org/> Email help@rmbf.org
- **Royal Medical Foundation**
Tel: 01372 821 010 Fax: 01372 821 013
Email: caseworker@royalmedicalfoundation.org
- **Bargains for NHS staff**
Hey, at last, who does not like a bargain and discount! I am not being paid by any company to advertise here but would like to share places where you can hunt for a bargain. You can get discount from supermarket, food and even freebies!
A few examples: (Remember to bring your ID! And some need nhs.net email)
NHS staff get 10% off from Morrisons, Co-op, B&M, Pets at Home, the Range
Free recovery on the way to and from work by AA and Green Flag
Free online fitness classes by Fiit, Frame, MoveGB
Free mobile data by BT, Vodafone, EE and O2 (read T+Cs)
50% Hotel Chocolat, Pandora 20% off etc (NHS Blue Light card)
Go to the following link to see more offers:
<https://www.england.nhs.uk/coronavirus/nhs-staff-offers/>