



### Know Your Representatives



**Chris Clulow**  
**ST7 UHNM**  
**SSA Rep**



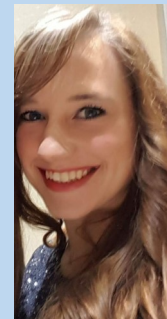
**Yoshi Ito**  
**ST6 UHNM**  
**SSA Rep**



**Naomi Squires**  
**ST5 UHNM**  
**SSA LTFT Rep**



**Nicola Simpson**  
**ST5 RWH**  
**SSA LTFT Rep**



**Beth Frost**  
**CT2 RWH**  
**SSA CT Rep**

#### YOU AND YOUR WELLBEING

12 months into COVID, many of us will still be facing anxieties and suffering psychological traumas from the pandemic. Many will still be concerned about their 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 and good night sleep. After work, ensure you have some wind-down time away from screens and bright lights, so 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 highlight some resources that can help you.

#### Advertisement For New Trainee Rep

We will be advertising soon for someone to take over the Stoke School of Anaesthesia trainee representative post from Chris Clulow starting mid-June so watch this space!

#### Trainee Prize Evening

17th March 2021

Post-fellowship study afternoon  
starts at 14:00

Prize Evening starts at 18:00

MS Teams (link to be sent out by stokeanaesthesia). Please join us as we go virtual!

#### Trainee Programme Directors

ST: Dr Chris de Klerk      CT: Dr Shashank Agarwal  
Consultant at SATH      Consultant at New Cross  
Email: [c.deklerk@nhs.net](mailto:c.deklerk@nhs.net)      [shashank.agarwal1@nhs.net](mailto:shashank.agarwal1@nhs.net)



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## FRCA Examination

All examinations continue to be virtual for the foreseeable future, written exams will remain virtual moving forward.

Updates:

- 1st attempts of virtual exams won't count as an attempt if you are unsuccessful. Six attempts allowed thereafter.
- Candidate numbers are increasing to cope with the demand as the process becomes slicker.
- Exam places are still being prioritised.

For more details please visit:

<https://www.rcoa.ac.uk/documents/primary-final-frca-examinations-regulations/section-4-prioritisation-applications>

## COVID-19 and ARCP

Virtual ARCPs have largely been a success. Portfolios are locked 14 days prior to ARCP date and most have been conducted in absentia. COVID outcomes, 10.1 and 10.2, are still in place. You should have contacted the TPD if you are in a critical transition period in training to discuss your progress or need extensions. When completing the ESSR explain the reason behind any deficiencies in modular training. The outcome will be decided based on your explanation.

## Curriculum changes

The proposed 2021 changes are currently still in place. For further details:

<https://rcoa.ac.uk/training-careers/training-anaesthesia/2021-anaesthetics-curriculum>

## Recruitment to Anaesthetic Training

There are changes to recruitment. Take a look at some videos on this link:

<https://rcoa.ac.uk/training-careers/considering-career-anaesthesia/recruitment-anaesthesia/information-trainees>

<https://www.rcoa.ac.uk/news/joint-statement-royal-college-anaesthetists-health-education-england>

## Sustainability in Stoke School of Anaesthesia

With the ongoing climate crisis, and anaesthetic gases contributing up to 5% of the NHS carbon footprint, each anaesthetist has a unique opportunity and obligation to intervene.

GAIN-WM (Greener Anaesthesia and Intensive Care Network West Midlands) was founded in 2020. Our GAIN group at the Stoke School of Anaesthesia has since been established; working on local sustainability projects to raise awareness and making an impact on our future.

In December 2020, we organized an Environmental Sustainability webinar open to all Intensivists and Anaesthetists across the West Midlands. We hosted an Anaesthetic Sustainability Day at UHNM on the 9<sup>th</sup> February 2021, where we discussed some key journals and presented some of our current projects, including inhalational anaesthetic gases and electricity use in theatre. Some of our work will be presented at the Trainee Prize Evening.

We have regular virtual meetings where we discuss ongoing projects and ideas for the future. There are plenty of project opportunities! We would love to expand our group – so if you are interested in environmental sustainability please get in touch with us! The time to act is now.

E-mail: [gain.uhnm@gmail.com](mailto:gain.uhnm@gmail.com)

## Trainee Excellence Awards

Congratulations to Dave Lee & Karthika Velusamy for your nominations in 2020/21. 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/>

They act as a boost for the nominee and looks great on their CV!

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. Contact [stokeschoolreps@gmail.com](mailto:stokeschoolreps@gmail.com)

## 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](mailto:help@rmbf.org)
- **Royal Medical Foundation**  
Tel: 01372 821 010 Fax: 01372 821 013  
Email: [caseworker@royalmedicalfoundation.org](mailto:caseworker@royalmedicalfoundation.org)