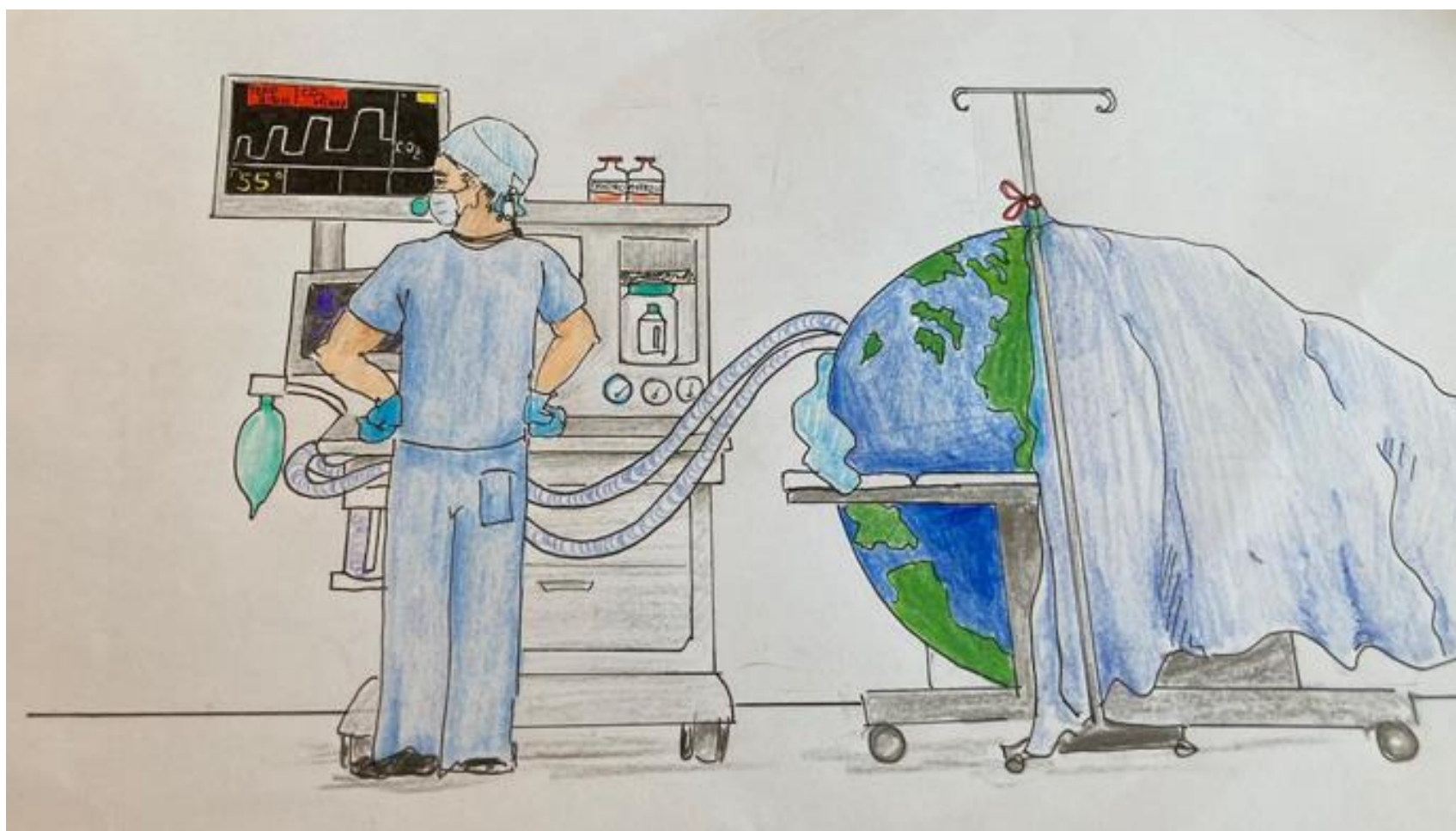




# CAT NEWS

October 2021



**"Global Malignant Hyperthermia"**

*Gill Crowe, SAT3*

# Tag Rugby Blitz



**16/10/2021**  
**UCD Rugby Pitch**  
**2pm**

Grab your friends and join us for the ultimate inter-Departmental show down!

No previous tag experience required

Entry Fee €10

All proceeds go to Pieta House

Food + Drink included

Register here -

<https://www.eventbrite.com/e/cat-tag-rugby-blitz-tickets-178359065767>



IRFU

pieta 

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# Editor's Note

*Sophia & Kirsten*

*CAT News Editor & Chair*

Hello everyone and welcome to the first edition of CAT news for the 2021/2022 year!

We would like to thank Gillian for her phenomenal work as CAT news editor last year and for handing on the torch (and the much needed tips!). Also, a big thanks to Carrie on her amazing and successful year as Chair; luckily we get to hang on to her for some moral support this year. As we bid farewell to the those leaving the CAT committee we also welcome a new superstar line up for this coming year.

We hope everyone has settled into their new jobs +/- new cities, this time of year brings with it plenty of upheaval and we wish everyone the best of luck with this change. We would also especially like to welcome the new SAT1 trainees to their first edition of CAT news, where we will hopefully aid your transition smoothly into the world of anaesthesiology.

This edition is jam packed with a plethora of compelling news and events from the anaesthesiology community.

First up, the inaugural Green Anaesthesia Week took place in September, organised by our very own Gillian and CAT alumni Tim, alongside the CAI Sustainability Committee. It was a flying success and it certainly got us all thinking about our own occupational impact on global warming, with a wealth of tips on how we as a speciality can improve our carbon footprint.

Additionally, we cannot forget to wish CAT a big happy birthday, as this year marks their 10 year anniversary and we include a lovely write up of the very informative and enjoyable anniversary event from May.

Other events starting off the academic year include the ICU4U cycle and the first year of the "Introduction to ICU: online lecture series". We include information regarding alternative training options for the SAT group, focusing on ICAT, LTFT training and new fellowship opportunities. Despite trying to slowly get back to normal living, the pandemic continues to affect our everyday life and although we have tried not to focus on it too much in this edition, we did feel it was important to include the perspective from a "beginner in a pandemic". As always, there is much interest in spreading information of fellowships past SATs have discovered both near and far, and in this CAT news we have managed to source two from total opposite ends of the globe.

Gilly has taken on the role as LAT co-ordinator and will be feeding you all the feel good stories from the trainee hospital sites for the year. We also include tricks to avoid over taxation, tips for online exams, resources for wellbeing and important calendar dates for exams & conferences.

As always, we the CAT committee represent you the SATs, so if there are any suggestions, feedback or features you would like included please get in touch!

We hope you enjoy the read 😊

[cat@coa.ie](mailto:cat@coa.ie)

[@AnaesTrainees](https://www.instagram.com/AnaesTrainees)

[Committee of Anaesthesia Trainees Facebook](#)

[Previous editions of CAT NEWS](#)



# CAT Committee

## Meet the new line-up for 2021/2022

*\*\* NEW committees added this year include a Health & Wellbeing Committee and HSE Liaison Committee \*\**

**Name: Kirsten Joyce**

**Role: Chairperson, Co-chair Trainee Sub-Committee of Forum**

Hi, I'm Kirsten and I'm delighted to have the opportunity to chair the Committee for the 2021/22 year. I'm currently a SAT 4 doing my paediatric rotation in Crumlin – my first job within The Pale! After getting over the initial culture shock, it's been great fun so far. I'm incredibly lucky to be working with such an enthusiastic crew on CAT this year and excited to see how best we can represent you.



In addition to the CAT, I also co-chair the Trainee Sub-Committee of Forum, which aims to speak on behalf of trainees across all the post-graduate training bodies to ensure standards of high-quality medical education and training are met.

Outside of work, I love to read (though not as much as I would like) and go for long walks in the beautiful Cork countryside with the Burgers (English Bulldogs) and the Large Ones (Great Danes).

**Name: Barbara Cusack**

**Role: Vice-chair, Health & wellbeing**

Hi everyone,  
My name is Babs. I'm a SAT6 trainee in St James's, and Dublin born and raised. One of my (hopefully fairly achievable) life goals is to be able to cycle or walk between where I live and where I work. I love Intensive Care despite my best efforts to shake it off in the hopes of a better work-life balance. I'm partial to a bit of Simulation and competency based education as well. I look forward to working alongside the other members of the CAT team this year.

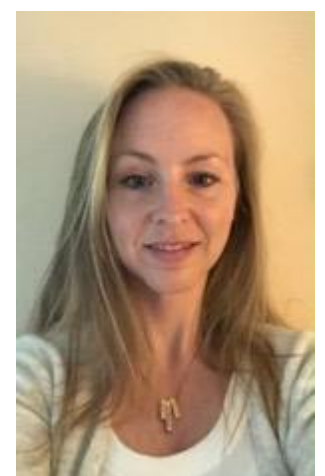


**Name: Gillian O'Keefe**

**Role: Treasurer, Sustainability**

Hi everyone, my name is Gillian and I am delighted to continue as CAT committee member. I am looking forward to continuing my role as Sustainability representative (#GreenAnaesthesiaWeek) and to begin my new role as Treasurer.

I survived my first year in anaesthesia despite the pandemic's best efforts and currently I am a SAT 2 based in my hometown of Cork (Up Cork!). When not at work, I'm usually holding (another) cup of coffee and trying to avoid stage 5 hypothermia by pretending that the Atlantic Ocean and I are friends.



**Name: Eva Corcoran**

**Role: Training Committee, Pain Medicine**

My name is Eva Corcoran and I am from Co. Galway. I studied Microbiology in NUIG before doing Medicine in Queen's University Belfast. I'm currently a SAT6 in Galway where I'm doing a special interest year in regional anaesthesia.

This is my second year on CAT and it's an honour to be a part of it. My role involves representing trainees on the training and pain medicine committees, where I look forward to helping address trainee issues.



**Name: Sophia Angelov**

**Role: Training Committee, CAT News Editor**

Hi everyone, my name is Sophia. I am from Dublin and I am half Bulgarian (hence the not so Irish surname!). I am currently a SAT3 in Mercy Hospital, Cork and I am settling quickly into the gorgeous Cork city lifestyle. This is my first year on the CAT committee and I am excited to be a representative on the Training Committee as well as bringing you all the exciting news of the SAT trainees and more through the CAT News.

Outside of work I love an ice-cold sea swim (warmer in Cork than Dublin!!), a paddle board if the wind plays ball, hikes and cycles and of course a heartwarming glass of red wine.



**Name: Bryan Reidy**

**Role: Intensive Care Medicine**

I'm a SAT7 working in the Mater ICU as an advanced clinical fellow. In January I head back to Beaumont before moving to Cambridge to do a fellowship in Royal Papworth Hospital next August. I am currently the ICU rep, sitting on the ICSI and JFICMI committees. It's been a great time to be involved as ICU gained specialty status and the training programme continues to grow.

When not at work (rarely) I can be found trying to get my dog to go for a walk or pottering around the kitchen attempting to make the perfect pizza dough.



**Name: Lauren O'Callaghan**

**Role: NCPA, HSE Liaison**

Hi everyone, my name is Lauren. I'm originally from Cork, and I am currently a SAT 5 in Tallaght. This is my first year on the CAT committee and I'll be the trainee representative on the HSE Liaison and National Clinical Programme for Anaesthesia committees. I'm looking forward to representing trainee issues and ideas on both of these committees, particularly as we begin to recover from the upheaval of the past 18 months. Outside of work I like an occasional dip in the sea, a nice gin and a spot of tag rugby.



**Name: Laura Griseto**

**Role: GAT Co-opt, Health & Wellbeing**

Laura Griseto SAT 6, CUH 🍀 🇮🇪

Interests: Paeds 🐻 Trauma 🦴 🚑 Sustainability ♻️ Well-being 🧘 🧑🏫 Collegiality

Outside work: Family 👨👩👧👦 Farm life 🚜 Dancing when I get the chance 🕺



**Name: Sinead O'Brien**

**Role: Education, Quality & Safety**

Hello! My name is Sinéad and I am a SAT 2 currently working in the Mater. This is my first year on the CAT committee and I have the role of Quality & Safety and Education representative. I'm really looking forward to getting started and working with the rest of the committee representing you all in the college.

Outside of work I am enjoying our (relatively) new found freedom and can be found eating and drinking my way around Dublin, or making the journey home to The Kingdom for a swim in the sea!



**Name: Gilly De Loughrey**

**Role: Examinations, LAT**

Hi everyone!

My name is Gilly, I'm from Co.Louth originally and currently back as a SAT 2 in my adopted home of Cork. This is my first year on the CAT and I am looking forward to being the trainee representative on the Exams committee and the LAT coordinator for this year. There are continued changes to our examination process with the roll out of online examinations and the recent changes in eligibility for examinations. I am also looking forward to working with the LAT representatives to foster a strong community looking out for trainee issues across all sites.

Outside of work, having been reacquainted with swimming and cycling during lockdowns, I am now trying to strike a balance with catching up on my social life too!!



**Name: Barry Singleton**

**Role: Pre-hospital & Retrieval Medicine**

My name is Barry Singleton and I am from Dublin. I studied law with philosophy and then medicine through the graduate entry programme at University College Dublin. I started the SAT programme straight after my internship and I am currently SAT 5 based at Cork University Hospital. In 2020, I graduated with a MSc Trauma Sciences from Queen Mary University of London.

This is my second time on the CAT, having been a co-opted member of the IMO NCHD Committee as a SAT 1. This time I am acting as the Pre-Hospital and Retrieval Medicine representative. My goals for my term include gathering data on trainees' experience of patient transfer, and to help develop training opportunities in pre-hospital and retrieval medicine.



**Name: Carrie Murphy**

**Role: Past Chair Co-opt**

Hi, I'm Carrie. I'm currently doing a SAT 7 Post-CSCST Fellowship in Intensive Care. I was lucky enough to be the Chair of CAT last year and I am delighted to be able to stay on in the immediate Past Chair position, to help however I can.

Outside of work and CAT, I'm known to live in Converse, listen to loud music and delighted to be able to have pints of Guinness again!





# A Year in Review – 2020/2021

*Dr Kirsten Joyce*

*CAT Chair 2021/22*

To say the last twelve months have been a whirlwind is a bit of an understatement. The year began with uncertainty, with pandemic cases dwindling during the summer months yet always rumbling in the background, never far from our minds. Academic literature – not to mention MedTwitter – was persistently saturated with COVID updates, and we were bombarded with ever-changing recommendations and novel therapies. While we were all hoping 2021 would follow a smoother course than what we had so far experienced, the third and largest COVID-19 wave hit us hard with many sites reverting to surge-rotas. I'm consistently amazed at the collegiality, plasticity and – dare I say it – “resilience” exhibited by trainees across the country in response.

## **On Call**

As admirable as the aforementioned qualities are, the unsustainability of a health service running on goodwill must be acknowledged. In both September and March last year, the CAT conducted an audit of the on-call frequency across all the training sites – spear-headed by previous Vice-Chair Dr Andy Purcell. The aim of this was to try and highlight vulnerable departments with an average call frequency greater than the minimum 1 in 6 as outlined in both the NCHD contract and Training Agreement. The results of this audit were presented to the Training Committee, who were very receptive and supportive. Our plan is to re-audit again this year, which we hope will assist in future manpower and workforce planning.

## **Exams**

With social-distance restrictions ongoing, this meant the introduction of a novel way to sit our exams. Our work with the Exams Committee resulted in a new online format, with the first sitting in August 2020 of the Joint Faculty of Intensive Care Medicine examination. As online examinations shall continue to be the norm for the foreseeable future, we hope to continually improve with the assistance of invaluable trainee feedback.

## **Careers Day**

In April we held the annual Careers Day, comprising of an Interview and CV workshop and the Career Progression Evening. There were great talks from experienced interviewers and consultants to clarify the often-daunting process of consultancy applications. A huge thanks goes to Drs Fidelma Kirby, Áine O’Gara and Prof Ger Curley for offering their advice and guidance, and to Dr Sinéad Campbell for organising the event.

## **CAT 10 Year Anniversary**

The year also represented the ten-year anniversary of the creation of CAT, and to commemorate this milestone the Committee organised an educational event in May which focussed on Mental Wellbeing and the 2019 AAGBI Guidelines on Suicide Amongst Anaesthetists. It was an evening of excellent talks and was very well received by those attending. Another special thanks to Drs David Moore, Anne Hennessey, Richard Duffy, Sean Casey and Chris Turner for presenting, along with our immediate past-chair Dr Carrie Murphy for organising. Some of the key points made were to **make** wellbeing a priority in the workplace, to promote a safe learning environment and to be honest and kind to your colleagues – with a special focus on those directly junior in the “hospital hierarchy”. In this same vein, this year the College has introduced a new initiative – the Health and Wellbeing Committee. We’re excited to see what they have planned!

## **On to the Future...**

As we move into a new academic year, the CAT is always interested in hearing your opinions and ideas. In 2018, we surveyed the SAT complement on their satisfaction with the scheme, post-CSCST aspirations, perceived mental and physical wellbeing along with any suggestions for improvement. This year we are re-surveying (in a post-/peri-pandemic era) to concentrate our efforts and delineate goals for the future. Please use this platform to have your voices heard! We look forward to working together this year; and crucially, hope to soon be able to revive a few CAT social events for us to reconnect!

# Green Anaesthesia Week

*Dr Gillian O’Keeffe*  
*SAT2, SIVUH Cork*



CAI Sustainability’s inaugural Green Anaesthesia Week was held on 13<sup>th</sup> September until the 16<sup>th</sup> September 2021.

The concept for Green Anaesthesia week was threefold.

**Firstly**, it was hoped to showcase the tireless work done by the CAI Sustainability Committee since its inception. Guided by the Sustainability Strategy, they’ve committed to recognising environmental safety as a key component of patient safety and have made great strides in promoting their message. CAT has long been a supporter of CAI Sustainability Committee’s message, advocating for sustainability as part of our core curriculum and providing a yearly CAT committee representative.

**Secondly**, it was hoped to connect with a community of likeminded healthcare professionals. There are several leading examples of innovators and champions who are already incorporating and promoting sustainable healthcare practices. We hoped to learn from their advice and practices.

**Finally** and most importantly, Green Anaesthesia week aimed to recognise climate change as the biggest healthcare challenge of this century. We hoped to begin a discussion on how we can incorporate greener, more sustainable practices into our everyday anaesthesia use; how we can personally make an impact. Though coincidental, a galvanising message from BMJ editors calling for immediate and emergency action to restore biodiversity and promote health felt like the perfect precursor to highlight Green Anaesthesia week’s message.

We were privileged to have a vast team of passionate speakers, both home-grown and from overseas, who helped create a series of CPD-accredited pre-recorded lectures each with its own sustainability theme. Their impressive biographies can be accessed [here](#).

The week was opened by CAI Sustainability Committee Chair Dr Donal O’Croinin and CAI President Professor George Shorten, with a focus on the current status of sustainable anaesthesia practice in Ireland. Immediate past-CAI President Dr Brian Kinirons outlined the Sustainability Strategy, while recent Delaney Prize Medal winner Dr Oscar Duffy discussed the first-ever national audit on volatile anaesthesia use in Irish hospitals. Dr Kevin Clarkson and Ola Løkken Nordrum discussed their fantastic results mitigating nitrous oxide use within Galway University Hospital. We were also honoured to have Irish MEP Grace O’Sullivan providing the European perspective on Climate Law and Healthcare as a whole. It was remarkable to hear the efforts and successes made by talented members of our own community.

As CAT Sustainability Rep, I chaired TIVA Tuesday’s discussion with Prof Mike Irwin and Dr Claire Nestor. Prof Mike Irwin is Professor and Head of Department of Anaesthesia in Hong Kong and author of ‘Taking on TIVA’; Dr Claire Nestor is a SAT trainee graduate, current Assistant Professor Consultant Anaesthesiologist at University of Hong Kong and a proud advocate of TIVA. The discussion journeyed through the use of TIVA, identifying common myths and addressed uncertainties about its use. Both discussed exciting new developments in TIVA use as well as providing tips and tricks that are a welcome addition to any anaesthetic arsenal.

## #GreenAnaesthesiaWeek.



*Dr Clare Keaveney Jimenez (SAT 2) using total intravenous anaesthetic during "TIVA Tuesday"*

Dr Tim Keady, CAI Sustainability committee member, CAT alumni, and Green Anaesthesia Week founder, chaired 'No Waste Wednesday' which illustrated new developments and strategies in international sustainable practice. Alifia Chakera, the lead Pharmacist for Theatres and Anaesthetic NHS Lothian, at NHS Scotland has won numerous awards for her latest project in mitigating nitrous oxide use across the UK. Her impassioned talk of her project left no question as to why it has garnered so many awards. Dr Rob Burrell, chair of Australia and New Zealand Sustainability Group discussed his team's impressive results in reducing their hospitals' carbon footprint through anaesthesia gases and also highlighted other ways we can include sustainable practices in theatres. We were also treated to scenes of New Zealand's beautiful surroundings and his talk ended in a novel way that is worth tuning in for alone!

The week ended in a live, virtual event, 'Town Hall'. Here we had a panel of speakers, chaired by Dr Donal O'Croinin and included Dr Kevin Clarkson, Dr Niamh Hayes, Alifia Chakera, Dr Rob Burrell, Dr Claire Nestor and Dr Oscar Duffy. The event was open to all healthcare professionals with an interest in greener practice. The team answered questions and discussed topics ranging from behavioural considerations to minimising nitrous oxide use, patients as being their own advocate for greener healthcare practices, to speaker's personal tips for living more sustainably. A guest appearance from Dr Rob Burrell's cat felt an appropriately lively and entertaining addition to an informative and exciting week.



*"Town Hall Thursday" chaired by Dr Dónall O'Croinin, with panellists Dr Kevin Clarkson and Dr Niamh Hayes*

All lectures and events were recorded and are still available to view [here](#). If you have any questions or are looking for further information on any aspect of Green Anaesthesia week, please contact [sustainability@coa.ie](mailto:sustainability@coa.ie)

Finally, with over 250 participants, Green Anaesthesia week ended with a promise of more to come.

# ICU4U Cycle

*Dr Patrick Seigne,  
ICM Consultant, CUH*

The ICU4U 2 cycle and education event was held in early September. It was the second year that it has been held. The theme this year was one of commemoration and remembrance of the sadness and tragedy that we have all witnessed in our ICUs, Hospitals and Nursing homes throughout the country during the COVID pandemic.

Six teams of cyclists, which included doctors, nurses and a large variety of frontline healthcare workers, travelled over two days from Belfast, Sligo, Galway, Limerick, Cork and Waterford to the Memorial Gardens in Islandbridge, Dublin. A significant amount of trainees were on each of the routes.



In the gardens, on a small lawn by the river, **7,485** white roses were placed in the ground to commemorate all the lives lost throughout Ireland, North and South, to COVID related illness. At 6pm that evening (Friday 3rd September) a small commemoration ceremony was held with all the cyclists and some families members. The event included a poem "Kingdom" that Imelda May had specially written for the occasion. There followed a minute of silence to remember all those lives lost.



The following day on Saturday, the display was open to the public and most of the roses were taken by families who had lost loved ones. Some roses were brought to Northern Ireland for a similar ceremony. Those that remained were distributed to local nursing homes and cemeteries.

**Over 150,000 Euros** was raised by the event for 4 Covid related Charities – **Alone** (older people supports), **Aware** (mental health supports), **Aware NI** and **Breakthrough Cancer Research** through generous sponsorship by a number of companies plus money given by donations.

The following day, Saturday 4th September, the ICU4U Education event was held in the College. The meeting included the **Kate Flynn prize**, a Scientific session and a Public session. There were 10 cases for Kate Flynn which was won by Dr Ian McBride from St Vincent’s University Hospital with a presentation titled “Diabetic Ketoacidosis with severe hypertriglyceridemia”. The Public Webinar again generated significant interest. It included talks by Dr Fiona Kiernan (Consultant Intensivist in Beaumont), Ms Christine Sheehan (an Advanced Nurse Practitioner in Galway) and finally a very interesting interview with Dr Judith Connolly (Consultant Anaesthesiologist in Tallaght University Hospital) who spoke candidly about her personal experiences with Long COVID.



# CAT 10-year Anniversary

Dr Eimear Keane  
SAT 4, MMUH

This year, we mark ten years since the inauguration of the Committee of Anaesthesiology Trainees. To recognise this important milestone, in May, CAT organised an anniversary event where we welcomed a series of stimulating speakers into a virtual space to address the salient topic of professional wellbeing. The event was a great success, with over 100 colleagues dialling in for the occasion from all corners of the island (and beyond).

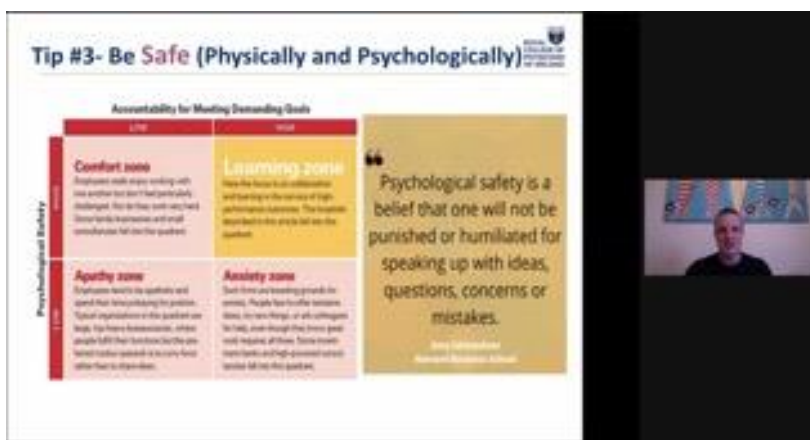


Dr David Moore of Beaumont Hospital opened the evening with an informative review of the history and evolution of CAT over the past decade. He recalled how CAT came from humble beginnings and has grown to be a respected and influential committee within the College of Anaesthesiologists of Ireland.

Dr Anne Hennessy then addressed key points from the recently published AAGBI guidelines on Suicide in Anaesthetists, which were published in late 2019 but whose wider dissemination was overshadowed by the pandemic. While suicide and mental ill health can be uncomfortable subjects to broach; these guidelines have given us a framework to support vulnerable colleagues, as well as increasing awareness around a sensitive but important issue by which the anaesthesiology community of Ireland has been tragically affected. It is appropriate that the committee makes it a priority that these practical guidelines are disseminated and internalised. For anyone who was unable to tune in on the night, please find a link for the guidelines here.

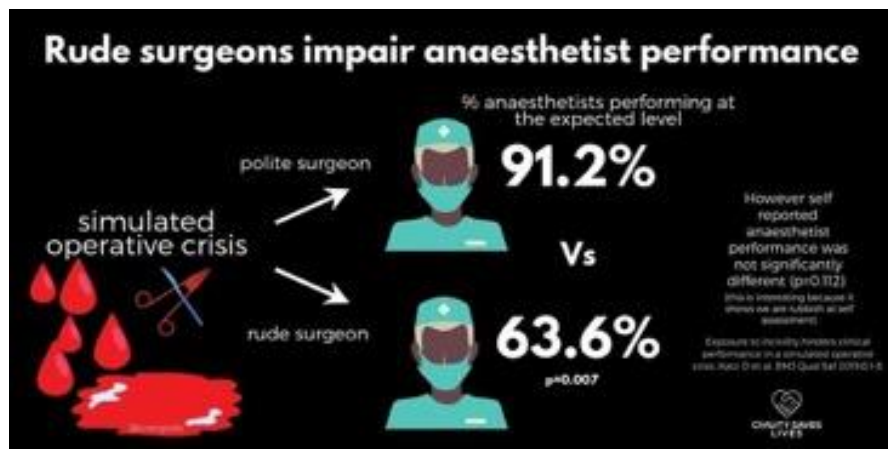
<https://associationofanaesthetists-publications.onlinelibrary.wiley.com/doi/full/10.1111/anae.14890>

Our next speaker of the evening was Dr Richard Duffy who is a consultant psychiatrist in The Rotunda and The Mater Hospitals. He brought us through some additional practical supports for colleagues in distress. The discussion was taken forward then by Dr Sean Casey, paediatric SPR in Temple Street Hospital. He has been heavily involved in a number of initiatives aimed at improving physician wellbeing in Ireland over recent years. Building upon earlier contributions, he shared some additional ways we can improve health and wellbeing in our respective departments.



The final speaker on the evening was Dr Chris Turner, Consultant in Emergency Medicine in the NHS in the Coventry and Warwickshire Trust, and 2016 founder of the campaign group Civility Saves Lives. He discussed the topic of civility and the impact of rudeness in a clinical environment. If you weren't able to tune into Chris's talk on the night, or are interested in learning more about the group's activities, further information can be found here.

<https://www.civilitysaveslives.com/>



The evening proved to be highly informative and thought-provoking, in a fitting way to mark the CAT decennial. Epidemiological circumstances in May prohibited a fuller celebration of the anniversary at the time, but the virtual event provided a welcome opportunity to connect with a large number of widely dispersed colleagues to mark an important occasion. Looking to the future, the CAT committee is in a strong position to continue to represent trainees within the college and to help in meeting the diverse challenges and opportunities that arise for colleagues in an evolving professional landscape, for the next decade and beyond.



# Advanced Clinical Fellowship Programme: Massachusetts General Hospital



*Professor George Shorten*  
*President CAI*



The College is currently finalising an agreement with the Department of Anaesthesia and Critical Care at MGH/Harvard to enable one or two CAI graduates annually undertake higher subspecialty training at MGH for one or two years. It is hoped that the College will be able to advertise this opportunity in October 2021 for a start date in July/August 2022.

The eligibility criteria will likely include the applicant either having current USMLEs or achievements which indicate “national renown”.

For this purpose, some measures of national renown include:

- Documentation of the beneficiary’s receipt of nationally or internationally recognized prizes or awards in the field of medicine
- Evidence of the beneficiary’s authorship of scientific or scholarly articles in the field of medicine published in professional journals, major trade publications, or other major media
- Published material about the beneficiary’s work in the medical field that appears in professional journals, major trade publications, or other major media (which includes the title, date, and author of such material)
- Evidence of the beneficiary serving as a speaker or panellist at medical conferences

Details for expression of interest will be available on the CAI website later this month.





# Introduction to Intensive Care Course

*Dr Bryan Reidy & Dr Carrie Murphy,  
SAT7 Post CSCST-Fellowship ICM*

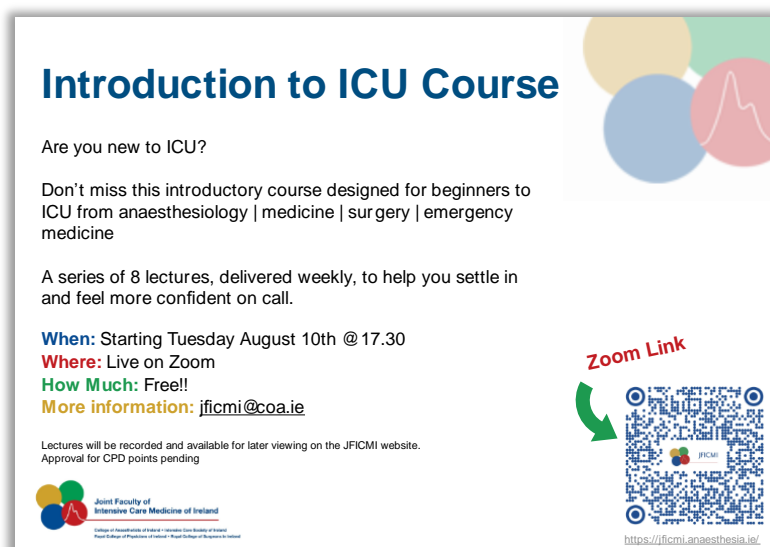
Changeover is often an exciting time, new hospitals, new colleagues and the hope of better coffee! However, it also comes with challenges of getting used to new systems, innumerable new passwords, and every couple of rotations - a new tier of call.

Perhaps one of the most daunting jumps is from first on call to ICU reg on call. Some will have the benefit of working in bigger units with a second person on for critical care but for many of us, we embark on ICU call solo.

While the early part of our training focuses largely on how to give a safe anaesthetic, a large chunk the middle years are frequently spent in intensive care units up and down the country. Making the transition from theatre to the ICU can be challenging and up until recently there had been no dedicated teaching to help support trainees as they made this move.

The 'Introduction to ICU Course' was designed to address, at least in part, the gap between theatre and ICU. Our aim was to give NCHDs some basic grounding in the theory and practice of intensive care medicine to make them better able and more confident to deal with the patients they encounter in ICU.

Working closely with Professor Ger Curley and the Joint Faculty of Intensive Care Medicine we compiled an 8-week programme of lectures covering the basics of ICU. Each lecture has been recorded and uploaded to the JFICMI website so that those who missed out on the live events can access the material at a time that suits them best.



**Introduction to ICU Course**

Are you new to ICU?


Don't miss this introductory course designed for beginners to ICU from anaesthesiology | medicine | surgery | emergency medicine

A series of 8 lectures, delivered weekly, to help you settle in and feel more confident on call.

**When:** Starting Tuesday August 10th @ 17.30  
**Where:** Live on Zoom  
**How Much:** Free!!  
**More information:** [jficmi@coa.ie](mailto:jficmi@coa.ie)

Lectures will be recorded and available for later viewing on the JFICMI website. Approval for CPD points pending.

**Zoom Link**



<https://jficmi.anaesthesia.ie/>

Joint Faculty of Intensive Care Medicine of Ireland  
 College of Anaesthetists of Ireland | College of Surgeons of Ireland  
 Royal College of Physicians of Ireland | Royal College of Paediatrics and Child Health

Date	Lecture	Presenter
10 <sup>th</sup> August 2021	An approach to rounding, examination and note-taking in the Intensive Care Unit	Bryan Reidy Brian Marsh
17 <sup>th</sup> August 2021	Airway Management in the Intensive Care Unit	Andy Neill Ger Curley
24 <sup>th</sup> August 2021	Oxygen, oxygen delivery and ventilatory support in ICU	Pierce Geoghegan Ger Curley
31 <sup>st</sup> August 2021	Shock, vasopressor and inotropes	Carrie Murphy Aisling McMahon Jennifer Hastings
7 <sup>th</sup> September 2021	Assessment of the acutely unwell patient outside of the ICU	Parvan Parvanov Andrew Westbrook
21 <sup>st</sup> September 2021	Common on-call issues in ICU	Jonathan Roddy Enda O'Connor
28 <sup>th</sup> September 2021	Acute Kidney Injury and Dialysis	Aoife Brennan Bairbre McNicholas
5 <sup>th</sup> October 2021	Transport of the critically ill patient	Carrie Murphy Sinead Galvin

We would like to thank everyone who has both contributed to and joined in on the lecture series to date. We look forward to building on the series going forward and adding to the resources available to support NCHDs as they start off their time in ICU. We would welcome any feedback or suggestions you have via email ([jficmi@coa.ie](mailto:jficmi@coa.ie)) or via social media (#IntrotoICU).

# Less than Full Time Training

*Jennie Shiels*

*Training Manager, CAI*



In 2013 the Department of Health's, Strategic Review of Medical Training and Career Structure (MacCraith) Interim Report recommended that "more flexible and differentiated approaches and options during training that take account of family, research or other constraints should be explored". The College supports the concept of less than full time training and more flexible training options for SAT doctors. The Training Committee of the CAI are aware that trainee circumstances are evolving and more flexible working options will be required. This is a priority for the Committee to work on over the next few years.

Over the last ten years the main flexible training option for doctors in training, was the HSE NDTP National Flexible Training Scheme. This scheme is still available for trainees across all Training Bodies from year 2 (BST/SAT) but it has a limited number of supernumerary places (currently 32 participants mainly at 50% of wte per year). The scheme aims to facilitate doctors to continue their training in a flexible manner for a set period of time, currently for a maximum of two years. Applications are submitted directly to the HSE NDTP usually around October/November and on notification to the Training Department of a successful application, they will be allocated to their nominated hospital. Recognition of training time will be in proportion to the hours worked e.g. 12 months working 50% of normal hours in a post will be recognised as equivalent to 6 months full-time training.

More recently it is acknowledged that training at 50% of normal working hours is not always feasible for training. The HSE NDTP have therefore introduced "less than full time training" (LTFT). What is LTFT? It covers any arrangement with reduced working hours for doctors, as agreed with the trainee's employer, their Training Body (CAI) and with funding support from the HSE NDTP.

From July 2021 the College were asked to participate in a small pilot programme with the HSE NDTP to offer trainees on the SAT programme less than full time training. As a result we have two trainees who are job-sharing one full-time post for the current training year. This is a bespoke arrangement but alternatives to this arrangement can be made. E.g. 2 trainees seeking a 4 day week (1.6 WTE) (.6 of LTFT fund required). Following completion of the pilot programme in July 2022 further information on future less than full time options will be available.

From January 2022 the College and Tallaght University Hospital will be participating in a "less than full time" pilot. This pilot is being funded by the HSE NDTP. Applications for the pilot have recently closed but further opportunities in other hospitals may be available following completion of the pilot programme.

In addition to the above, other training initiatives involving parental leave can be granted at the discretion of the HSE and individual training sites where feasible. Trainees must advise the Training Department in advance of taking parental leave.

# Workplace Based Assessments (WBA's)



*Jennie Shiels*

*Training Manager, CAI*

As part of the CAI's commitment to developing competency-based training as mandated by CAI Council and as a practical initiative that supports the CAI's core commitment to patient safety, WBAs were introduced in January 2021 on a pilot basis.

Since July 2021 they are a mandatory requirement for progression on the SAT programme. Trainees are required to complete a minimum of 5 WBA's per 6 months of training, at least one of each of the feedback tools - DOPS, CBD, Mini-CEX must be completed. The WBA form is available in the e-Portfolio for Training. Trainees are expected to meet and discuss the relevant WBA with their Tutor/Trainer within the Department, complete the form and submit it to their Tutor/Trainer for approval.

A number of WBA zoom support sessions for Tutors and Trainees have taken place in July and September. A step by step video on how to complete the form will also be available shortly. For more information on competency based training please visit the digital hub on the "my college" section on the CAI website available here: [www.thecaihub.com](http://www.thecaihub.com) or please contact the Training Department on [Training@coa.ie](mailto:Training@coa.ie) for any additional support.

**The e-Portfolio for Training was launched to all trainees in July 2020, it is also a mandatory requirement to complete your Logbook and Training Diary as part of progression on the SAT programme. Please continue to do this on a regular basis to avoid a delayed progression of training.**

# ICAT Announcement

*Professor George Shorten*

*President CAI*

New EU 1 million fund to support training of Anaesthesiologists as academic clinicians



The Health Research Board (HRB), the College of Anaesthesiologists of Ireland (CAI), and the Irish Clinical Academic Training programme (ICAT) have come together to boost research careers amongst Ireland's future academic clinicians.

The College and the HRB have agreed to jointly create a supplemental fund (EU 1M) to support ICAT Fellows who are on the anaesthesiology national training programme. Applicants who have been accepted onto or are currently on the Specialist Anaesthesiology Training programme will have the opportunity to become an ICAT Fellow. This is an exciting development, as previously not all short-listed applications resulted in a Fellowship due to the limited funding.

With this initiative, clinicians in anaesthesiology, intensive care and/or pain medicine will soon have further opportunities to pursue careers as academic clinicians and gain valuable skills in combining clinical research with their clinical practice.

The CAI core responsibility is the training of anaesthesiologists, and academic clinicians form part of its professional community. The CAI is delighted with this opportunity to strengthen academic leadership within the specialty and to produce academic clinicians in the disciplines of anaesthesiology, intensive care medicine and pain medicine.

**The next call for applicants for fellowships in July 2022 will open in Spring 2022.**

Potential applicants should check <https://icatprogramme.org/> for further details.

# Death and (Emergency) Taxes

*Dr Barry Singleton*

*SAT5, CUH*

Try as you might, no matter how organised you are, being put on emergency tax seems all but inevitable for an NCHD. For whatever reason, most hospitals are considered by Revenue to be completely different employers. This means having to negotiate tax credit and tax credit certificates at least once a year. Figuring out what you must do and when can be difficult while also moving hospital (and perhaps moving county as well).



The first thing to realise is that whether and how soon you have placed on the correct tax basis is not entirely within your control: it's up to your employer to do their part as well. By following the steps below however, you give yourself the best chance of having your tax sorted as soon as possible after changeover.

**Step 1:** Open a 'myaccount' with Revenue

Make sure you have opened and have access to a 'myaccount' with Revenue. This is practically a necessary step for everything that follows!

**Step 2:** Add your new job to you tax credit certificate

Employer numbers for all hospitals that employ NCHDs can be found at [www.hse.ie/employernumbers](http://www.hse.ie/employernumbers), along with whether they pay monthly or fortnightly. The only other piece of information you need the start date for your new job, which is be either the second Monday in January or the second Monday in July. This can be done as early as 1 January for changeover in July, so I highly recommend doing this as soon as possible. This should stop you being put an 'emergency tax' proper, but you can still be over-taxed (see below).

**Step 3:** Figure out when you will receive your last pay check from your current hospital

This is important because it will tell you when you can move your tax credits over to your new job. You can move your tax credits online, but in my experience ringing Revenue is quicker and more straightforward.

**Step 4:** Ring your new hospital and tell them to download you new tax credit certificate

Your new employer must apply your latest tax credit certificate if you're to avoid being placed on a 'Week 1' or 'W1' basis – and this is the part that's up to them. In my experience, most hospital only download certificate every so often, so it's worth reminding them to go and look once you've sorted things on your end.

Unfortunately, due to the fact most hospitals pay overtime in arrears, there's likely to be an overlap period with your tax credits are with one employer while you're receiving paychecks from both. But hopefully if you follow these steps, you'll avoid being overtaxed for any longer than that overlap period. Best of luck!

# A Beginner in a Pandemic

*Dr Orna Ni Choileain*

*SAT 2, University Hospital Limerick*

I am writing on behalf of last year's crop of beginners. We started our careers in anaesthesia in the height of a global pandemic and have finished the year in the midst of a ransomware attack. I'm sure I'm not alone in hoping these events will be once in a career occurrences. I graduated from Medicine in 2019, and had just over 6 months of my career as a doctor free from COVID. It seems like madness that I performed my first ever intubation as the anaesthetic intern in Beaumont using a Mackintosh without even a mask on!



I had been warned that the learning curve of the first six months would be steep, but no one expected the many conversations discussing our favourite FFP masks or that we would have gone so long without seeing one another's faces. And having started the scheme in CUH, I definitely did more cycling than I ever had before! I'm looking forward to the return of the more tame pint-focused indoor social events as we move towards life after zoom.

I'm sure I can speak for all beginners in saying we wouldn't have managed without the patience, support and good humour of our colleagues. I'd like to take this opportunity to thank all of you for welcoming us into the profession and for all the help last year. Thank you to the CAT who have kept us in the loop in a time when communicating with each other is more important but more challenging than ever! We were given great advice at the SAT induction - 'never say no to a coffee or a break', we will take that first lesson and the many others as we journey on in our careers.



# Fellowship Abroad – Southern Hemisphere

## Fellowship in Paediatric Anaesthesia Starship Hospital, Auckland, New Zealand

*Dr Tara Feeley*

*Post-CSCST Anaesthesiologist*

### Why do a Paediatric Anaesthesia Fellowship?

A paediatric anaesthesia fellowship has wide appeal, for those who may wish to work in the new National Children's Hospital or for those who have seen the light and realise there are many, many hospitals in Ireland outside of the Big Smoke. Want to live beside the sea and go surfing before work in Waterford? Hike the hills and horse ride along the shore every weekend and work in Donegal? The list goes on, but you get the picture - paediatric anaesthesia is a great option for post CCST training for careers in most hospitals.



### About Starship Hospital:

Starship Hospital is now 30 years old, originally built at the top of a volcano, in the form of a 'starship' around a large atrium. In a story familiar the world over, the planning didn't take into account the inevitable increase in population and clinical demand - the original design now has several 'additions'. It has 219 inpatient beds, seven operating theatres and several 'off the floor' anaesthesia sites including MRI, CT, radiotherapy, cardiac cath lab. We also provide the anaesthetic care for day case procedures in a satellite surgical site called Green Lane Clinical Centre.

### Fellowships at Starship Hospital:

The number, duration of, and type of 'fellowships' in Starship is variable. There is always a full paediatric anaesthesia fellow role and a separate PICU fellow role, which is 6 or 12 months in duration. There is also a combined PICU/Anaesthesia fellowship.

### Paediatric Anaesthesia Fellowship:

This is a wonderful opportunity to build on the paediatric anaesthesia training obtained during the SAT scheme. I will be working here for a year, and have been lucky to be offered a gradual introduction to working independently both at Starship main theatres, and also at Green Lane. Running our own lists as Fellows is an obvious way to make the transition to consultant level confidence and competence, and there is a good culture of asking for help across the board. Seeing senior anaesthetists call for help from each other sets the tone for 'no heroes here' attitude. As a Fellow, I provide consultant call cover at the weekends, with a 'real' consultant on standby from home. So far, I've had to call in consultants for several patients; a ruptured liver, pulmonary hypertension 'crashing' on to ECMO, non-accidental injury head trauma with neurosurgical intervention, the consultants give total support.

### New Zealand paediatrics:

There are some differences in the nature of paediatric presentations here. For all the wealth and advances in New Zealand, there is still astonishing poverty – with all of the complications that this brings. Housing quality here is, in general, of a very much lower standard than Irish homes. Starship Hospital provides care for Pacific Island nations such

as Samoa and Niue. We see abscesses, fungal infection and obesity that I certainly don't recall from working in OLCHC. Rheumatic fever and its complications linger in some pockets of the New Zealand population. There is also a distressingly high level of non-accidental injury here.

### What it's all about – the C.V.:

The department has several projects at any one time that fellows can get involved in; audits, quality improvement projects and others which are spearheaded by various consultants. There are the usual issues with obtaining ethics approval for any de novo project, and this can mean that any new arrivals may be better advised to join an existing research or audit project.

As we all know, there is a big emphasis in Irish consultant recruitment on research and publications. There is certainly possibility at Starship Hospital for an enthusiastic researcher to join forces with Professor Paul Baker or Professor Brian Anderson. Both of these have published widely in their fields and I have found both of them to be extremely helpful when it comes to getting the most out of my time in Starship Hospital.

Really the Fellowship is the bridge between SAT training and consultant roles. Consultant interviews will likely focus on what you as the interviewee can bring to their department. Topics such as your experience in management, education, research and all the pillars of clinical governance are discussed, and the fellowship is an excellent time to work on these areas of your career development.

### Practicalities of working as a Fellow in New Zealand:

The salary for a Fellow here is approximately \$150,000. In addition, there is a \$16,000 allocation for educational costs, such as conference fees and travel expenses; some IT equipment such as a laptop and phone can also be paid for out of this. The top tax rates are 33%. An important thing to remember is your pension – make sure that you apply for a career break before leaving your last role in Ireland to ensure that in your absence you are not placed on an inferior pension scheme. When you come to New Zealand, the District Health Board will match your pension contribution up to 6%, i.e. you would have a pension pot with approximately 12% of your salary per annum. This can be cashed in when you leave.

Auckland is an expensive city to live in, a two bed apartment costs on average \$3000 per month. Cycling is possible for transport but it is a city of volcanoes so lots of people use electric bikes. The bus service is very good. Parking is a bit of a nightmare at the hospital – some things are universal!

### Best bits:

Auckland city is spectacularly beautiful – miles and miles of coastline mean endless opportunities for sea swimming, stand up paddle boarding, kayaking, kite surfing. There are islands off the coast to explore, hills nearby to 'tramp', and within a day trip you can get to Cape Ranga at the Northern tip, or down to the sulphurous geothermal lakes and geysers of Rotorua.

The atmosphere in theatres is wonderful. First names are used for everyone, and on arrival, all staff (doctors, nurses, health care assistants, cleaners, CSSD staff) are given 5 cloth scrub hats with their name and job embroidered on.

The case mix and independent practice coupled with support and inclusion in the more unusual or interesting cases makes this a challenging role, that provides excellent training for taking on the role of consultant anaesthetist with responsibility for care of paediatric patients.



Jobs are advertised on <https://www.careers.adhb.govt.nz/> and <https://www.kiwihealthjobs.com>.

Visa information can be obtained from <https://www.immigration.govt.nz/new-zealand-visas/options/work>.



# Fellowship Abroad – Northern Hemisphere



## Fellowships in Vancouver, Canada

*Dr Coilín Collins-Smyth*

*Post-CSCST Anaesthesiologist*

Thinking about going to Vancouver for post-CSCST?

Well firstly, Vancouver General hospital (VGH) is probably your only option as the St. Paul's fellowships are not funded for non-Canadian fellows. VGH is the largest tertiary referral centre in British Columbia and is the centre doing the most complex work in most specialties except for heart transplantation.

There are 4/5 fellowship positions each year. One is a specific cardiac fellowship; one is a neuro fellowship and three are general fellowships. Your week is split up with two dedicated fellowship days, one non-clinical day and two non fellowship days where you will be running a theatre independently while a consultant has their non-clinical time. They are in the hospital but are not expected to be in theatre. These lists are variable but due to the nature of VGH, very few are simple lists and most ASA 1, 2 and some 3 patients have their surgery in other centres. There is plenty of support all the same. There is no weekend or on call commitment for any of the fellowships.

The fellowship days are based on which of the above fellowships you are doing. In cardiac, these days will be in the cardiac theatres, the Cardiac ICU or the transoesophageal echo service. You will be expected to do an exam in TOE during your fellowship. The CSICU module tends to be one month. The case mix ranges from coronary disease, valve repair/replacement with a reasonable amount of minimally invasive valve repairs. They also do aortic surgeries with approximately 2/3 thoracoabdominal cases per month. There is access to lung transplantation on call and other thoracic exposure. The general fellowships are directed by you. You will decide at the start of the fellowship the areas you would like exposure to: liver, regional, perioperative care etc. The only areas you cannot pick are cardiac, thoracic or neuro.

The final thing about fellowships in Vancouver is Vancouver. It's a great city, especially in the summer. It has ski slopes within the city for winter, and you are approx. 90min from whistler, one of the best ski resorts in the world. Pay is ok, better than USA but worse than Australia.

Let me know if you would like any more information. To discuss your interest formally, the coordinator is Katherine Garcia and can be reached at [Katherine.garcia@ubc.ca](mailto:Katherine.garcia@ubc.ca).

I am also happy to answer any other questions at [coilincollinssmyth@gmail.com](mailto:coilincollinssmyth@gmail.com)



# LAT news

## Mercy University Hospital – Shane O’Keeffe

The Mercy (small but mighty) crew have gone on their first social outing to the local Fran Wells Brewery and devoured the delicious pizza and pints. Poor Anne was the lone NCHD to sit the Membership written exam in September and we wish her the best of luck in passing. And of course, our own Donal O’Croinin (Consultant not SAT, but still) ran the successful first ever Green Anaesthesia Week!



## Temple Street – Bill Anderson

Temple Street crew would like to send their congratulations to Kieran Crowley on his marriage and Lauren Hughes on her recent engagement.

## SJH – Aine McCarthy

At SJH we’ve been busy with cannula requests and lots of teaching and there’s a good few preparing for both the membership and fellowship exams. With the restrictions easing we’ve managed to get over to Kenny’s a couple of times which will hopefully become more of a regular occurrence! Recently our rota maker and the CAT vice-chair Barbara tied the knot with her husband Paul, congratulations Barbara!

## UHL – Emma Garry

Things have gotten off to a literal flying start at UHL with a group outing to the national karting Centre. Kevin MacSweeney took home the gold on the night but perhaps the real winner was Ali Deasy, the safest driver of the group! We have also had a very successful coffee and gas with an amazing selection of home baked goods!



## CUH – Sarah Galea

It's been a busy few months at CUH, both personally and professionally. The team sends its congratulations to John O'Connell and Valentina Pacher on their recent respective marriages, to Dan Coffey on his engagement, and of course to new dad Murray Connolly on the safe arrival of his twin daughters.

We have welcomed an Olympian into our midst, and we send our warmest welcome and kudos to Carolyn Hayes for her performance in the triathlon in the Tokyo Olympics. The Club Velo departmental cycling meets just got a whole lot more competitive.



The departmental go-karting was a resounding success, with the predictable outcome that Andrew Maxwell left everyone for dust (almost certainly the driving gloves played a part), and Eoin O'Rathallaigh was left trailing - he hasn't uploaded it to Strava so we can't check but he almost certainly would have stood more of a chance if he had been running.

## Holles St – Alison Fahy

New arrivals aren't only limited to patients in Holles St this 6 months, with a new baby born to Jawad at the start of the rotation! Exam results for the MCAI are highly awaited & preparation for the FCAI is ongoing. The Sustainability week was enjoyed by all & we're glad to get back to the Gingerman for some socialising!

## Tallaght - Eoin Kelleher



The second half of 2021 got off to a good start in Tallaght University Hospital. A hybrid in-person/Zoom teaching programme is underway each morning. This 6 months also saw a change from 24-hour to 12.5-hour shifts at the weekend for those working in ICU, followed by rest days, which so far has been successful.

The ICU team also took part in the hospital's Sepsis Sim Wars, with Dr Pat Conroy unearthing previously hidden acting skills as the mannequin!

Finally, a sense of normality was restored with a (socially-distanced) outdoor departmental get together.

## UHW – Sarah Walsh

We were welcomed to the sunny South East by lots of sun during the summer heatwave! Dan treated us to weekly BBQs and pizza evenings to get the social activities off to a good start!

Congratulations to Mike O' Sullivan on his marriage to the lovely Rachel! Have a fantastic day!  
Also congratulations to Tommy on winning the recent DLR annual darts championship! We would also like to offer our commiserations to Maeve yet again for Mayo failing to win the All Ireland, better luck next year! :-)

We gathered a team of cyclists (Sarah, James, Sean, Tommy, Sudhir, Kim) to join the ICU4U cycle from Waterford to Dublin on the 2nd/3rd September. Unfortunately we lost Tommy in Kilkenny when duty called (ICU call). The rest of us pushed on and we were exceptionally glad to arrive safely at the Memorial gardens in Dublin. Cycling the M7 in Friday rush hour traffic was not for the fainthearted! But great event and for worthy causes! Special thanks to Dr Sudhir Consultant Anaesthesiologist/Cycle-ologist for bringing us on lovely evening cycles in the Waterford hills in preparation.

Finally, best of luck to all the exam candidates for this 6 months!

## SVUH – Neil McAuliffe

Spirits are high in St Vincent's as we slowly emerge from this wave of the pandemic and rediscover our social selves. Thanks in no small part to the efforts of the Johns, Darraghs et al by way of an almost weekly visit to the Merrion. Keeping it local and doing our best to contribute to the ongoing economic recovery. Our commitment is admirable. Congratulations to all involved in the thought provoking and inspirational Green Anaesthesia Week. It has caused many of us to join our very own Rob 'Tiva' Turner, in re-examining and re-orienting our practices toward a more environmentally friendly approach. Long may it continue.

Best of luck to all of those sitting the EDRA, EDIC, memberships, fellowships and all other exams in the coming months from all at SVUH!

## Coombe

Group Town Hall viewing for Green Anaesthesia Week →



**We love to hear from you! If you have any other good news that warrants celebrating – contact [lat@coa.ie](mailto:lat@coa.ie)**

# Exam Tips

As exams continue in an online format, these tips remain relevant!!

## The CAT Guide to Online Exams

### Before the exam



Pick a quiet, well-lit room. Make sure the temperature is comfortable.

Try to minimise external noise.

Make sure nobody is going to walk into the room during the exam, lock the door or put a sign up to be sure.

Have a watch or clock (smart watches/fitness trackers are not allowed)



Plan your desk set up, make sure your screen is at a comfortable height to avoid eye strain. After years of sitting in uncomfortable chairs for exams, treat your self.

If you have a mouse – use it! Clicking and tracking with a track pad for 2 - 3 hours can be tiring.

Practice typing - seriously. There's plenty of free resources online. Plan your timing! And stick to it

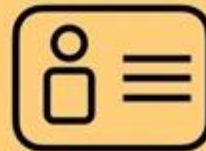
### On the Day



Turn off your phone, you don't need it buzzing in the corner as you try to concentrate.



Be sure your laptop is fully charged. If possible keep it plugged in during the exam.



Have your ID card and login details to hand.



No bathroom breaks allowed - plan accordingly!



Snacks - have something to nibble on to give you a glucose boost.

Proximity to your kitchen = endless possibilities



Use the chat function on the exam system - support is available in real time.

Email [exams@coa.ie](mailto:exams@coa.ie)

# GOOD LUCK

# Support Services

Despite our hopes that the pandemic would be a distant memory it still lingers on, this continues to be a stressful and intense time especially for SAT trainees. 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

With the nomadic nature of being a trainee doctor necessitating regular changes of scenery, it can be difficult to set down roots and register with a GP. The Irish College of General Practitioners has a national directory of GPs who have indicated their capacity to register NCHDs with their practice during their clinical rotations. You can easily access the map and directory here:

[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

This programme provides appropriate care and support for health professionals in Ireland who may have mental health issues such as stress, anxiety, or burnout or who may have a substance misuse problem. It is fully independent and separate from the regulatory bodies and employers. It has been endorsed by Memorandum of Understanding by the relevant professional councils and is supported by representative organisations and training bodies.

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



### Pieta House

A free and confidential service providing professional one-to-one therapeutic service for people who are experiencing suicidal ideation, people who have attempted suicide and people who are engaging in self-harm. They also provide free counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide.

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



### Samaritans

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Ireland, most often through their telephone helpline. They have 21 active sites with over 2,000 volunteers.

Call 116 123



### Employee Assistance and Counselling Service

The Employee Assistance and Counselling Service (EACS) is a national independent service that is available **free of charge** to all employees in HSE funded hospitals and community health organisations and divisions.

EACS provides confidential professional support and counselling to employees. This free service is provided to support employees at a time of difficulty with personal and or work-related issues.

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](https://www.ics.ac.uk/Society/Wellbeing/Society/Wellbeing_hub/Wellbeing_Hub.aspx?hkey=c4cc359f-caac-4198-b1f2-dabac29af11a)

## Apps

- **Insighttimer:** meditation app where much of the content is free with an endless supply of new content frequently being added. Users can browse between a range of popular wellbeing topics.
- **Headspace:** An app that makes meditation and mindfulness simple with an additional free programme aimed at specific pandemic stress.
- **Calm:** Focuses around meditation relaxation and sleep, with sessions anywhere between 3-25minutes to suit your schedule.

# Calendar

## Upcoming Exams

Title	Date of exam	Date of trial exam	Cost	Applications Close
MCAI MCQ	19/01/22	12/01/22	€600	17/12/21
MCAI OSCE/SOE	10/11/21	02/11/21	€800	12/10/21
FCAI Clinical	30/11/21	-	€700	08/11/21
EDIC Part 1	04/10/21		€480	TBC
EDIC Part 2	10/11/21		€680	TBC

## Courses and Conferences

Title	Location	Date	Cost	Link
ESICM LIVES	Virtual	03-06/10/21	€300	<a href="https://www.esicm.org/events/34rd-annual-congress-copenhagen/#:~:text=LIVES%202021%20will%20offer%20discussion,from%2003%2D06%20October%202021.">https://www.esicm.org/events/34rd-annual-congress-copenhagen/#:~:text=LIVES%202021%20will%20offer%20discussion,from%2003%2D06%20October%202021.</a>
AABGI Winter Scientific Meeting	Virtual	13-14/01/22	TBC	<a href="https://anaesthetists.org/Home/Education-events/Winter-Scientific-Meeting-2022">https://anaesthetists.org/Home/Education-events/Winter-Scientific-Meeting-2022</a>
Euroanaesthesia	Munich	17-19/12/21	€300*/€820	<a href="https://euroanaesthesia2021.org/">https://euroanaesthesia2021.org/</a>
Irish Pain Society ASM	Virtual	16/10/19	€20	<a href="https://irishpainsociety.ie">https://irishpainsociety.ie</a>
National Patient Safety Conference/KP Moore	CAI	12/11/21		<a href="https://anaesthesia.ie">https://anaesthesia.ie</a>
BASIC Course	TBC	18&19/11/19		<a href="https://intensivecare.ie">https://intensivecare.ie</a>
ICSI Winter Meeting	TBC	TBC		<a href="https://intensivecare.ie">https://intensivecare.ie</a>
Critical Care Reviews	Belfast	15-17/06/22	TBC	<a href="https://www.criticalcarereviews.com/">https://www.criticalcarereviews.com/</a>





“Experimenting with new CO2 absorption in theatre”

*Gill Crowe, SAT3*