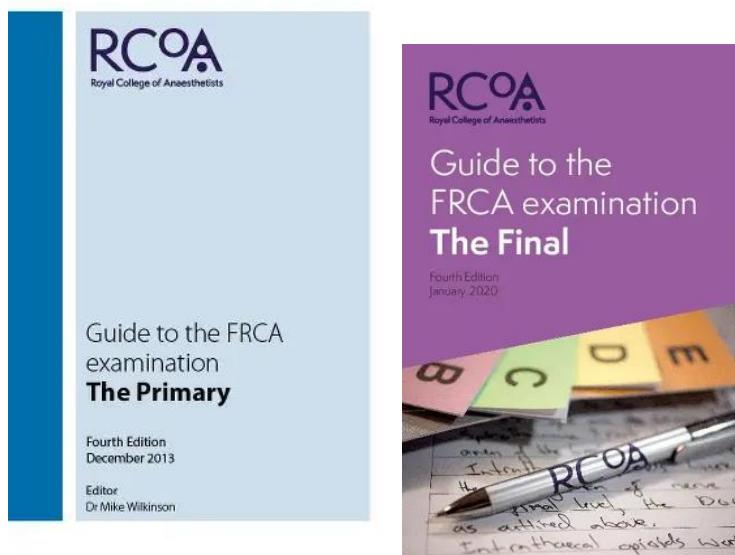


Mersey Regional Anaesthetic Teaching Programmes



Welcome to the NW school of anaesthesia, Mersey rotation. Throughout your training we will support your learning in many ways. This document lists the programmes that we offer and summarises what is covered alongside who they are aimed at. The programme leads are in each section and other useful contacts are supplied together at the end of the document.

All of these are approved for Study Leave and funded from the study leave budget, to remove all potential barriers (excluding annual leave and on calls) to attendance. All you need to do is book the leave with your department and register your intended attendance with Elena Wheeler. Your attendance is expected and you are obliged to attend the relevant programmes unless on nights or annual leave.

Stage 1

M-RSI

This is step one of our anaesthetic novice training and is a set of 4 sessions delivered by CT2/3s. It runs the month before starting CT1 and is delivered online in the evenings to allow attendance without requiring time off from current employment.

These sessions cover basic anaesthetic topics including anaesthetic drugs, equipment, pre-op and airway assessment, intubation/extubation. Importantly the aim is to keep things fairly superficial in terms of depth of knowledge and will act as an excellent grounding to the knowledge required for those first few days/weeks in anaesthesia.

J_wyatt92@hotmail.co.uk

BASICS

This is a monthly event that runs all day and is held, for the majority, at Whiston Hospital in Nightingale House. The day will be made up of several presentations by various consultants from across the Mersey region. The aim of this course is to supplement the knowledge base that is required for the Primary FRCA exam and link these topics to example questions that you should

expect in the exam. There are a couple of refreshment breaks and a scheduled long lunch break, with the aim that all attendees get the opportunity to spend time in a more relaxed social setting sharing any experiences, advice and support to each other.

3 times per year, the day is held at Duke Street Market in Liverpool city centre. The morning will be presentations as normal but the afternoon will be more of a well being session with different events/presentations and time to socialise/catch up with each other.

Ian.smith@merseywestlancs.nhs.uk

BASICS 2

This course as a full day programme ran once a year and is aimed at trainees taking the oral part of the Primary. It is run at the Royal Liverpool Hospital with focus on the second part of the primary with OSCE stations ie history taking , communication , equipment stations and Viva practice on physiology , pharmacology , physics and clinical cases

Mruga.Diwan@liverpoolft.nhs.uk

OSCE practice half day

The Primary FRCA Mock OSCE course is a half day teaching programme in which participants alternate between the role of examiner and candidate to gain invaluable exam practice. Participants will be given 3 stations to prepare in advance of the course and, will then have the opportunity to examine others to gain an appreciation of the OSCE from the examiner's perspective. They will also be able to partake in a mock OSCE, which mimics the high pressure and strict timings of the real exam. The variety of stations aims to provide an insight into areas of improvement to help guide ongoing revision. Candidates will also be given mock stations to take home to practice in their own time following the course.

Sreela@hotmail.co.uk

EASE

This is a one day simulation course that is ran 4 times over the year. It is held at Aintree, Whiston and Arrowe Park Hospitals in their respective simulation centres.

This course uses a simulated environment to facilitate both individual and group experiential learning for Anaesthesia Core Trainees, giving them the opportunity to participate in a number of immersive scenarios and debriefs, guided by subject matter experts.

Numbers are limited per day to allow for maximum experience and learning.

Sarah.fadden@liverpoolft.nhs.uk

heatherblack@nhs.net

Well being

Social evening for CT trainees to provide an opportunity to get to know each other and meet the other core trainees in CT2/3 along with some of the trainers within the region. This will open up avenues of support for the future and help new starters to the speciality feel included and welcome.

Afternoon of BASICS day 3 times a year is well being events with a seasonal twist.....

Regional TPD for wellbeing: Estherdicker@nhs.net

PAIN DAY

This is an all day course ran once a year (occasionally twice) and is delivered virtually by one of the regions Pain specialists. It is aimed at Core trainees and sets out to provide a grounding in pain knowledge for the primary FRCA. It is open to all CT trainees.

Rajiv.malhotra@liverpoolft.nhs.uk

Basic Obstetric Anaesthesia Study Day (BOAC)

This one day course is theory based aimed at CT2 trainees that are about to embark on their first obstetric placement of their training. The course covers obstetrics for the primary FRCA and to prepare CTs for their obstetric anaesthesia blocks. Sessions cover Basic principles, anaesthesia and analgesia and obstetric complications. The day is usually held at Liverpool Women's Hospital and runs twice per year.

carolwild@doctors.org.uk

EASE – Obstetrics

This is a simulation day aimed at CT2 trainees that are due to go on their first obstetric placement, or at the beginning of this placement. It is made up of six simulations over the course of the day with increasing complexity. They cover all the main obstetric emergencies and/or complications that you may come across during your time in the sub-speciality. The day is held at Leighton Hospital and runs 3-4 times a year. Numbers are limited per day to allow for maximum experience and learning.

Paediatric Anaesthesia Study Day

This is a full day course open to all core trainees and is run twice per year. It is held at Chester Hospital. The day consists of a morning of talk covering topics that include anatomical and physiological differences between adult and paediatric patients, Pre-operative assessment and Paediatric Difficult airway management. The afternoon consists of several practical workshops that cover Paediatric Airway Management, IO access, WETFLAG calculations and Paediatric Airway management.

Amit.dawar@nhs.net

CT3 Training Days

This is a series of 6 training days that are co-ordinated by a senior trainee aimed at preparing CT3's for higher training. The day is made up of a series of talks delivered by various specialists and cover topics including Leadership and careers, Safeguarding and QI. The final 2 days of the programme are simulation days that are made up of scenarios or situations that you may face as an ST4.

These days are held at various locations across the deanery depending on the speakers involved. The simulations are held at Aintree or Whiston Simulation centres.

Emma.Welfare2@liverpoolft.nhs.uk

Introduction to Regional Anaesthesia Course (RANT)

RANT is aimed primarily at CT1s or those with limited exposure to regional anaesthesia. It covers the basic theory of physics and pharmacology, followed by 5 stations in rotation. These stations provide real scanning experience of volunteers and covers all the main blocks. There is also a station with the needle trainer to learn and practice needle techniques. This is a precursor to the RAFIT course that is available in stage 2. It is held at Aintree Hospital.

Thomas.miller@liverpoolft.nhs.uk

Airway Course

This is a one day course that runs annually for all core trainees (priority is given to CT1's) and held in Kent Lodge at Broadgreen Hospital. The day combines lectures for theoretical knowledge sharing followed by several practical stations where you can practice a number of airway skills. Topics covered include the unanticipated difficult airway, planning for the anticipated difficult airway and tracheostomy tube management.

Robin.wingate@liverpool.nhs.uk

Perioperative Medicine Course

This course is 1 day that runs annually and is held at Arrowe Park Hospital. It is aimed at all CT trainees and covers the perioperative/ health promotion topics that are contained within the stage 1 curriculum. This is delivered by a number of lectures and case studies.

Elizabeth.huddletone@nhs.net

Sedation Course

The Chester Sedation Study Day aims to deliver the essential knowledge and skills outlined in the RCoA's Sedation HALO, through a mix of theory lectures, case-based discussions, and workshops. It is primarily aimed at Stage 1 Anaesthetic trainees, but is also open to senior trainees and doctors from other specialties including ICM and ED.

Contact: Beth Perritt (elizabethperritt@nhs.net) or (matteo.ferrari@doctors.org.uk

All trainees are also provided with access to the following online resources:

FRCA Reveal

Online App for SOE revision

Deanery trainees can access this for the duration of their training by contacting frca.reveal@gmail.com

www.onexamination.com

A 3 month pass for access to Exam Questions for revision

Deanery Trainees preparing for the Primary FRCA and Final FRCA can request free access to the above by contacting the school administrator at Elena.Wheeler@mft.nhs.uk

Stage 2

MAFIT 1

This course consists of a programme of full day sessions that cover the theory required within sub-specialties of anaesthesia for the Final FRCA exam. The days are made up by a series of lectures/discussions given by consultants from within the region. They will be held initially at Whiston Hospital but will then rotate in venue around the various regional centres. Topics covered are General, Neurosurgery, Paediatrics, Pain, Obstetrics, ITU, Cardiothoracics and trauma/vascular.

Catherine.gerrard@merseywestlance.nhs.uk

MAFIT 2

This runs twice a year in the run up to the final written exam. It is designed for trainees on the cusp of taking the exam (the next sitting) and is an intense

session to aid preparation and maximise readiness to sit it. The sessions run for 12 weeks on consecutive Mondays (excluding BH) between 9am-12pm. The sessions are delivered virtually.

Nicholas.airey@gmail.com

MAFIT 3

Is aimed at Mersey trainees just about to sit the Final FRCA SOE vivas. It is organised twice a year, once for each sitting of the SOE (usually June & December). We currently organise 5 sessions on each Thursday leading up to the SOE exam week. The sessions are all delivered virtually.

On each Thursday from 0900hrs to 1230hrs, there are 2 rounds of viva practices. Each round lasts for 80-90 minutes. Each examiner will ask their questions in the “1 long case and several short cases” format during each round.

Daniel.yeo@liverpoolft.nhs.uk

EASE Paediatrics – Emergencies in Anaesthesia

Is aimed at ST3/4 trainees to increase their confidence within paediatric anaesthesia and is run twice per year. The course format starts with 6 short simulations that each involve a debrief at the end. These are followed by a Q&A session with all faculty available to answer any questions. The afternoon consists of 1 short sim and two longer sims also with a debrief after each. The simulations cover multiple paediatric emergencies along with NAI.

Safeguarding is also discussed as can be a tricky area to get evidence for in your portfolios. Each trainee leaves the course with a CBD and an A-Cex.

hobsonjm@gmail.com

Regional Anaesthesia for Intermediate Trainees (RAFIT)

This is a day of focussed Regional Anaesthesia training for pre-final FRCA trainees. It covers recommended plan A blocks and the most frequently used nerve/field blocks. It provides hands on experience (on volunteers) alongside discussions that based around the surgery specific Regional Anaesthesia. It is held at Whiston Hospital.

Thomas.miller@liverpoolft.nhs.uk

Chest Drain Masterclass

This full day course is run annually at The Sir Ken Dodd Knowledge & Education Centre, Liverpool Heart and Chest Hospital, Liverpool. The masterclass consists of a combination of short lectures that cover anatomy, chest imaging techniques and the theory of chest drain insertion. These are followed by a series of practical workshops that allow experience of the insertion of both seldinger and surgical drains, using a simulator +/- sheep carcass.

Please note that this is not paid for by top slice at the current time but study leave can be applied for to cover the fee

Clare.quaterman@lhch.nhs.uk

SOE Preparation Course

This course is an intense practice day for anyone sitting the final viva. We have facilitators (post FRCA trainees or consultants) who provide candidates viva practice on basic science and clinical topics. The topics are those that have been covered in previous RCOA final exams or covered on other exam preparations courses. This event is held at Aintree Hospital Education Centre running from 8am until 6pm.

soepracticeday@gmail.com

Stage 3

Senior EASE Paediatric Course This is a new course that was held as pilot day last year. There are plans for this to be repeated this year following good feedback. The course provides a more in depth look into the paediatric emergencies and cases that you could find yourself faced with as a more senior trainee.

hobsonjm@hotmail.com

Post Fellowship Meeting

The Post Fellowship Meeting is a bi-monthly meeting for trainees who have completed the FRCA Final Examination. Typically running from 9am-3pm, the aims of the day are to provide post fellowship trainees with a regular day of CPD (the event is usually accredited with 5 CPD points from the Royal College of Anaesthetists), alongside the opportunity to catch up with other registrars in the region. The programme for each meeting is varied, covering many different subjects including clinical topics related to anaesthesia, careers advice and non clinical topics such as leadership and management.

postfellowshipmeeting@gmail.com

Courses supported for study leave time and money include (but only if remaining funds from your budget allow):

Mersey School of Anaesthesia courses. Information about the courses they offer and all other required information can be found on their website

Home - MSAMSA | Mersey School of Anaesthesia

Places are limited and always in high demand.

The MSA advises that, as soon as you are considering the exam, you 'Register your Interest' on the MSA website when the course becomes available.

Doing so ensures you are added to the Mailing List to receive further information and details about the application process when the time comes.

Applications submitted within the first 24 hours by Mersey Resident Anaesthetists can be prioritised before the remaining places are allocated - typically on a first-come, first-served basis.

Contacts:

Head of School: Dr Geraint Briggs : geraint.briggs1@nhs.net

Associate Head of School : Dr Janet Slee janet.slee@merseywestlancs.nhs.uk

RCOA RA: Dr Andrew Marchetti a.marchetti@nhs.net

RCOA Deputy RA: Dr S Swaraj Seshapillai.Swaraj@liverpoolft.nhs.uk

Core TPD: Dr Carol Kenyon carol.kenyon1@lwh.nhs.uk

Higher TPD: Dr Catherine Gerrard catherine.gerrard@merseywestlancs.nhs.uk

TPD – Quality: Dr Andrew Marchetti a.marchetti@nhs.net

TPD Wellbeing : Dr Esther Docker estherdocker@nhs.net

TPD Examinations: Dr S Swaraj Seshapillai.Swaraj@liverpoolft.nhs.uk

TPD Education: Dr Catherine Gerrard catherine.gerrard@sthk.nhs.uk

Anaesthesia Co-ordinator: Elena Wheeler Elena.Wheeler@mft.nhs.uk

Venue Details

Whiston Hospital:

[Mersey and West Lancashire Teaching Hospitals NHS Trust - MWL NHS | Contact Us \(merseywestlancs.nhs.uk\)](https://www.merseywestlancs.nhs.uk/contact-us)

Whiston Hospital
Warrington Road
Prescot
L35 5DR

Nightingale House is accessed from a separate building across the car park from the main entrance and up the ramp.

Duke Street Market:

46 Duke Street,
Liverpool,
L1 5AS

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

Arrowe Park Hospital:

Arrowe Park Road
Upton
Wirral
CH49 5PE

[Arrowe Park Hospital | Wirral University Hospital NHS Foundation Trust \(wuth.nhs.uk\)](http://Arrowe%20Park%20Hospital%20%7C%20Wirral%20University%20Hospital%20NHS%20Foundation%20Trust%20(wuth.nhs.uk))

Liverpool Women's Hospital:

Liverpool Women'sNHS foundation trust
Crown street
Liverpool
L8 7SS

[Contact Us - Liverpool Womens NHS Foundation Trust](http://Contact%20Us%20-%20Liverpool%20Womens%20NHS%20Foundation%20Trust)

Leighton Hospital:

Middlewich Road
Crewe
Cheshire
CW1 4QJ

[Leighton Hospital :: Mid Cheshire Hospitals NHS Foundation Trust \(mcht.nhs.uk\)](http://Leighton%20Hospital%20%3A%3A%20Mid%20Cheshire%20Hospitals%20NHS%20Foundation%20Trust%20(mcht.nhs.uk))

Countess of Chester:

Countess of Chester Hospital NHS Foundation Trust
Countess of Chester Health Park
Liverpool Road
Chester
CH2 1UL

[Find Us | Countess of Chester Hospital \(coch.nhs.uk\)](http://Find Us | Countess of Chester Hospital (coch.nhs.uk))

Broad Green Hospital:

Thomas Drive
Liverpool
L14 3LB

[Liverpool University Hospitals NHS Foundation Trust \(liverpoolft.nhs.uk\)](http://Liverpool University Hospitals NHS Foundation Trust (liverpoolft.nhs.uk))

Aintree Hospital:

Aintree University Hospital
Lower Lane
Fazakerley
Liverpool
L9 7AL

Alder Hey Hospital:

Eaton Road Liverpool,
L12 2AP
Use L14 5AB on sat-navs for main East Prescot Road car park

Getting here and car parking - Alder Hey Children's Hospital Trust