Advanced Training in Regional Anaesthesia and Orthopaedics
Start Date: August 2016
Tenure: 6 months

Summary of Post

At York we offer an advanced training block in regional anaesthesia and orthopaedics. There are so many overlapping competencies from these two modules in the 'general duties' block that it makes logistical sense to combine them in a single training block. It is anticipated that this module should be of six months duration.

On completion of the programme, the trainee should have the level of knowledge and experience to be able to provide competent and safe independent performance of a variety of central and peripheral regional blocks, be able to provide advice to colleagues on the appropriate practice of regional anaesthesia, and be comfortable in the management of complex orthopaedic procedures. Additionally, they will have an understanding of the running and time management of regional lists, and the role of the Block Room. There will also be opportunities for audit, service improvement projects, and research.

Completion of this module will show a level of competency suitable for the trainee to take up a post of Consultant Anaesthetist with an interest in regional anaesthesia and orthopaedics.

Training objectives

Regional Anaesthesia

- Gain mastery in a wide range of regional anaesthetic techniques using a variety of methods to assist in the identification and safe placement of needles and catheters, including in-depth understanding of the place and use of ultrasound
- Gain mastery in the management of surgical lists in which regional anaesthetic techniques have a major role in the peri-operative anaesthetic care and in doing so demonstrating the necessary leadership, communication and team-working skills necessary to ensure this benefits both the patient and the organisation

- Integration of regional anaesthetic techniques into acute pain management in surgical, trauma and medical patients where appropriate
- Gain maturity in understanding the importance of utilising the time allocated to clinical sessions effectively, optimising throughput whilst not compromising patient safety
- Gain the necessary maturity to guide the choice of audit cycles/quality improvement projects in developing practice
- Becomes familiar with recent developments in regional anaesthesia, to evaluate these developments and to advise colleagues of useful changes in practice
- Becomes a balanced advocate for the use of regional anaesthetic techniques

Core clinical learning outcomes*:*

- To be capable of undertaking a wide variety of regional anaesthetic techniques independently; this implies an ability to:
    - Provide perioperative anaesthetic care to a wide-range of surgical cases performed under regional anaesthesia, demonstrating a fundamental understanding of the problems encountered
    - Show the decision making and organizational skills required of an anaesthetist to manage busy operating sessions that involve patients having regional anaesthesia as part of their anaesthetic planned care
    - Assist colleagues in decisions about the use of regional anaesthesia in difficult situations and where their use might be controversial
    - Provide teaching to less experienced colleagues of all grades
- Provide advice to colleagues on the appropriate practice of regional anaesthesia

Orthopaedic Anaesthesia

- Gain mastery in the delivery of safe and effective perioperative anaesthetic care to patients undergoing complex orthopaedic procedures
- Gain mastery in the management of major orthopaedic surgical lists and in doing so demonstrating the necessary multi-disciplinary leadership, communication and team-working skills necessary to ensure the care

delivered benefits both the patient and the organisation

- Gain maturity in understanding the importance of utilising the time allocated to clinical sessions effectively, so maximising patient throughput whilst not compromising safety
- Gains the necessary maturity to guide the choice of audit cycles/quality improvement projects in developing practice
- Becomes familiar with recent developments in perioperative anaesthetic care to this area of practice, to evaluate these developments and to advise colleagues of useful changes in practice

Core clinical learning outcomes*:*

- To be capable of undertaking the perioperative anaesthetic care for a wide variety of complex orthopaedic cases [including major spinal cases +/- pleural breech] and list management independently; this implies an ability to:
    - Provide perioperative anaesthetic care to a wide-range of surgical cases demonstrating a fundamental understanding of the problems encountered
    - Show the decision making and organizational skills required of an anaesthetist to manage busy operating sessions that involve patients having major orthopaedic surgery and ensuring that the care delivered is safe and timely, benefiting both the patient and the organisation
    - To assist colleagues in decisions about the suitability of surgery in difficult situations
- Provide teaching to less experienced colleagues of all grades

General details of the post	
Title of Post	Advanced Training in Regional and Orthopaedic Anaesthesia
Location of Post	York Hospital
Primary Responsibility	To provide regional anaesthetic services, on primarily orthopaedic, vascular or breast surgery lists.

Accountable to	Clinical Director of Anaesthesia
Reporting to	Dr Harry Murgatroyd
Working with	Established regional anaesthesia consultants, orthopaedic, vascular and breast surgical teams, and Clifton Moor ISTC.

Person Specification		
Requirements	**Essential**	**Desirable**
Qualifications	FRCA	
Clinical Experience	ST5+	
Clinical Audit and Research	Proven track record of audit and knowledge of research	Previous research experience
Teaching Experience		PGCME or equivalent
Management and Administrative Experience		
Other Attributes		

Full Details of the post

Hospital Details
York Hospital is part of York Hospitals Teaching NHS Foundation Trust consists of three main hospitals York, Scarborough and Bridlington and a number of smaller community units. The Trust provides acute and community services for approximately 530,000 people living in and around York, North Yorkshire, North East Yorkshire and Ryedale – an area covering 3,400 square miles. York Hospital is part of the joint undergraduate Hull and York Medical School.

Department Details
York is a progressive department which currently has 44 Consultants, 5 Specialty Doctors and around 20 trainees. The department provides a wide range of anaesthesia (both elective and emergency) for most specialties, a 18 bedded ICU as well as acute and chronic pain services. Since 2011 there has been a progressive integration with the Scarborough Anaesthetic department giving rise to opportunities to work across all three hospitals.

Sub Specialty Details
There are sufficient lists undertaken at York to support an advanced trainee in regional anaesthesia, and this is an excellent opportunity to advance a trainees expertise and skills. There is a body of anaesthetists experienced and enthusiastic about regional anaesthesia and orthopaedic anaesthesia. The two-theatre independent sector treatment centre (ISTC) at Clifton Moor provides an excellent facility for independent practice with nearby supervision. There are currently two shoulder surgeons, two ankle and foot surgeons, and one

hand surgeon, each with two days in theatre per week. There are four hip and knee surgeons, though most major joint replacements are currently performed without peripheral nerve blockade.

Overview of activity - regional heavy lists*

Monday

Whitaker – hands/wrists - day 1

Tuesday

Boyle - shoulders/elbows- day 1

Williams - shoulders/elbows - ISTC

Wednesday

Williams - shoulders/elbows - th 2

Boyle - shoulders/elbows - ISTC

(often) Stanley – foot/ankle - ISTC

Thursday

Whitaker – hands/wrists - ISTC

Friday

Budgen - foot / ankle - ISTC

*Notes -

- This list does not include the hip / knee surgical lists, of which there are at least one per day.
- There are also additional 'peripheral' orthopaedic lists to these, though their position in the week varies.
- There are also breast lists (including major flap surgeries) that would be amenable to paravertebral blockade, and abdominal lists amenable to transversus abdominis blockade, and vascular lists with a variety of potential regional anaesthetic opportunities.

Clinical Experience During Placement

Supervised clinical practice

The majority of training will take place in the operating theatre. Trainees will be supervised by the ATM supervisor or another consultant, with the level of responsibility delegated increasing with the trainees experience and progress.

‘Away days’

York Hospital cannot, at present, offer exposure to;

- major spinal cases with pleural breach
- a Block Room
- a well developed programme in plexus catheter placement and management

We will negotiate with the neighbouring tertiary referrals centres at Hull and Leeds to arrange attendance at elective lists that will offer this exposure.

Other opportunities

Acute pain service

York Hospital has a well-developed consultant led Acute Pain Service, which the trainee will participate in, aiming to lead the acute pain round by the end of the module.

Obstetric preassessment clinic

On Monday afternoons, there is a consultant led obstetric preassessment clinic where patients with a variety of premorbidities are referred. As a matter of routine, these patients undergo spinal ultrasound assessment. The trainee will be encouraged to attend this session to practice neuraxial ultrasound.

Appraisal and assessment

Appraisal will be conducted by the ATM supervisor on a regular basis, and a formal assessment of the training in regional anaesthesia will take place at the end of the attachment. This will take the place of formal DOPs.

Whilst a rigid number of blocks to be performed will not be set, the target will be to

perform the number that would be required should the trainee wish to undertake the ESRA diploma; namely 150 neuraxial blocks, 75 mixed upper limb blocks, 75 mixed lower limb blocks, and 30 other blocks (including paravertebral, abdominal wall, etc). It is anticipated that the trainee will already have performed a significant number towards this target, but the extra exposure during this module should help them exceed this number.

The trainee will be encouraged to manage regional lists and this can be documented using ALMATs. It is expected that any difficult or noteworthy cases will be presented as a CBD with one of the consultants with an interest in regional anaesthesia. A logbook should be maintained as per RCOA guidelines. Additionally, the trainee will be encouraged to build a 'library' of cases captured from the ultrasound machine, demonstrating the appropriate anatomy and needling technique.

On completion of the module, the trainee will present a 'top tips' lecture to either a Clinical Governance meeting or Journal Club, on what they have learnt from their experiences.

The ATM supervisor will sign off the advanced training module.

Non Clinical Experience During Placement

ESRA diploma / MSc

The trainee will be encouraged, *but not required*, to undertake the ESRA diploma or the UEA MSc in Regional Anaesthesia.

The ESRA cadaveric workshops, in particular, are worth attending and will be recommended.

Conferences

The trainee will be encouraged to attend the RA-UK scientific meeting and/or the ESRA meeting, hopefully to present research or audit performed during their attachment.

Study days will be provided in the usual manner, with funding from the School of Anaesthesia, and permission from the anaesthetic department at York.

Teaching

Local

The department at York provides a half day teaching in regional anaesthesia every year, and the trainee will be expected to help prepare and run this course.

We hope to expand this in the near future to twice per year, and the trainee will help with the development of a new course.

Courses

The department at York has links to a well-established course in East Surrey, and the trainee may be able to attend as an assistant/demonstrator. There are also ties to the UEA MSc course, and there may be opportunities for the trainee to become involved.

Audit and research

There are a number of potential research and audit projects for further development at York. The expectation is that at least one high quality project will be completed to a standard sufficient for presentation or publication.

Management / innovation

There are a number of potential service development projects at York.

- Block Room / Block Team
    - Trauma theatre based
    - ISTC based
- Development of a peripheral nerve catheter service
- Improvement in regional service for amputations and breast surgery
- Development of a training course

Employment Information

Teaching
In house we have a wide variety of teaching including two half hour morning sessions (one ICM based and one anaesthesia based), a rolling monthly teaching program (with a mix of ICM, anaesthesia, management and personality topics) multiple simulation sessions with opportunities for being both candidate and faculty.

On call arrangements
1 in 8 on call rota working with a team of either 1 or 2 more junior anaesthetist covering a mix of ICU, obstetrics and theatre work. Consultant presence in the hospital from 8am till midnight, (midnight until 8am if junior cover requires).

Leave
Arranged at mutual agreement through the anaesthetic office. Must be booked more than 6 weeks in advance.

Further Information and Visiting:	
Advanced Module Supervisor	
Dr Harry Murgatroyd	
RCoA College Tutors	
Dr Laura Harvey **Laura.harvey@york.nhs.uk**	**Dr Jonathan Dilley** **Jonathan.dilley@york.nhs.uk**