



ANZCA New Zealand Trainees Committee Newsletter



December 2009 - Issue 5

This is the final newsletter of the year from the NZ Trainees Committee and it comes to you after our inaugural face-to-face meeting held on Saturday November 28th at the ANZCA offices in Wellington. There is plenty of information about that below, as well as the usual information about exams, registration dates, up coming events and courses. We'll report on the trainee aspects of the Rotorua ASM and the great success of the recent Annual Registrar's Meeting.

JOIN US



We also need to remind you that this time of year is when nominations go out for the Trainees Committee. We have 10 members in total with 5 spaces for new members in 2010. Hopefully you will have recently received an emailed nomination form Juliette at the ANZCA Office. Please have a think about joining us and helping to make ANZCA training in NZ the best it can be! If you think you would be interested, but would like more information, get in touch with Juliette (juliette@anzca.org.nz) and she will answer any questions, or pass them on if required! Nomination forms can be found at <http://www.anzca.org.nz/training/nz-trainee-committee.html>

Committee Members in More Detail:

Thimali Rajapaksa: "I'm a 3rd Year Trainee in Auckland. I was born in Sri Lanka and arrived in New Zealand two years ago after eight years in the UK. To say that I love it would be an understatement. The people are welcoming, the weather is awesome and the outdoor lifestyle is something I could only dream of on a rainy day in England. Between tramping, cycling and backpacking trips overseas, it's difficult to concentrate on work and studying, especially with the Part 2's coming up next year! I joined the NZTC to get a better grasp of the workings of the College and to act as a voice for other Trainees. Being involved in putting together the 'Trainee's Handbook' (coming to a hospital near you soon!) has been immensely rewarding."



Kim Heus: "I have just moved to Wellington to start 3rd year anaesthetics after two years in Palmy. My background is a smattering of ED, Medicine, Paeds and Anaesthetics/ICU, both here and briefly in the UK. I am considering dual training, but am not sure if I want to put that yoke around my neck! I joined the committee as I am keen to find out more about how the college looks after trainees. I'm glad to be in Welly, looking forward to getting back into some mountain biking, hiking and guitar/piano playing after the Part 1 earlier this year, and a reintroduction to the live music scene after a lack (ie absence) of that in P. North."

NZTC Inaugural Face-to-Face Meeting:

It felt like quite a feat to bring seven of our members and the NZSA representative to a blustery Wellington on Saturday. The four of us who flew out of Auckland left the sunshine behind for one of Wellington's more horrendous late November days (and landings)! It was great that so many of us were able (and willing) to give up a precious Saturday to finally meet each other in person. During the day we were joined by Leona Wilson (ANZCA President), Geoff Long (National Education Officer) and Vanessa Beavis (Chair, NZ National Committee). We are very grateful for the time they gave up on their weekend as well.

After short introductions, we progressed well through our meeting. Sabine and Thimali presented a printed copy of the "NZ New Trainees Guidebook to Training with ANZCA" that committee members have been working hard on. This is a plain English



L-R Front Row: Drs Rachel Dempsey, Nicola Broadbent, Kathryn Hagen (Chair), Nathan Kershaw (NZSA Rep)

Back Row: Dr Leona Wilson (ANZCA President), Juliette Adlam (Administrative Officer, NZ Office), Drs Thimali Rajapaksa, Sheila Hart, Erica Dibb-Fuller, Geoff Long (National Education Officer), Sabine Pecher.

Absent: Drs Kim Heus, Jeremy Fernando, Claire Ireland

resource that covers aspects of training many trainees wished they had known from day one. The Guidebook will be made available to all trainees early next year and to all new trainees in the future. Feedback and up dating of the guidebook will remain one of the committee's core tasks, so please let us know of any suggestions/improvements you think of after reading it.

Other topics discussed were the development of goals for the NZTC in the coming years, which included:

- Increasing the profile of the Auckland Registrar's Meeting
- Promoting the NZTC
- Continuing to develop a list of GPs around the country who are open to having trainees as new patients
- Development of a Part 3 resource in conjunction with the NZSA
- Encouraging trainee social events and opportunities to network

Recent Events on the NZTC Calendar:



Annual Registrar's Meeting: Auckland, 27th November 2009. There was an excellent turnout for this meeting, not only from Auckland, but also out of Auckland presenters, and for the first time, an out of Auckland audience. Thank you to those of you who participated in the live video-conferencing of the afternoon that was organised in Wellington, Christchurch and Dunedin. We understand that there were only a few minor technological glitches! It was great to have support from the relevant departments with many trainees having the afternoon available to them to watch the presentations.

The presentations were of a very high quality and enjoyable to watch, and hopefully 10 more people can tick off Module 11.

The morning session was again informative and included advice on how to get that consultant job ("Why Should I Hire You"), working outside the provinces and "Private Demystified". For those of you who were watching and continue to wonder who won the prizes, here is a list of the champions:

- **ANZCA Prize for Best Scientific Presentation:** Louise Moran - *A Comparison of Anaesthetic Trainees Career Outcomes with Previously Expressed Intentions*
- **NZSA Prize for Best Quality Assurance Project:** Nathan Kershaw - *Preventing Inadvertent Perioperative Hypothermia in a Provincial Hospital: Old Dogs Can Learn New Tricks*
- **The University of Auckland Caduceus Award:** Jeanette Scott - *How Did the Macintosh Laryngoscope Become So Popular?*

We hope to be able to make this facility available again for 2010, so start thinking about your Formal Project, or whether you are up to presenting it now!

Rotorua ASM:

The NZ Anaesthesia ASM 2009 was in Rotorua in November, hosted by the Waikato Anaesthesia Department. It was held at the Novotel, on the edge of Lake Rotorua, a scenic and tranquil spot in which to enjoy the dissemination of an abundance of information that was to be forthcoming over the four conference days. The conference theme was 'The Bottom Line' and the aim was to have one clear message coming from each presentation. This was an effective means of ensuring you took home at least a few 'bottom lines'.



NZ Anaesthesia ASM Parent bodies closing the ASM: Dr Vanessa Beavis, Chair, ANZCA NZNC and Dr Nigel Waters, President, NZSA

The invited key note speakers included (among others):

- *Dr Ivan Joubert*, Director of Critical Care at University of Cape Town and Groote Schurr Hospital. He provided several presentations and was often vocal in the floor discussions. The main message that I remember from him was 'just get on and do it', obviously with far more impact in his booming South African accent!
- *Professor Peter Marhofer* – Professor of Anaesthesia, Intensive Care Medicine and Pain Therapy, and Director of Paediatric Anaesthesia at Medical University of Vienna. Again, several presentations with a European slant. The trauma room set up in his hospital left most of us thinking 'if only...'
- *Professor Hans Joachim Priebe* – Professor of Anaesthesia, Freiburg. He gave several good presentations, especially one on the merits, or not, of cricoid pressure. He was also very vocal during the discussion following presentations, often with a view that contrasted with Dr Ivan Joubert. This provided excellent entertainment for those of us in the audience.

Overall, there was a wide variety of interesting presentations from a wide variety of presenters, ensuring a stimulating and relevant scientific programme. Socially, the first night was wine tasting. Second night was a Maori evening out at Tamaki, with a conference dinner on the Friday night (I did not attend these events, but they seemed very successful). *Sheila Hart.*

To view photos of the conference see <http://www.sixhats.co.nz/index.asp?PageID=2145862579>

Meet the President Cocktail Function at the Rotorua ASM:



L-R Clinton Paine, Leona Wilson (ANZCA President), Jeremy Fernando, Erik Andersen

On the Thursday night there was a Cocktail function for Registrars. Leona Wilson and Vanessa Beavis both came along, as well as several other Faculty and NZNC representatives. This was a good opportunity to put some faces to names, and of course have a glass of wine courtesy of ANZCA. There were only 15 Registrars registered at the conference and about 12 came along to this function and then out for dinner at a local restaurant. It was an enjoyable evening and gave the opportunity to meet with trainees from other regions. Congratulations to Sheila Barnett who won the Ritchie Prize for her presentation – *Pre-operative Oral Paracetamol Versus Intra-operative Intravenous Paracetamol: Plasma Levels in the Recovery Room.*



Dr Vanessa Beavis (Chair, NZNC) presenting Dr Scott Robinson with his certificate

NZNC Formal Project Prize:

Each year the NZNC has an award for best Formal Project. This is presented at the NZ ASM. This year two presentations were made to previous winners – Dr Cambell Bennett (2007) and Dr Scott Robinson (2008).



Update on ANZCA Working Groups With NZTC Involvement

- **Curriculum Review Working Group:** They have been busy collating the results of their recent survey sent out to all Fellows and Trainees. This was designed to answer some very specific questions they had after processing the >400 pages of submissions received from ANZCA stakeholders. I appreciate you might be feeling a bit survey weary, especially up in Auckland where ARRMOs jumped in with the RDA and ANZCA on a survey heavy year in 2009, so thank you to those who took the time to fill in this one. Work is definitely taking place, although we are unlikely to see changes until 2011-12.
- **Clinical Teachers Development Working Group:** A face-to-face meeting was held in August in Melbourne and Nicola Broadbent kindly took some time to represent us. Nicola reported that the current Clinical Teachers sessions would be made available to a wider audience next year, not just SOTs and those involved explicitly in training roles. There was also discussion about how to best incorporate basic teaching knowledge into the ANZCA training programme itself, so to produce new Fellows with the skills necessary to train future trainees. This will be looked at by the CRWG to see if it can be incorporated into any new curriculum.



Dates to Note in 2010:

➤ Exams:

Primary	Registration date	Written	Vivas
First sitting	18 December	1 st March	10-12 th May
Second sitting	30 May	26 th July	13-15 th September

NB- there are 10 weeks in between the writtens and vivas of the first sitting

Finals	Registration date	Written/Medicals	Vivas
First sitting	22nd January	26-27 th March	28-29 th May
Second sitting	5th July	27-28 th August	22-23 rd October

➤ **Conferences:**



Auckland City Symposium “Anaesthetic Drugs - Smarter Uses, Better Outcomes”: Saturday 20th March 2010. Registration opens soon and this is bound to be another exciting and informative display from international experts. Several Registrars have found this conference invaluable for their exam study, so if you are free, come along (don't forget many hospitals may be able to assist with travel and registration fees under the Conference Leave clause).



ANZCA Annual Scientific Meeting Christchurch 1-5th May “How Meets Why - Clinical Practice and the Science Behind it” <http://www.conference.co.nz/index.cfm/anzca10>. The call for abstracts is now live and registration will be opening in December. There will be a Trainee Luncheon fully sponsored for those trainees who are registered for the conference. So if your department can let you go, then think about coming along to the ANZCA ASM.

➤ **Courses**

- **Exams:** The Christchurch February Primary course is now full. If you want any further information on the other NZ exam courses, see www.anzca.org.nz/new-zealand-courses/exam-and-emac-courses-for-2010/exam-courses-for-2010.html for details.

- **EMAC:**

There are courses available in Auckland - www.acsc.auckland.ac.nz

4-6 th March	13-15 th May	5-7 th August	28-30 th October	2-4 th December
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and Wellington - sylvia.sharpe@ccdhb.org.nz

20-22 nd May	9-11 th September	18-20 th November
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- **Airway Course:** Check out www.airwayskills.co.nz to see when the next available airway skills course is. This is an extremely practical and valuable day long course aimed at all levels of airway practitioners. As well as honing every day skills you will be introduced to some of the newer airway devices available.

Formal Projects:

A reminder from Dr Arthur Rudman, Formal Projects Officer. A large number of recent Formal Projects have been returned for revision. This is almost always due to poor presentation i.e. spelling, grammar, etc, and sometimes due to an inadequate discussion. Trainees are reminded that the standard required for the presentation of the report is similar to that for publication.



The ANZCA Website:

There have been a significant number of recent updates to the NZ National Committee Homepage (www.anzca.org.nz) and we have a new email address for any issues related to trainees and training - it is training@anzca.org.nz. We are hoping to develop this site as a resource for NZ Trainees and are looking to include an electronic up to date copy of the NZ Trainees Guidebook as well as links to helpful websites for exam preparation.

There has been positive feedback about the new Part Two resource available on the ANZCA site (<http://www.anzca.edu.au/edu/projects/distance-education/fepor>). The introductory module is a bit slow, but there is very useful information further on, with the examples of good and bad vivas being particularly insightful.

I think that's enough from us for 2009! Congratulations to those who have had recent Part One and Two success - good luck for the future! Please take a moment to think about joining our Committee, it is an excellent way to learn about the college, participate in what is going on and it looks great on your CV, plus, you get to join us at a face-to-face meeting in sunny Wellington, hopefully for the first meeting of 2010.

Cheers and Merry Xmas



Kathryn Hagen
Chair, NZTC