

Thames Valley Core Regional Teaching Programme Handbook

Current cycle: Aug 2024 - Feb 2026

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About OxDAT

OxDAT (Oxford Deanery of Anaesthetic Trainees) is the body which represents anaesthetic trainees across the region. OxDAT:

- Represents trainees locally via hospital reps, regionally on the Oxford/Thames Valley School of Anaesthesia board, Thames Valley Trainee Advisory Committee, and nationally to the RCoA
- Advocates for trainee welfare, environmental sustainability, and quality training at all levels across the region
- Provides training and wellbeing days for anaesthetic trainees, including the Core Regional Teaching Programme

About the programme

The Core Regional Teaching Programme is a centrally driven teaching programme facilitated by the Oxford Deanery of Anaesthetic Trainees (OxDAT). It spans 18 months and consists of approximately fortnightly full days on rotating days of the week.

- There are alternating In-Person and Online sessions rotating around different sites
 - The rationale for this is to provide trainees a chance to network, meet in person and socialise after the session if wanted while balancing this with commuting and the convenience of online sessions
- Interspersed 'self-directed time' - trainees can take the time as Self-Directed Study Time or continue clinical placements as usual
- The programme is aimed at those working towards their Primary FRCA MCQ SOE/OSCE examinations. Those who have achieved the full primary may benefit from separate finals teaching.
- You may enter the regional teaching programme out of sync of its defined start time, however the 18 month cycle continually repeats with the same content schedule and order. In a given 18 months as a Thames Valley trainee you should cover the vast majority of the very broad curriculum that forms the Primary FRCA

Attendance and Study Leave

There is no mandatory minimum attendance, however it is expected that trainees who are working towards the primary FRCA attend at least half of the set dates (although we encourage you to attend as much as possible). Teaching attendance is taken into account at ARCP in conjunction with other evidence

Core Regional Teaching Sign-up and Attendance Tracker

Above we have created a live attendance and session registration tracker in order to ease the administrative burden of repeated forms for attendance and registration.

- Trainees are highly recommended to fill this out. This gives teaching leads a live tracker of expected attendance which is helpful when planning sessions, recruiting faculty and applying for funding.
- The spreadsheet is accessible to other trainees, college tutors, training programme directors and head of school. Only those with granted permission can view and edit the file.
- At the end of the year, a copy/paste of the trainee's dedicated row can be screenshotted and used as evidence for teaching attendance at ARCP.

- The information stored within the spreadsheet is confidential and all with access are expected to respect this.

The onus is on Trainees to manage their own programme of learning as described by the Stage 1 curriculum

- Different trusts facilitate study leave in different ways. It is expected that you facilitate your own attendance at these teaching days
- Please ensure that study leave is booked in accordance with your local trust's policy
- It has been confirmed by College Tutors across the region and the Head of School that should you choose to attend a teaching day on a day off, you are entitled to claim a day in lieu elsewhere on your rota

Feedback for Teaching Sessions and the Programme

Historically, Feedback was collected using a Google Forms link centrally for each session. With sessions every two weeks, we encountered significant issues with form fatigue and a reduced response rate. As a result, centrally collected feedback has been moved to the ARCP feedback collection sessions that run after ARCP meetings (effectively yearly for trainees). We are always open to feedback at any time - if there is something that you'd like to share sooner please get in touch!

Local trusts may collect their own feedback during sessions. We would encourage trainees to fill this out wherever possible as it helps drive improvement for individual sessions when they are repeated.

Key Dates for the Primary

Primary FRCA official information from the RCoA

<u>MCQ Sitting</u>	<u>September 2025</u>	<u>November 2025</u>	<u>February 2026</u>	
Application window	Monday 26th May to Wednesday 16th July	Monday 1st September to Friday 26th September	Monday 15th December - Monday 19th January	
Examination Date	Wednesday 3rd September	Thursday 13th November	Thursday 26th February	
<u>SOE/OSCE Sitting</u>	<u>June 2025</u>	<u>November 2025</u>	<u>January 2026</u>	<u>May 2026</u>
Application window	Monday 3rd February to Wednesday 19th March	Monday 25th August to Friday 26th September	Monday 29th September to Friday 5th December	Monday 23rd Feb - Monday 30th March
Examination Date	W/C 2nd June	W/C 3rd November	W/C 26th January	W/C 18th May

Key Teaching Contacts

See <https://oxfordanaesthesia.org/whos-who> for additional information.

Hospital/Trust	Name	Email
Oxford University Hospitals (OUH)	Dr Katy Oliver (College Tutor) Dr Naresh Rughooputh (Primary) Dr Nick Taylor (Primary) Dr Henry Jefferson (Final)	katy.oliver@ouh.nhs.uk Naresh.Rughooputh@ouh.nhs.uk nick.taylor@ouh.nhs.uk henry.jefferson@ouh.nhs.uk
Wexham Park Hospital (WPH)	Dr Carolyn Griffith (College Tutor) Dr Tandip Mann (Primary) Dr Anna Wallis (Primary)	carolyn.griffith@nhs.net tandip.mann@nhs.net anna.wallis@nhs.net
Stoke Mandeville/Wycombe (Bucks - SMH/WH)	Dr Katharine Francis (College Tutor/Primary)	katharine.francis1@nhs.net
Royal Berkshire Hospital (Reading - RBH)	Dr Dana Kelly (College Tutor) Dr David Jones (Primary)	Dana.Kelly@royalberkshire.nhs.uk David.Jones@royalberkshire.nhs.uk
Milton Keynes Hospital (MKUH)	Dr Katie Russell (College Tutor)	katie.russell@mkuh.nhs.uk

Readiness for Initial Assessment of Competency Training (RIACT)

RIACT is a multi-day course combining simulation, lectures and workshops which helps you complete your IAC (Initial Assessment of Competence). It is also an opportunity to meet other novices and more senior anaesthetists (faculty) in the deanery.

It runs twice a year in August and February, usually on Mondays. You will receive more information about the course from the organisers if you are due to attend.

Wellbeing Days

As part of the Core Regional Teaching Programme, we incorporate a few sessions which focus on trainee wellbeing. These are normally held in separate venues and can range from activities (Yoga, Mindfulness etc.) to talks about the wider world of anaesthetics and trainee experiences. They serve to break up the stress and pressure that comes with being an anaesthetic trainee and help to facilitate networking between trainees. More details about specific sessions are released closer to their scheduled dates.

Hospital Travel Information

 Hospital Travel Information Also accessible from the Trainee Repository Google Drive link

Core Regional Teaching Timetable - August 2024 to February 2026

Dates in bold are confirmed for the stated date. Session codes correlate with information on the OxDAT website (<https://www.oxdat.com/core-training/primary-frca-teaching/session-codes>) where you can view the relevant covered domains of the curriculum.

Date (In bold if confirmed)	Type of teaching	Hospital in charge	Session codes	Topics	Practical/ extended curriculum	Comments
12th August 2024	Self Directed Learning					RIACT on 12th Aug
2nd September 2024	In person	Bucks	Bucks1F	Anat: Resp + cardiovascular	Human factors	26th Aug BH
12th September 2024	Online	OUH	OUH1O	Pharm: Enzymes, receptors, LAs	Interview tips from cons/ST4s	RIACT on 9th September
25th September 2024	Online	Reading	Reading1E	Physiology: Acid base + immunity	?Superinduction day	RIACT on 23rd September
11th October 2024	In person	Wexham	Wexham1F	Anat1: Upper limb and chest wall	Upper body plan A blocks (axillary, interscalene and erector spinae)	RIACT on 7th October
14th October 2024	Mock OSCE	Bucks		Hampden Lecture Theatre, Wycombe booked	% Dr Mahon-Daly	OSCE SOE W/b 4th Nov RIACT on 21st October
4th Nov 2024	Online	Bucks	Bucks2O	Pharm: Induction agents+resp drugs		Update 9AM 1/11/24 - programme pending
21st Nov 2024	In person	OUH (GPEC)	OUH2F	Physiology: Renal		
2nd Dec 2024	In person	Reading	Reading2E	Physics: Heat+ gas+ machine		
16th Dec 2024	Online	Milton Keynes	MK2O	Pharm: TIVA/TCI, pharmacokinetics	Sedation, pharmacology exam tips	

30th Dec 2024	Self directed time					
17th Jan 2025	Online	Wexham	Wexham 2F	Physics: Breathing systems	Consultant job plans	
4th Feb 2025	Self directed time					RIACT on 10th February
28th Feb 2025	In person	Bucks	Bucks3F	Physics: Gas+flow		?superinduction RIACT on 17th & 24th February
20th (was 19th) March 2025	Online	OUH	OUH3O	Anat: Brain+spinal cord		RIACT on 10th, 17th & 24th March
3rd April 2025	Online	Milton Keynes	MK1O	Physics: Maths and monitoring	Sustainable anaesthesia	RIACT on 7th April
18th April 2025	Self Directed Time					RIACT on 14th April 18th Bank Holiday
28th April 2025	<u>Regional Wellbeing Day</u>				Details TBC	
13th May 2025	In person	Reading	Reading3F	Pharm: Analgesics+premeds		Mock SOE/OSCE - cancelled S in OE/OSCE W/C 2nd June
11th June 2025	In person	Milton Keynes	MK3F	Physics: Electricity	Transfers	
26th June 2025	Online	OUH	OUH4F	Physiology: Obstetrics+neonates		
9th July 2025 (previously 11th)	Online	Reading	Reading4Q	Physics: Lasers + US + cleaning		
21st July 2025	In person	Bucks	Bucks4F	Revision 1		

5th August 2025	Changeover					RIACT starts 11th August
19th August 2025	Self directed time					?superinduction RIACT 18th
1st Sept 2025	In person	Milton Keynes	MK4F	Physiology: Haematology	Transfers	RIACT 1st Sept MCQ 3rd Sept
19th Sept 2025	In person	Wexham	Wexham 3Q	Anat: Lower limb and abdo wall		*** Date change from 18th September ***
3rd October	In person	Bucks		Raptor Conference		
To be re-arranged New date will be added soon	In person	OUH (GPEC)	OUH5F	Pharm: Pre-op drugs	Clash with RAPTOR research day - date changing	RIACT 6th Oct
15th of October 2025	Online	Bucks	Bucks5Q	Physiology: Nerves and muscles		**Date change from 13th to 15th**
28th October 2025	Self directed time					Mock OSCE/SOE SOE/OSCE W/C 3rd November RIACT 20th Oct
12th Nov 2025	In person	OUH (GPEC)	OUH6F	Statistics and data handling		MCQ 13th Nov
24th Nov 2025 (previously 27th)	Online	Reading	Reading5Q	Physiology: Cardiovascular		
8th Dec 2025	In person	Milton Keynes	MK5F	Pharm: Autonomics		
22nd Dec 2025	Self directed time					
16th Jan 2026	In person	Bucks		Mock OSCE	Wycombe Hospital	Mus Majeed: mustafamajeed97

					Education Centre - Hampden Lecture Theatre 0830 - 1230	@yahoo.co.uk & Roland Amoah (r.amoah@nhs.net) organising
20th Jan 2026	In person	Bucks	Bucks6F	Physiology: Endocrine and stress response		
26th Jan 2026	Online	Wexham	Wexham 4Q	Physiology: Respiratory	Moved at request of Wexham team from 6th Jan	SOE/OSCE W/C 26th January
3rd Feb 2026	Online	OUH	OUH7Q	Pharm: NMB		
11th Feb 2026	Online	Reading	Reading6 Q	Revision 2	Moved at request of RBH team from 18th Feb	MCQ 26th Feb
6th March 2026	In person	Wexham	Wexham 5F	Physiology: GI		

Useful Resources for Trainees

<u>Category</u>	<u>Name</u>	<u>Website/Resource Link</u>	<u>Description</u>
General information	OxDAT Website	https://www.oxdat.com/home	The OxDAT website - full of information about the Oxford Deanery of Anaesthetic Trainees
General information	Thames Valley School of Anaesthesia and ICM Regional Website	https://oxfordanaesthesia.org/	The official website for Thames Valley School of ICM and Anaesthesia
General information	Association of Anaesthetists Trainee Handbook	https://anaesthetists.org/Home/Resources-publications/Guidelines/Trainee-Handbook-2021	Handbook containing a wealth of information for trainees of all levels
General information	Association of Anaesthetists Guide to Stage 1 Training	https://anaesthetists.org/Home/Resources-publications/Guidelines/Success-in-stage-1-training-in-anaesthesia-all-you-need-to-know	Stage 1 Training Guide
General information	RCoA Novice Guide	https://rcoa.ac.uk/documents/novice-guide/introduction	The official Novice guide produced by the college - essential for new anaesthetists!
General information	RCoA Exams Home	https://www.rcoa.ac.uk/examinations	Official examination information
ARCP Checklist	RCOA 2021 Curriculum ARCP Checklist	https://www.rcoa.ac.uk/sites/default/files/documents/2024-05/National%20Anaesthetic%20ARCP%20Checklist%202021%20curriculum%20-%20ES%20guide%20v2.0.pdf	Guidance provided to Educational Supervisors by the RCOA of what is required from trainees at each ARCP
Tools	Quick Reference Handbook	https://anaesthetists.org/Home/Resources-publications/Safety-alerts/Anaesthesia-emergencies/Quick-Reference-Handbook	Go to resource for anaesthetic emergencies produced by AoA
Tools	Obstetric QRH	https://www.oaa-anaes.ac.uk/	QRH for Obstetric Emergencies

		oaa-quick-reference-handbook/qrh	produced by OAA
Exam Resources	RCoA SOE/OSCE videos	https://www.rcoa.ac.uk/examinations/primary-frca-examinations/primary-frca-soe-examination/frca-primary-soe-resources https://rcoa.ac.uk/examinations/primary-frca-examinations/primary-frca-osce-examination/primary-osce-video-series	College-produced videos on SOE/OSCE stations - essential to watch if sitting these exams
Exam Resources	e-Learning for Anaesthesia	https://www.e-lfh.org.uk/ Access through eLFH	A national repository of e-modules for primary FRCA revision - highly recommended!
Exam Resources	FRCA.me	https://frca.me/primary	A list of revision books and resources compiled by Dr Philip Bembridge a specialist trainee in Yorkshire
Exam Resources	Physics4FRCA	https://physics4frca.com/	Simple explanations of physics for the primary

Additional Primary FRCA OSCE/Viva Exam Prep

- There is a mock OSCE that is run for those imminently sitting their primary FRCA OSCE. For those who are not imminently sitting the OSCE, it would be appreciated if you can attend as a volunteer member of faculty
 - Further information about this is released closer to the time. These sessions are timetabled into the below table.
- For those sitting the primary FRCA viva, there is always a group setup with regular practice sessions running over several weeks prior to the exam dates, run by trainees who have successfully passed the exams in recent years
- If you have passed the primary written FRCA and would like to be involved in these practice sessions and haven't yet been invited, please contact your core regional reps at traineeimprovementoxford@gmail.com