

UKZN Department of Anaesthetics

FCA II Programme-Orientation

Hi there and welcome to the part II training programme! I hope that your being a part of this programme will be extremely beneficial to you and will assist you in attaining your final exam.

This is a very intensive programme that requires commitment from all those participating in order for it to prove successful. Please be aware that you are expected to involve yourself completely –if for any reason you are unable to do so, even for a limited period, you need to contact me and let me know. Otherwise I will assume that you are keen to participate in the programme. I am always available for any problems/queries that you may have. Please feel free to email me at any time and I will try to help as far as I can. (nkalafatis@iafrica.com)

The course consists of 2 components: a structured academic tutorial session that occurs on Mondays from 16h30-18h00 in the seminar room at IALCH. Secondly, we run a clinical case programme each week on Thursdays -these are also based at IALCH at 16h30-18h00.

There are some important issues that you need to know.

1. Monday tutorials

These are arranged in an annual roster that is circulated in January each year. One of you is allocated to a tutorial with a specific consultant. You, as the allocated registrar, are required to contact that consultant 14 days before the tutorial to request a reading/reference list as well as an essay topic. This reading list and the essay topic needs to be forwarded to Camy no later than 7 days before the tutorial so that she can email the entire mailing list. Please do not send out your own emails as only Camy and I have the entire part II candidates' list so in order not to omit anyone, please forward this info to Camy. You are then all expected to write the required essay and bring it to the tut. The tut will consist of discussion of the essay, trouble-shooting of any problems and 3 viva sessions to encompass the topic. It is thus imperative that at least 7 days prior to your tut, even earlier if possible, you circulate the reading list and essays so as to give you all enough time to read and prepare before your tut. If you are experiencing problems with the consultant in that they are not giving you the information that you need in the first week of contacting them, please do not leave it to the last minute-contact me and I will contact the consultant and make the request as well. It is important to give the consultant approx a week to get the stuff to you therefore you need to get hold of them 2 wks before.

2. Thursday clinicals

These are arranged by myself each roster and emailed to you. I will allocate one of you to find cases and 2 of you to present cases each week. If you are allocated to find cases, you will need to find 2 appropriate medical/surgical/O&G cases at IALCH. You can do this on Tuesday or Wednesday. You then need to give the patient's details to the 2 regs who will be presenting. However, please only give the names 1hour before the tut. We try to simulate the exam so if you are allocated to present, please only take 30mins to see your case, which means that you should only go at 4pm on the Thursday and be back at 4.30pm. It is of no value to spend longer as you will develop a bad habit of spending too

long doing a case when you only have 30mins. It is no problem if you struggle a bit to complete everything the first few times-that is normal and part of the learning curve so don't feel bad! If you are the registrar allocated to find cases, please also phone the consultant doing the tut the day before the tut(or early morning of the day of the tut) to inform them of what cases you have found and to remind them that they are doing the tut!! Please also print out any info/results and give it to the consultant just before the tut starts.

After each set of CMSA exams when new registrars join the part II programme, like yourselves, Dr Gopalan will give an introductory session on how the clinicals should be done using a single case presentation by a more senior reg on the programme as an example. I strongly urge you to attend as it will give you an idea of what is expected of you.

For both tut programmes please note:

If you are allocated to a tut and are unable to be there for any reason, it is UP TO YOU to find and arrange a swap. It is not for me or the registrar finding cases to do this for you. It is your responsibility to arrange a replacement for yourself if your name appears anywhere on any of the rosters-please do not make this other peoples' problems!!! We do not mind if you swap-as long as someone is doing what you are unable to do.

Also, please remember that both tuts have private anaesthetists that come to teach and give up their own free time. Please be appreciative of their selflessness and be punctual and diligent as far as possible. You are expected to be at all your tuts-registers are kept and they are a DP requirement.

Several times in the year, I will circulate assessment forms that I would appreciate if you would complete and send back to me. It aims to assess your tuts and tutors, anonymously of course, so please be frank and honest so that I can continually try to improve the programme. I always appreciate any form of feedback from you at any time, both positive and negative and assure you that all is confidential.

As part of your formal part II exam preparation, it is expected that you will sit at least 1 of the mock exams that are held in the department usually 1 week before CMSA fees are due in Jan and June. After the mock, your results are analysed and you will be advised by Dr Gopalan whether or not to sit your final exam. I would suggest that you pay particular attention to this advice as the mock results are usually a very good indicator of your subsequent success in the CMSA exams.

Please also note that you are expected to attend the local SASA branch meeting at Entabeni hospital boardroom on **1st Tuesday each month** at 18h00-19h00 and the CCSSA (Crit care society of SA)meetings on **3rd Thursday each month** also in same venue. I can assure you that if you attend the tuts and the SASA and CCSSA meetings, your exam preparation will be much easier and passing this exam will not be such a huge obstacle at all. If you are going on leave and don't want to be allocated for any tuts, please let me know in advance, otherwise you will need to arrange a swap if you are allocated and you happen to be away.

I know this all seems a bit daunting but just get into it slowly and just make an effort to attend what is expected of you-the rest will fall into place.

I wish you well with your exam preparation and really hope that this course is beneficial for you. Remember that we all started at the very beginning so don't feel too overwhelmed-you will find your feet.

I am always available to help with anything so please feel free to contact me at any time.

All the very best and good luck

Nicky