



**RCOA**  
Royal College of Anaesthetists

**Getting  
the most  
from your  
College  
membership**



As a fellow or member of the Royal College of Anaesthetists, you are an integral part of a growing specialty. Your membership and support of the College helps play a vital role not only in supporting your personal career, but in advancing the future of our specialty and enabling the delivery of excellent patient care.

Anaesthesia has grown to become secondary care's single largest specialty, and anaesthetists play a critical role in the care of two-thirds of all hospital patients. The College is now the third largest medical Royal College by UK membership. With a combined 23,000 fellows and members, we represent the three specialties of anaesthesia, intensive care and pain medicine across the UK.

I encourage you to take full advantage of your benefits, and the initiatives that the College is able to provide for anaesthetists as a result of your membership, such as GPAS, e-LA and our patient information resources. We have highlighted many of these within this booklet.

The work of anaesthetists is no longer just in the operating theatre. Through our focus on perioperative medicine, we also have a responsibility for patients' wellbeing before, during and after surgery.

Be proud of your specialty and be proud of your College. Just as you are by the side of your patients when it matters most, the Royal College of Anaesthetists is by your side to support you throughout your career.



**Dr Fiona Donald**  
President,  
Royal College of Anaesthetists

 @RCoAPresident



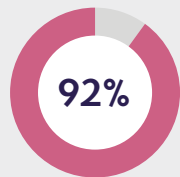
Benefit  
Number

1

## Academic publications

Enhance your personal and professional development with free access to the *British Journal of Anaesthesia* (BJA), *BJA Education*, and its online CPD material.

### Did you know?

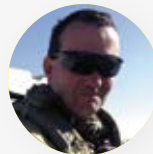


**92 per cent** of our membership regularly read *BJA Education* and *BJA*.

*(2018 RCoA Member Survey)*

### I am a fellow because...

♥♥ The College is the ideal vehicle for sharing **relevant clinical knowledge**. We have been able to **give lectures and run events** to offer our NHS colleagues **key learning** from our recent experience in **conflict zones**; similarly our NHS colleagues have been very generous sharing their experiences with us. ♥♥



Colonel Peter F Mahoney CBE  
Emeritus Defence Professor  
📍 Birmingham



Benefit  
Number

2

## Voice of the specialty

Your **views** shape how we represent and **champion our specialty** to influence policy makers and elected representatives in the UK and devolved governments.

[rcoa.ac.uk/policy-public-affairs](http://rcoa.ac.uk/policy-public-affairs)



## Did you know?



**Representation and policy**, and acting as the **voice of the specialty** was in the top six future priority areas for the College.

*(2018 RCoA Member Survey)*

## I am a fellow because...

“In order to support **improved outcomes for patients** and better work satisfaction for anaesthetists, the College make it their business to **facilitate and support engagement of anaesthetists** with ministers and policy makers in all **four nations of the UK**. These opportunities are used to enlighten and influence on the **many aspects we can contribute to achieve these goals.**”



Dr Abrie Theron  
Chair, Welsh Advisory Board  
📍 Cardiff



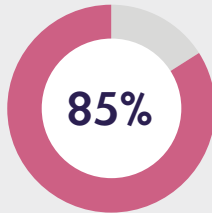
Benefit  
Number  
**3**

**College publications**

Receive the bi-monthly *Bulletin* to keep you up-to-date with the latest must-know College developments and news, and *The Gas Newsletter* for all anaesthetists in training highlighting important training issues.

[rcoa.ac.uk/bulletin](http://rcoa.ac.uk/bulletin)  
[rcoa.ac.uk/thegas](http://rcoa.ac.uk/thegas)

**Did you know?**



**85 per cent** of our membership regularly read the *Bulletin*.

(2018 RCoA Member Survey)

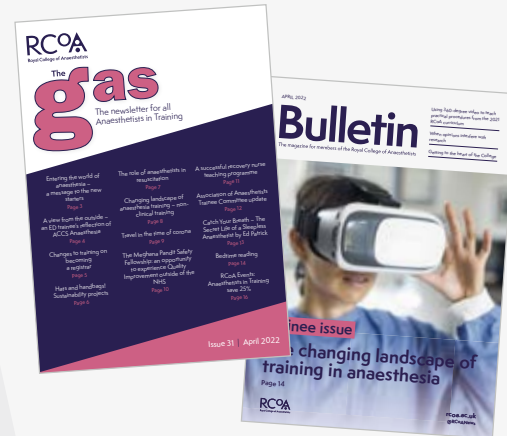
[rcoa.ac.uk](http://rcoa.ac.uk)

**I am a fellow because...**

“Even though I now live in Australia, I continually **check my clinical practice** against the College guidelines and practices. I began my career in England and **even after 30 years**, continue to use the **lessons learned** there in my daily practice and when **mentoring young anaesthetists**.”



Dr Michael Morris  
Consultant Anaesthetist  
Sydney, Australia



Benefit  
Number

# 4

## Support

Receive **advice** and **support** from Regional Advisors Anaesthesia and College Tutors, who represent the views of the College in **relevant matters** within your region.

[rcoa.ac.uk/college-representatives](http://rcoa.ac.uk/college-representatives)

### I am a fellow because...

“The College has **enabled me to develop as an educator and trainer**. It helps me **advise my trainees locally** and for me it's **the best CPD ever**. As a Regional Advisor, I am an ambassador for the College on matters of training and clinical standards in my region. I can **influence local decisions** and College strategy. If you want to get more out of your membership then I would say **'get involved and make a difference'**.”



Dr Chris Sadler

Consultant Anaesthetist and  
Regional Advisor Anaesthesia

📍 London

Dr Mike Jackson,  
Lead College  
Tutor, at the  
College Tutors  
meeting in  
Leeds 2018





Benefit  
Number

5

## High quality guidelines

Use the College's high quality **Guidelines for the Provision of Anaesthetic Services (GPAS)** to support the delivery of high standards and quality across the specialty.

[rcoa.ac.uk/gpas](http://rcoa.ac.uk/gpas)

### Did you know?



Your membership supports the **wider anaesthetic specialty** and **patient safety** by funding the College's high quality **Guidelines for the Provision of Anaesthetic Services (GPAS)**.

### I am a fellow because...

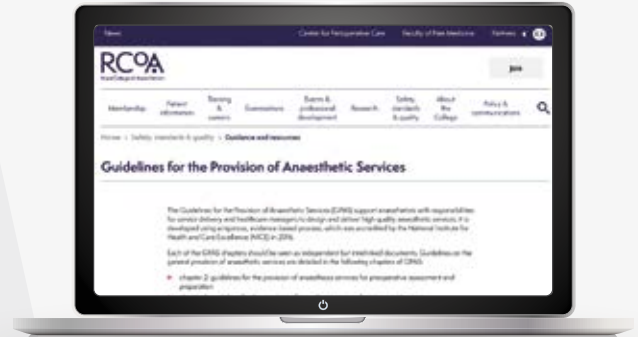
“ I **firmly believe** in the principles of the College. I wish to continue delivering the **best** and the **safest care** I can provide to my patients. ”



Dr Vijay Anand Angusamy

Consultant Anaesthetist

Peel, Isle of Man



Benefit  
Number

# 6

## Revalidation guidance

Access to a **wide range of resources** to support you through revalidation including specialty-specific guidance on supporting information requirements and on colleague and patient feedback, including a GMC-approved patient questionnaire. **Speak to our dedicated revalidation helpdesk for guidance** on your particular circumstances including access to a clinician specialty advisor.

[rcoa.ac.uk/  
cpd-online-diary](https://rcoa.ac.uk/cpd-online-diary)

### I am a fellow because...

“ I support trainees to **succeed** in the FRCA and being a member of the College allows me to keep **abreast of the examinations and standards with credibility**. It also allows me access to **CPD** and to **maintain the expected standards** in anaesthesia for **safe patient care**. ”



Dr Theresa McGrattan  
Consultant Anaesthetist  
Glasgow, Scotland



Revalidation for  
Anaesthetists



Benefit  
Number

# 7

## Educational events

Be the first to know about educational events and courses. These are **constantly updated** and enhanced to help you develop your knowledge and skills.

[rcoa.ac.uk/events](http://rcoa.ac.uk/events)

### Did you know?

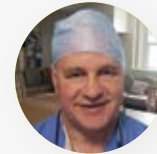
**100+**  
events

The College's education programme attracted over **5,000** delegates to over **100 events** in 2018.

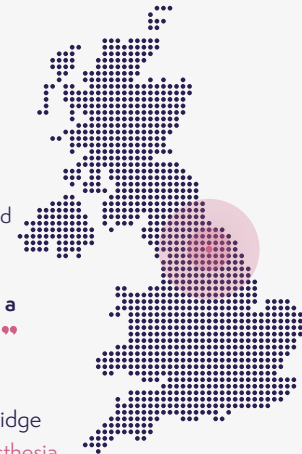


### I am a fellow because...

“**The College helps me** in my role by allowing me to share **best practice**. The college is committed to **high quality training** and maintaining standards. Last year the college helped me produce and deliver a broad based three-day meeting in my base city of York and has **supported me in a variety of educational endeavours**.”



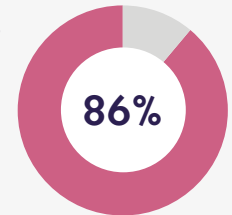
Dr John Cavers Berridge  
Consultant in Anaesthesia  
and Intensive Care Medicine  
📍 York, North Yorkshire



### Did you know?

**86 per cent** of our delegates rated their learning outcomes as fully met in 2018.

*(2018 RCoA Member Survey)*



Benefit  
Number

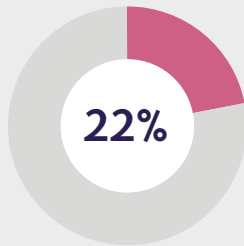
8

## SAS and specialty doctor support

SAS doctors can email [sas@rcoa.ac.uk](mailto:sas@rcoa.ac.uk) for support and guidance, and can attend relevant and SAS-focused events.

[rcoa.ac.uk/sas](http://rcoa.ac.uk/sas)

### Did you know?

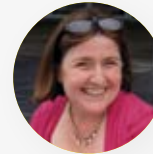


SAS anaesthetists account for **22 per cent** of the **anaesthetic workforce**. The College is here to support SAS grades.

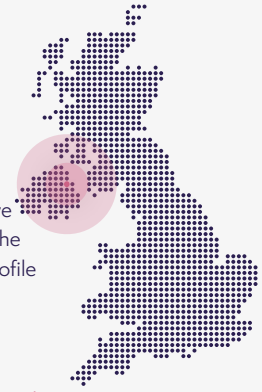


### I am a member because...

“Our College is **actively interested** in all providers of anaesthesia and interested in **supporting ways** of improving standards and education. Through the College, I have become involved in the SAS committee. The College is **actively looking** to raise the profile of SAS anaesthetists.”



Dr Emma Stiby  
Associate Specialist Anaesthetics  
📍 Belfast, Ireland



Benefit  
Number

## 9

Lifelong Learning  
Platform

Access to our **web-based Lifelong Learning Platform**, currently incorporates the **e-Portfolio for anaesthetists in training** with an enhanced version of the **CPD Online Diary**. Logbook functionality was added in 2019, to provide a seamless offering supporting members throughout their careers.

## Did you know?

As at March 2019, we had  
**5,002** trainee  
members.

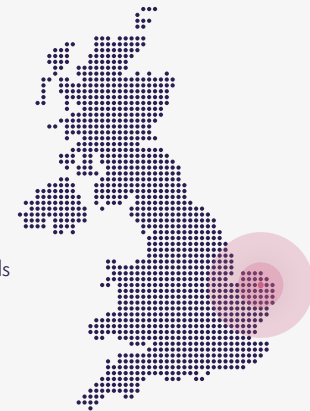


## I am a member because...

“The e-Portfolio support **team at the College** are friendly and helpful. They offer practical guidance on how best to utilise this **essential resource** and organise personal learning records, throughout all levels of training. In my experience, they **respond swiftly to enquiries** either by phone or email, resolving the majority of e-portfolio problems the same day.”



Dr Joanna Walker  
Anaesthetist in Training  
Norwich, Norfolk


 | Lifelong Learning  
Royal College of Anaesthetists

## Did you know?

Since the launch of **Lifelong Learning**, we've had over **2.3 million interactions** on the platform.

[rcoa.ac.uk/lifelonglearning](https://rcoa.ac.uk/lifelonglearning)



Benefit  
Number  
**10**

The UK's largest  
medical e-learning  
resources

e-Learning Anaesthesia  
(e-LA) is one of medicine's  
largest interactive online  
learning resources.

[rcoa.ac.uk/e-la](http://rcoa.ac.uk/e-la)



I am a fellow because...

“The College helps me to **improve** the **quality** and **safety** of patient care. Developed by **clinical experts** in the UK, these **interactive programmes** deliver **exceptionally high-quality training** for anaesthesia, critical care and pain management specialists.”



Dr Julia Moore OBE  
Consultant Anaesthetist  
📍 Wirral, Merseyside



Did you know?



The College has invested in a **multi-million pound programme** to upgrade the technology we offer our membership, so you have an improved training and learning experience at all stages of your career.

Benefit  
Number  
**11**

## President's e-Newsletter

Receive a **monthly email update** from your President highlighting the **latest news** from your College and our specialty.

[rcoa.ac.uk/presidents-news](http://rcoa.ac.uk/presidents-news)

### I am a fellow because...

“ Membership allows me to **feel a part of a community of like minded people.** ”



Dr Shashank Agarwal  
Consultant Anaesthetist and Training  
Programme Director  
📍 Wolverhampton, West Midlands



Benefit  
Number

# 12

## Devolved Nations representation

From the work of our **Boards in Scotland, Wales and Northern Ireland**, through to meeting decision makers in the **devolved administrations**, to individual newsletters for anaesthetists working in each of the devolved nations, we work **across the entire UK**.

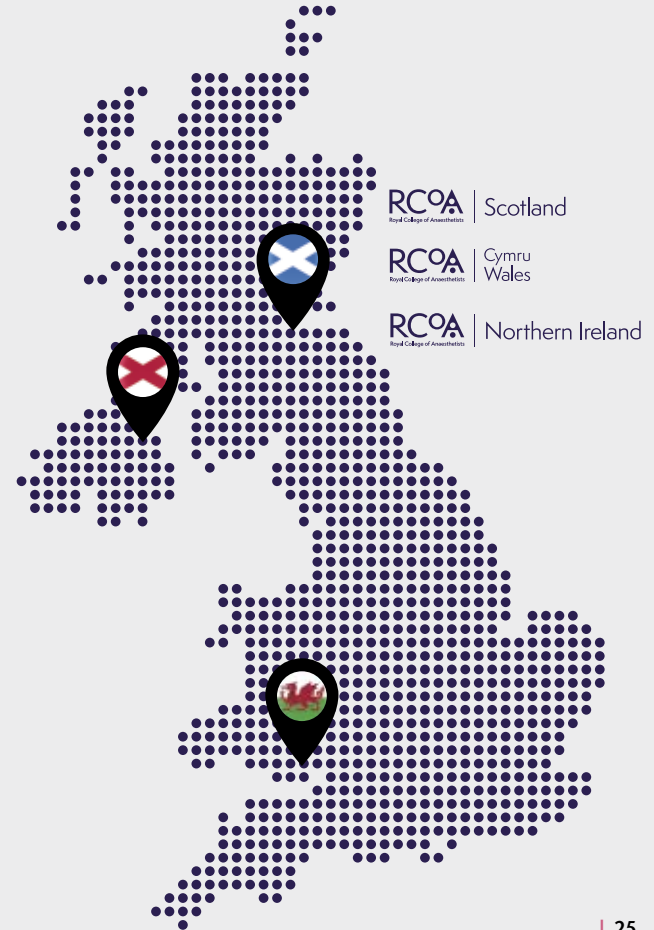
[rcoa.ac.uk/devolved-nation-boards](https://rcoa.ac.uk/devolved-nation-boards)

Did you know?

# 50%



By 2023 the College will run **50 per cent** of its face-to-face events outside London.





Benefit  
Number  
**13**

**ACSA (Anaesthesia  
Clinical Services  
Accreditation)**

Your membership supports the wider anaesthetic specialty and patient safety through **enabling the College to run the ACSA scheme.** The scheme also provides quality improvement materials and resources to enhance the services of your anaesthetic department.

[coa.ac.uk/acsa](http://coa.ac.uk/acsa)

**I am a fellow because...**

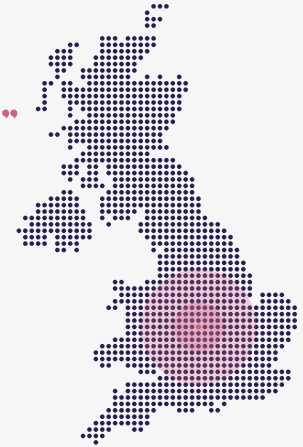
“ I enjoy being part of the **safest, most inclusive** medical specialty. ”



Dr Andrew Kelly

Consultant Anaesthetist

Coventry, West Midlands



**Did you know?**



**33**

accredited  
hospitals

**63%**

of anaesthetic  
departments signed up

As of December 2019, **33** hospitals have now been accredited and **63 per cent** of anaesthetic departments in the NHS **are signed up to ACSA.**



Homerton University Hospital, London

# Benefit Number 14

## Engage with research

Get involved in College-led or endorsed research projects and **quality improvement initiatives**. Be the first to know about inspiring research opportunities.

[www.niaa-hsrc.org.uk](http://www.niaa-hsrc.org.uk)



### Did you know?



There are now over **100 hospitals** participating in the **Perioperative Quality Improvement Programme (PQIP)**.

### I am a fellow because...

“The **best bits about research** include autonomy; a flexible working pattern; exposure to new people and ways of thinking; and excitement as new doors open, even if I’m not entirely sure where I want them to lead. **I’m really glad that I’ve tried research.** Don’t assume that you need a lot of experience to get involved!”



Dr Duncan Wagstaff  
HSRC Research Fellow  
London



### Did you know?



Since NELA began, improvements in care have reduced **patients’ average hospital stay** from **19.2 days** in 2013 to **16 days** in 2018

**19.2 days**  
**16 days**



Benefit  
Number

15

## Council representation

Vote, apply and stand for **important roles** on College **Council**.\*

### Did you know?



In 2017 we had a **record number** of nominations for election to the 2018 Council of the College.

**15**

applications for five Consultant vacancies

**7**

applications for one Trainee vacancy

\*Dependent on membership category.



# Benefit Number 16

## Public awareness and profile

The College works with the **media and the public** to raise awareness of the wide ranging work of anaesthetists.

### I am a fellow because...

•• Although curriculum development and governance matter, for me, **pastoral care, empowerment and investing in people** is what **defines our College.** ••



Dr Ahmed Haroun  
Consultant Anaesthetist  
Derby, Derbyshire



## RCoA undertakes largest ever study of anaphylaxis in anaesthesia and surgery

Diagnostic testing across clinics was found to be of variable quality - sometimes preventing clinicians from identifying safe anaesthetic techniques. The study also found that communication with patients, by allergy clinics and anaesthetists could be improved.

### KEY FINDINGS

- 266 cases of life-threatening anaphylaxis were studied in one year from all National hospitals.
- The estimated risk of anaphylaxis is therefore operations.
- 30 patients (3.8%) patient anaphylaxis died as a result of the procedure.
- Antibiotics are identified as the most common cause of anaphylaxis in half of all cases (49% of the culture in a third).
- Other key triggers: antiseptics (16%), contrast media (14%), latex (11%), and other drugs (10%).

## NHS fatigue

HELENSBURGH'S MSP is calling for fairer treatment of NHS staff by backing a national campaign.

Jackie Baillie is supporting the "Fight Fatigue" campaign on the impact of fatigue and shift patterns on the health service's workforce.

The joint initiative between the Association of Anaesthetists of Great Britain and Ireland (AAGBI), Royal College of Anaesthetists (RCoA), and the Faculty of Intensive Care Medicine (FICM) will support NHS staff with practical, find everyday solutions to improve



Professor Ravi Mahajan  
**Doctors: get fit for surgery or wait longer**

## STREAMLINING CRITICAL CARE

PATIENTS will be left "stranded" in hospital and GP waiting rooms unless more money is found for social care, leading in a letter to the Independent in a letter to the Independent, leading British healthcare groups warn that more money needs to be ploughed into social care and public health services.

## TOOLKIT TO PREPARE patients for surgery and recovery

The Royal College of Anaesthetists has launched an information toolkit which advises patients on how to prepare for going into hospital and encourages them to improve their health before surgery (<https://www.rcoa.ac.uk/fitterbettersooner>).

'Fitter Better Sooner' contains information such as how to cut down

setting fit before an op can help speed up your recovery

# REHAB IS THE NEW REHAB!

...to avoid post-traumatic stress disorder. 203 US veterans. After three months medication was just as effective as prolonged exposure psychotherapy (not used) and was better educated classes, it reported in the Lancet.

### Bullying and violence work raise heart rate

People who are bullied experience violence at a higher risk of cardiovascular disease, and the greater exposure to these stressors the risk was, showed a prospective study of nearly 80,000 people.

The Department of Health and Social Care (DHSC) has announced that the new primary care network (PCN) will be rolled out in 2022. The new PCNs will be made up of a mix of general practices, community health centres, and other services. The DHSC has also announced that it will be investing in public health services. As well as this, the DHSC has also announced that it will be investing in mental health services. The DHSC has also announced that it will be investing in digital health services.

Benefit  
Number

17

## Patient information

Evidence based,  
**accessible** patient  
information resources  
to **inform patients** and  
discuss risk in preoperative  
assessment.

[rcoa.ac.uk/patientinfo](http://rcoa.ac.uk/patientinfo)

### Did you know?

The College  
has **accessible  
resources**  
available on its  
website.



**EASY  
READ**

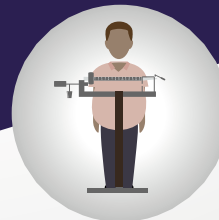
**Having an operation with  
anaesthesia**

**An easy read booklet**



## Fitter Better Sooner

Our Fitter Better Sooner toolkit will help your  
patients prepare for surgery and show them all  
the important steps they can take to improve their  
health and speed up recovery.



Endorsed by



[rcoa.ac.uk/fitterbettersooner](http://rcoa.ac.uk/fitterbettersooner)



Benefit  
Number  
**18**

## Global Partnerships

The College is committed to **forging and nurturing relationships with doctors** and institutions from other countries. The **Global Partnerships department** assists with this. It also provides advice to **international graduates** who wish to work or train in the UK through the **Medical Training Initiative (MTI)** scheme.

[rcoa.ac.uk/global-partnerships](https://rcoa.ac.uk/global-partnerships)

### I am a fellow because...

“ I associate the College with **quality education** and being associated with it **gives me a sense of quality** as well. It gives me a **better standing in the medical society** and makes me **feel good about myself.** ”



Dr Anitha Nileswhar  
Professor of Anaesthesiology  
📍 Maniplal, India





Benefit  
Number  
**19**

## Input to College Strategy

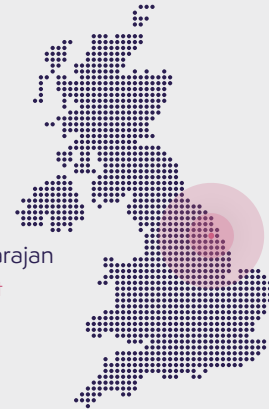
Join the College Membership Engagement Panel to **share your thoughts** and **help shape your College** and **its strategy**.

### I am a fellow because...

“ I like the **structured training**, the **transparent assessment processes** and the **opportunity to contribute** to the work of College. ”



Dr Nirmala Soundararajan  
Consultant Anaesthetist  
and Regional Advisor  
Anaesthesia  
📍 Hull, East Yorkshire



### Did you know?



# 2,400

We now have almost **2,400 fellows and members** who have signed up to get involved and have their say as part of the College's membership engagement panel.

Have your say, join the Panel today.

[rcoa.ac.uk/membership/get-involved](http://rcoa.ac.uk/membership/get-involved)



Benefit  
Number

20

## Videos

Choose when and where to learn with **RCoA videos** – recorded learning from selected College events.

[rcoa.ac.uk/rcoa-videos](http://rcoa.ac.uk/rcoa-videos)

Did you know?



120  
videos

16  
specialty channels

With over **120 videos** available on demand. Log your viewing towards **CPD credits**.

I am a member because...

“ I **strive** to **excel** in anaesthesia. ”



Dr Radu Chirvasuta  
CT2 Anaesthetist  
York, Yorkshire



Benefit  
Number  
**21**

## Perioperative care

In 2019, the College established and led a collaborative and multidisciplinary **Centre for Perioperative Care (CPOC)**. The aim of CPOC will be to facilitate closer and more effective cross-College and cross-organisation working on perioperative care for patient benefit. Our members are the first to hear about news and have the opportunity to become a **Local Lead** for their hospital. For more information please visit:

[cpoc.org.uk](http://cpoc.org.uk)

### I am a fellow because...

“The College supports the **further development** of anaesthesia and perioperative medicine.”



Dr Michael Swart  
Consultant in Anaesthesia  
and Intensive Care Medicine  
📍 Torquay, Devon



Benefit  
Number

# 22

## Expert guidance

Receive **qualified and experienced guidance** from Bernard Johnson advisors. For **support** regarding training contact the **Training Department:**  
[training@rcoa.ac.uk](mailto:training@rcoa.ac.uk)

### I am a member because...

“I have found the **Bernard Johnson Advisors for LTFT training extremely helpful**. Having trained LTFT for the last ten years with three career breaks and returns to work, I have found their input invaluable, from **recalculating CCT dates** to advising on length of training modules, helping me to negotiate my way through LTFT training.”



Dr Roopa McCrossan  
Anaesthetist in Training  
Tyne and Wear



### Did you know?



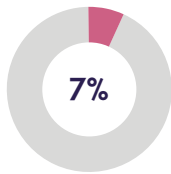
We have three **Bernard Johnson Advisors**, each looking after the interests of three distinct areas; those **working less than full time (LTFT)**, those **working and training outside the UK** and those **pursuing academic interests**.



Benefit  
Number  
**23**

## Post nominals

Have the **right to use post nominals** of **FRCA** (for fellows) or **MRCA** (for members).



## Did you know?



The number of **fellows and members who are not aware of their benefits** has dropped **from 17 per cent to 7 per cent since 2016**.

*(2018 RCoA Member Survey)*

## I am a fellow because...

“Earning that coveted **Fellowship** was a **character-building** discipline, and in an **expanding career** it gave me evidence of **competence** amongst accomplished peers. Now in late life it gives me **memories of great College leaders** I was **privileged** to know.”



Professor Bernard Brandstater  
Retired Professor of Anesthesiology  
California, USA



For the full list of your benefits, please visit our website:  
[rcoa.ac.uk/membership](http://rcoa.ac.uk/membership)

Benefit  
Number

24



## Join the Faculty of Pain Medicine (FPM)

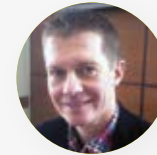
Specialist medical practitioners in the management of pain in the UK can join the FPM.

[fpm.ac.uk](http://fpm.ac.uk)



### I am a fellow because...

“ The College is the home of FPM. Of the **many achievements** made in the ten years since its creation, FPM has often **received guidance, support and expertise** from the staff and committees of the College. ”



Dr Peter Cole

Consultant Anaesthetist and Regional Advisor in Pain Medicine

📍 Oxford, Oxfordshire



### Did you know?



The College is one of the **Faculty of Intensive Care Medicine's (FICM)** eight parent Colleges.

[ficm.ac.uk](http://ficm.ac.uk)





Benefit  
Number

25

## Fellows and Members Room

Use the College's Fellows and Members Room in London for when you need **peace** and **quiet** to study or just to **relax**.

### I enjoy using the Fellows and Members Room because...

“...it is a **quiet**, **accessible** and **spacious** room for fellows and members of the College to **study** or **relax** in while in London. With **free high-speed wifi**, a **coffee machine** and the **latest College publications** at your fingertips, it's a **home away from home!**”



Dr Jonathan Sadler

Teaching Fellow

📍 Brighton, East Sussex





Royal College of Anaesthetists

## Churchill House

What our membership  
thinks of us...

We asked our College membership,\*  
'What words would you use to describe your College?'

- Representative.
- **Protective.**
- Innovative.
- **Well organised.**
- Supportive.
- **Professional.**
- Accessible.
- **Educational.**
- Communicative.
- **Well structured.**
- Forward thinking.
- **Up-to-date.**

\*Source: 2018 RCoA Member Survey



Royal College of Anaesthetists

## Stay connected and get in touch

We are always happy to hear from our membership or aspiring anaesthetists. Whether it's to tell us what you like, or what we could do better.

**Email the Membership Engagement Team**  
[membership@rcoa.ac.uk](mailto:membership@rcoa.ac.uk)

**Call the Membership Engagement Team**  
020 7092 1700

**🐦 @RCoANews**

**f RoyalCollegeofAnaesthetists**

For a full list of contacts, please see the website.

We would like to thank all the fellows and members who have contributed to the creation of this booklet.

Space to write your College Reference Number (CRN) so you have it to hand when you call the Membership Team or book onto a course or event:

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