



"A PEEP Into Anaesthetics"- Career Support for Aspiring Anaesthetists of Wales

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BACKGROUND

- Core/ACCS anaesthetics continues to be a popular specialty, with increasing numbers of applicants every year
- Competition ratios have increased from **1:2.6 in 2020** to **1:6.4 in 2024**, with 2025 seeing the highest number of applicants ever

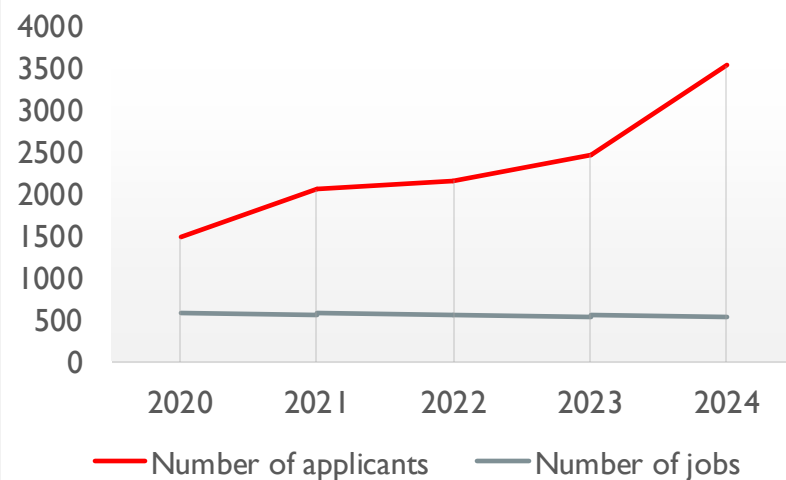


Figure 1: A graph to show the number of applicants relative to the number of jobs over recent years¹

METHODS

- Our project aimed to provide **support and education** to **foundation trainees** across Wales, to maximise their chance of success at the complex process of applying to core training
- We sought guidance and support from the **Welsh School of Anaesthesia** to design a bi-annual conference aiming to enthuse and education Welsh foundation doctors

November 2024: All Wales Foundation Survey sent out and course design and development

4th December 2024: 1st course run for 20 delegates

January - February 2025 : Feedback collated and second course planned

28th March 2025: 2nd iteration of course run for 30 delegates

PRE-COURSE SURVEY RESULTS



44% of attendees said they were unconfident with the application process for anaesthetics



17% were extremely unconfident



72% felt the access foundation doctors have to anaesthetics career advice is limited



92% had never attended an anaesthetics career session

Common themes applicants wanted covered included: portfolio optimisation, ACCS vs Core, life as an anaesthetists, ICM dual training

COURSE TIMETABLE

0830-0900	Registration	MPEC Atrium
0900-0930	Why Anaesthetics? The good, the bad and the coffee.	Lecture Theatre
0930-0950	A Day in the life of a core trainee	Lecture Theatre
0950-1010	ACCS vs Core- Which is right for You?	Lecture Theatre
1010-1030	Coffee Break	MPEC Atrium
1030-1100	Dual Training and pathways to ICU – Dr Josh Fox	Lecture Theatre
1100-1145	The Welsh School of Anaesthesia and the Recruitment Process – Dr Libby Duff	Lecture Theatre
1145-1230	Exploring the breadth of a career in anaesthetics – Dr Tony Funnell	Lecture Theatre
1230-1330	Lunch	MPEC Atrium
1330-1545	Interactive sessions <ul style="list-style-type: none">US guided regional and cannulation introBronchoscope mazeIntubating head and airway skills	Seminar Room 8/Sim Suite
1545-1630	The MSRA and the Interview – how to best prepare and build a portfolio	Lecture Theatre
1630-1700	Question Time and Close	Lecture Theatre

Figure 2: An example timetable of the structure and content of the day

REFERENCES

1. Speciality applications. Anaesthetics (inc. ACCS Anaesthetics) CT1 Competition Ratios. Available from <https://www.specialty-applications.co.uk/competition-ratios/anaesthetics-ct1-competition-ratios/> (Accessed 22 May 2025)

POST COURSE SURVEY



98% of attendees reported that they were either **extremely** or **somewhat** confident on the application process into anaesthetics



61% of attendees said they were **very likely** with the remaining 39% reporting that they were somewhat likely to apply for anaesthetics training



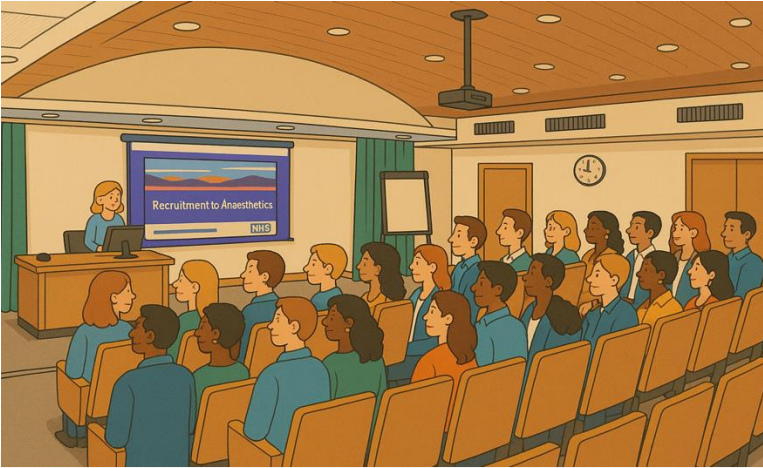
100% of attendees would **recommend** the course to a colleague

Feedback commended: the range of talks, mix of junior and senior faculty, interactive elements and MSRA guidance given

Areas of improvements: Handout of key points, links to faculty in local anaesthetic departments, contact emails to arrange taster weeks

CONCLUSION

- In the face of increasingly daunting application statistics, we are **passionate** about **supporting** future anaesthetists in training.
- A **‘PEEP into Anaesthetics’** successfully provides the **knowledge** and **skills** to allow doctors to make an informed career choice and supports a **competitive approach** to submitting an application to core training in anaesthesia.
- A further event is planned for **Autumn 2025** with an ongoing waiting list.



ACKNOWLEDGEMENTS



Anaesthesia, Intensive Care & Pain Medicine
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INSTITUTIONS

1. CT3 Anaesthetics, Princess of Wales Hospital 2. CT3 Anaesthetics, University Hospital of Wales 3. CT3 Anaesthetics, Royal Glamorgan Hospital 4. Foundation Year 2 doctor, Glangwili Hospital 5. Anaesthetic Consultant, The Grange Hospital and Welsh School of Anaesthesia Head of School