



Dear Colleagues,

It has been a difficult couple of weeks for doctors in training, in particular those working in the acute specialties.

The RCoA, FICM and the AAGBI agree it is crucial that trainees are, and feel, supported. Trainees are essential to the on-going safe delivery of anaesthesia and critical care; training and service are intrinsically linked.

We have been extremely concerned at the breakdown of negotiations between NHS Employers and the BMA, a decision to impose a contract and the looming threat of industrial action.¹⁻⁵

News yesterday of the Secretary of State's intervention in the process is encouraging and we hope that this will help facilitate resolution of the dispute.

It is understandable that trainees may currently have higher degrees of stress, anxiety and uncertainty. Those studying for exams, preparing for job applications, interviews, presentations or just the daily challenge of making themselves better anaesthetists may really be feeling the pressure.

Consultants, SAS doctors and trainees alike must be particularly mindful of these pressures and the effects they can have on individuals.⁶⁻⁷

Don't forget the support networks available if anyone feels overwhelmed:

- 1. Talk to somebody: fellow trainees, family and friends**
- 2. Meet with your clinical or educational supervisor, College Tutor or mentor**
- 3. Use one of the available support and welfare schemes:**
 - a. [AAGBI Support and Wellbeing](#)**
 - b. [RCoA Career and Personal Difficulties](#)**
 - c. [BMA Doctors' Wellbeing](#)**

We are heartened by the support shown for trainees by consultants, SAS doctors and allied professionals. We will continue to work with as many external bodies as possible to ensure that a safe and fair agreement is achieved in the interest of patients and for you the future of our specialty.

In the meantime, look after yourselves and each other.

JP Lomas *on behalf of the RCoA Trainee Committee*

Ben Fox *on behalf of GAT*

David Garry *Senior Trainee Representative, FICM*

Anna Batchelor *Dean, FICM*

Andrew Hartle *President, AAGBI*

Liam Brennan *President, RCoA*

29 September 2015

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1. [RCoA statement junior doctor contract proposals](#)
 2. [College Presidents' letter to Jeremy Hunt](#)
 3. [AAGBI statement on the proposed Trainee Contract](#)
 4. [AAGBI and specialist societies letter to The Guardian](#)
 5. [Academy Trainee Doctors Group statement](#)
 6. [AAGBI: Fatigue and Anaesthetists](#)
 7. [AAGBI: Drug and Alcohol Abuse amongst Anaesthetists](#)