

NEWS & VIEWS

The Yorkshire Society of Obstetric Anaesthetists newsletter

Issue 9/ November 2015

Please can you forward this newsletter to all your obstetric anaesthetic colleagues and trainees to let them know all the news. This is particularly important because we have the trainee representative role to fill: sadly Chloe Fairbairns is leaving the YSOA committee for bigger and brighter things – the trainee rep at The College! A huge thank you to Chloe for her relentless hard work on the YSOA committee, organising meetings, developing the website and social media sites and generally being a great colleague. Any trainees who wish to be put themselves forward for election please contact Dr Purva Makani at makani.purva@hey.nhs.uk

Also, we need to make sure our membership email distribution list is up to date so please complete the information in Clare Smith's Secretary's report and send to yoasec@gmail.com

If you have anything you would like including in the next newsletter please get in touch – sue.smith@york.nhs.uk

President's Message

Time flies and winter is upon us again. It seems to me that summer flies past and winter drags on!

We have had an exciting couple of months since the last newsletter. Our website was down for a couple of weeks due to a technical snag and had to be constructed again from scratch. I learnt a lot about how complicated website designs are and how little I really understand the language, web designers speak! The good news however is that, the website is up and running-it has been upgraded . Do go and visit it and see all the photos from our last conference , contributed by Sarah Radbourne , our brilliant organiser of the 2015 AGM. In addition we have also uploaded all the podcasts of the talks given at the AGM. So if you missed our AGM, you have an opportunity to hear it . Or if you want a refresher, it is now there for you.

In June, we had invited Lawrence Tsen, to a special evening YSOA meeting- a brilliant speaker, who updated us on the advances in labour analgesia. Ian Russell was our special after dinner speaker who shared with us his experiences of life after retirement. Plenty of food for thought and pearls of wisdom to help plan a happy retirement!

September ushered in our annual evening anniversary meeting which was another resounding success and plans are afoot for our next annual ASM on April 19th 2016. We have confirmed the venue as Cave Castle near Hull and a vibrant programme is being put together.

The importance of collaboration cannot be over emphasised. We work closely with midwives and obstetricians and if we did not think and work like a team, we cannot deliver good care to our patients. Last week I witnessed an eclamptic fit in a postnatal mother on our labour ward and watched with pride, our anaesthetic team working with the obstetricians and midwives quietly and efficiently to stabilise the mother and safely bring her back to normalcy.

If we work in teams, we should also train as a team. We therefore put a proposal to the YSOA committee to consider a joint meeting with obstetricians, midwives and anaesthetists at the next year's ASM in April 2016. I am delighted to inform you that the proposal was accepted and we are in the process of finalising what is likely to be a very unique programme with some top speakers. I look forward to sharing with you more details of the programme shortly!

In the meantime, keep warm and hope you have a wonderful Christmas and New year! Feels strange to wish you in November but Christmas decorations are already up in many of the shopping centres, so I am not the only one thinking of Christmas.

MAKANI PURVA
PRESIDENT

Yorkshire Society of Obstetric Anaesthetists

YSOA Anniversary evening meeting report

The third YSOA anniversary evening meeting took place on Friday 25th September 2015 in the quaint Hinsley Hall in Leeds, which is rapidly becoming a traditional venue for this event. 27 anaesthetists from the region attended this year.

To kick-off the evening YSOA president Dr. Purva welcomed everyone and introduced the first presentation, which was by Dr. Louise Savic, consultant anaesthetist from Leeds, and her guest patient Ms. Joelle Braithewaite. Together they gave us a very thought-provoking account of Joelle's journey through her pregnancy. A few years previously she had been diagnosed with a rare form of autoimmune disease and was being treated by rheumatologists. She developed associated IBD requiring a colectomy. During her pregnancy she suffered from recurrent rectal stump bleeding. She presented preterm with an unknown cause of acute kidney injury with severe hyperkalaemia, which eventually culminated in a GA section, followed by an ICU stay requiring haemofiltration. There was much to discuss and reflect upon. It was especially powerful to hear about the experience from the patient's perspective.

After a delicious buffet dinner it was time for the much-awaited debate about the motion "In 2015, thiopentone should no longer be the intravenous induction agent of choice in obstetric general anaesthesia." Dr. Matt Simpson from Jimmy's defended the motion against York's Dr. Simon Old. They took us through the latest evidence concerning thiopentone and propofol in this setting, which included the implications of NAP5. They covered the various pros and cons of the two agents including pharmacological properties and adverse effects, appropriate dosing, ease of reconstitution, potential for drug error, problems with availability and cost-effectiveness, just to name a few. It was a thoroughly enjoyable and informative contest. Dr. Simpson won over a few voters but Dr. Old just edged ahead to defeat the motion.

Finally, Dr. Shaun O'Connell, GP and CCG member for the Vale of York, educated us about the consequences of trade sponsorship of postgraduate medical education and how it can affect patients negatively. It was interesting to learn the extent of the impact of trade sponsorship along with some of the related ethical considerations.

A big thank you to the YSOA organising committee who again did an amazing job organising this very enjoyable social and educational meeting. Vivek Sinha, HRI

NEW WEBSITE UP AND RUNNING! NEW PODCASTS TO VIEW!

Exclusive access for YSOA members! To view the podcasts from recent meetings please visit www.ysoa.org.uk then follow the link to the podcasts

Username: admin

Password:

Green42Carwash

Simulation Dates

Obstetric Anaesthetic
Emergency Course for
CT2s

York Simulation Centre
Dec 2nd 2015
sue.smith@york.nhs.uk

Bradford Simulation Centre
Feb 8th 2016
facilities.administration@bthft.nhs.uk

Hull Clinical Skills Facility
April 25th 2016
daniel.websdale@hey.nhs.uk

TOAASTY Advanced
Obstetric Course
for senior trainees and
consultants

Hull Clinical Skills Facility
Fri Dec 4th 2015

Date for your Diary

YSOA ASM April 19th 2016

Cave Castle

A joint meeting with Hull
Obs and Gynae medical
education group
(HOGME)

Secretary report

The time has come to update our membership records... I am certain that the list of members we currently hold, contact details and additional information is not as up to date as it could be. People move to new regions, trainees become Consultants and we have existing and new recruits to the region who may be interested in becoming involved in the YSOA or may not be aware that we exist.

To allow us to update our records please can you forward the following information to:
ysoasec@gmail.com

Name
Grade
Employing Trust
Locality if in a training post (East/South/West)
A reliable contact email address

I would also be grateful if you could forward the newsletter to your colleagues and the trainees currently working in your hospital. Membership is free and the potential for us to share ideas and experiences is enormous!!

At the recent YAT conference in York it was clear that there is huge amount of vigour and enthusiasm from the trainees. SHARC and AARMY provide the potential for all 3 localities to work together to improve the standard of Obstetric anaesthesia across the region.

I look forward to updating our records and welcoming new faces and ideas to YSOA.

Dr Clare Smith. Rotherham

Trainee report

As winter approaches and our arms ache from enthusiastically administered 'flu jabs, I find myself struck down with some kind of dreadful URTI. My initial self-diagnosis of diphtheria was perhaps a little pessimistic, but I have had the strange experience of losing my voice almost completely for a couple of days.

Those who know me personally will probably be laughing out loud by now. I do usually talk quite a lot. In fact I am notorious for it, it's been mentioned on MSFs and references.

So, I popped into a well known stationery retailer and purchased myself a notebook so I could communicate. The first entry reads "flat white to take out please" which made the staff in the coffee shop giggle. However I soon found the notebook frustrating: a friend and I were sitting in another cafe when a gentleman next to us started asking us questions about the dispute about the junior doctors contract. Sarah made a wonderful job of explaining the background to the dispute and why doctors were angry. I, however, couldn't write fast enough to keep up with the conversation. My little book started filling up with increasingly scruffy entries like "I work weekends" "NHS is 24/7" and "I'm 41, still junior". The frustration was mounting - I had so much to say, and I couldn't get it out.

This frustration wasn't new. I can't have been the only person to be shouting at the radio as politicians and broadcasters suggest that you can't find a consultant in a hospital at weekends or that junior doctors are basically the same as medical students. And whenever I've dared to read the comments on any online articles to do with the health service or doctors, the impotent rage has threatened to bubble over. I banned myself from reader comments for my own sanity.

To my great relief my voice has returned. It's a bit hoarse but I am audible and I don't think I need the notebook any more. I am back to being a motormouth.

And I have decided to stop getting angry without speaking out. I've written to my MP and am going to meet him shortly (I might even let him get a word in edgeways). I've emailed radio 4 about their coverage of the dispute. I've challenged people who've repeated the "no doctors at weekends" line. I've talked to my entirely non-medical family, explaining that I do in fact work weekends and haven't been using it as an excuse to get out of stuff for years.

I would like to encourage you all to do the same. Talk to strange men in cafes who ask you about your job. Introduce yourself to patients as a doctor. Talk to your colleagues about why junior doctors are angry - nurses, midwives and ODPs work with us every day, they deserve to know what's going on. Explain it to your family - if they understand what's going on they'll talk to other people. Tell your hairdresser. Tell everyone

This is going to be a stressful time to be a trainee doctor. Please look after yourselves and each other. And never forget that everyone is always pleased to see the anaesthetist, especially at 3am on Sunday.

Chloe Fairbairns
ST7, Leeds