



## COLLEGE OF INTENSIVE CARE MEDICINE OF AUSTRALIA AND NEW ZEALAND



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## INTRODUCTION

Welcome all to the new look trainee newsletter! This newsletter aims to be a regular communication to keep readers informed of the activities of the trainee committee and general affairs of CICM trainees. We hope you all enjoy it and look forward to your feedback.

## TRAINEE REPS

### Chair - Rob Bevan

Rob Bevan is the CICM New Fellows Representative on the Board, and the Chair of the Trainees Committee. As a trainee, he served for three years as the NZ Trainee representative. He now works full time as a specialist in Auckland, with an interest in education. Spare time no longer exists due to having a disinhibited toddler with boundless energy.

### ACT - Brandon Burke

Brandon Burke is a CICM advanced trainee and represents the ACT. He graduated from the Australian National University in Canberra, then worked in Queensland before returning to the Canberra Hospital, where he a senior registrar. He has an interest in assessment and teaching and his project with the trainee committee will look at development of skills and experience log book for trainees.

### NSW - David Anderson

David Anderson is the NSW representative on the trainee committee. Originally from Scotland, he grew up in New Zealand and went to medical school at the University of Auckland before starting anaesthetic training at Auckland City Hospital. He was lucky enough to work part-time as a paramedic during medical school, which of course taught him more about looking after sick people than med-school ever could.

He has seen the light (or moved to the dark side) and is now training solely in intensive care medicine. He has spent significant time in - and has a strong interest in - both palliative medicine and prehospital and retrieval medicine. He is active on social media, tweeting as @expensivecare and maintaining an infrequently updated blog with the same name. He looks forward to representing the trainees of NSW.

### NT - Patricia Hurune

Patricia is the newly appointed NT representative on the trainee committee. She is a Basic ICU trainee with CICM and intends to undertake the CICM primary exam. Currently rotating in Anaesthetics at Royal Darwin Hospital she has completed rotations in ICU, General Medicine and Cardiology at the Royal Darwin and Alice Springs Hospitals. She has a special interest in trainees in remote locations and looks forward to working towards improving communications with remote trainees as well as improving access to resources for trainees working towards the CICM primary exam.

### NZ - Louise Speedy

Louise Speedy is the New Zealand CICM trainee representative. She is an

Advanced ICU Trainee and Anaesthetist currently based at Wellington Hospital. Louise's current project for the trainee committee is the development of trainee webinars with goals of providing an interactive online education forum and facilitating communication between trainees Australasia wide. She also has a healthy interest in work-life balance with time on Wellington's mountain bike trails a priority between ICU shifts.

#### **QLD - Isuru Seneviratne**

Isuru (Izzy) is the new trainee representative from QLD. Originally from Sri Lanka, Izzy has lived abroad for most of his life initially in Geelong, Victoria - Australia, Papua New Guinea and finally settling in Auckland; New Zealand where he did his secondary schooling and attended Medical School at the University of Auckland. Izzy is a dual trainee with CICM and RACP and is currently a CICM Advanced trainee and RACP Respiratory and Sleep Medicine Advance Trainee. The bulk of his training has been in NZ but in 2014 he moved to Sunny Queensland with his wife and 6 week old daughter.

Izzy is an Adult Trainee but is currently a PICU Registrar at the Mater Children's Hospital in Brisbane and from August will do another 6 months as a PICU Fellow. Izzy is passionate about teaching, especially with regards to simulation teaching. He also has a special interest in the inner workings of the Medical Colleges especially with regards to Trainees and their training and have been the Trainee Representative on the NZ RACP Respiratory and Sleep Medicine Specialist Training Committee. Izzy is excited to take what he has learnt from his time there and represent the CICM trainees of Queensland.

#### **SA - David Reid**

David Reid has recently been elected the SA representative on the trainee committee. Originally a dentist, David completed his medical training at the University of Auckland. Following success in the CICM primary exam in 2013 he is currently undertaking Anaesthesia at The Queen Elizabeth Hospital and research based at the Royal Adelaide Hospital. He is dedicated and enthusiastic about training in Intensive Care Medicine and is looking forward to representing SA trainees.

#### **TAS - Michael Ashbolt**

Michael Ashbolt is the Tasmanian representative on the trainee committee. He is currently undertaking dual training in Emergency Medicine (ACEM advanced trainee), and Intensive Care Medicine in Hobart (CICM advanced trainee). He has had previous rotations in internal medicine, Emergency and ICU at the Royal Melbourne, Royal Children's and Hobart hospitals.

He has an interest in medical education and new learning techniques, as well as methods to establish a homogenous and complete training experience for all trainees regardless of location. He is happy to be approached by any Tasmanian trainees, or those interested in joining the CICM college with regard to training questions or issues.

#### **VIC - Maurice Le Guen**

Maurice Le Guen is the Victorian representative on the trainee committee and is an Advanced ICU Trainee. He has completed ICU rotations in a broad range of settings including at the Royal Melbourne Hospital, Wagga Wagga Base and Alice Springs Hospitals. Throughout his medical career Maurice has had an active interest in addressing the issues faced by his medical colleagues and is currently pursuing his interest in health policy through study towards a Masters of Public Health. Most of the time he would rather be spending time with his dog.

#### **WA - Tim Bowles**

Tim Bowles is the trainee representative for Western Australia. He is currently completing advanced training in ICM in Perth, having previously trained in anaesthesia in the UK. Tim strongly believes in minimising training bureaucracy to allow efforts to be focused on training itself, and has professional interests including education and IT in healthcare.

## **WEBINARS**

The CICM Trainee Committee are currently working on launching a series of ICU webinars. Our aim is to produce an interactive educational forum covering topics seen mainly in specialist tertiary ICUs (burns, cardiac, ECMO, neuro etc).

We're aiming to compliment rather than duplicate the already substantial ICU

educational resources presently available online.

We also hope that the webinars provide us a forum for communication be it with other trainees down the road or 'across the ditch'. For those of you training in remote locations we hope they'll be particularly valuable.

We're currently formulating a business case and would welcome your input.

If you have any ideas for topics or presenters please contact Louise Speedy (NZ CICM Trainee Rep) [lou\\_speedy@hotmail.com](mailto:lou_speedy@hotmail.com)

## ONLINE ASSESSMENTS

The College has been receiving a steady flow of completed online In-training Evaluation Reports (ITER) and are pleased with the results.

As a reminder, online ITERs are required by **all CICM trainees for all Intensive Care training (including deferred) as well as all other accredited training.** Paper assessments are no longer acceptable for any training periods which commenced after 1<sup>st</sup> December 2013. The College encourages trainees to communicate with their supervisors and ensure the ITER is submitted on time. If you have any queries about the ITER, please contact [assessments@cicm.org.au](mailto:assessments@cicm.org.au).

## COURSES & EVENTS

### **14<sup>th</sup> Rural Critical Care Conference**

22-23 August 2014

Tweed heads NSW

<http://www.ruralcriticalcare.asn.au>

### **Bedside Critical Care 2014**

29 September to 3 October

Cairns QLD

<http://bedsidecriticalcare.com>

### **CICM Communications Course**

3 October 2013

Perth WA

<http://www.cicm.org.au/courseaus.php>

### **39th ANZICS ASM - "Critical Care: The High Performance Team"**

9 - 11 October 2014

Melbourne VIC

<http://www.intensivecareasm.com.au/2014/>

### **ANZICS 26th Intensive Care Medicine Course**

12 - 15 February 2015

Melbourne, VIC

<http://www.anzics.com.au/events/anzics-icm>

### **Sydney Intensive Care Equipment Course**

April 2015

Sydney NSW

<https://sicec.com.au/when-is-the-next-course/>

### **SMACC 2015**

23 to 26 June 2015

Chicago USA

<http://www.smacc.net.au>

### **12th Congress of the World Federation of Societies of Intensive and Critical Care Medicine - One Step Further: The Pursuit of Excellence in Critical Care**

29 August to 1 September 2015

Seoul KOREA

<http://www.wfsiccm2015.com/main.asp>

# BOOK REVIEW

By David Anderson

**Examination Medicine, 6th Ed.**  
**Nicholas Talley and Simon O'Connor**  
**Churchill Livingstone - Elsevier, Sydney, 2010.**

Many will recognise this book as a member of Elsevier's examination series and those of you approaching the CICM final exam will be quite familiar with the companion volume "Examination Intensive Care Medicine" by Foote et al. Having just overcome that particular hurdle, I thought I'd give this book the praise it deserves by making it the first book reviewed in the trainee committee newsletter.

As a trainee with embarrassingly little knowledge of internal medicine I found "Examination Medicine" invaluable as an overview of a very broad topic. The names Talley and O'Connor will of course be familiar to those who attended medical school in Australia or New Zealand and they continue here with their trademark informal style and wit. The book is aimed fair and square at those presenting for the clinical component of the RACP exam so this must be borne in mind when using it as a resource for the CICM exam.

The first 4 chapters discuss the logistics of the RACP written and clinical exams and aren't at all relevant to CICM trainees. They may be omitted altogether. The money is in the following 9 chapters which go through common problems in internal medicine in a systematic fashion. The book approaches each condition from the perspective of a long-case exam and gives a short, succinct and up-to-date summary of the history and clinical examination findings and management issues (including controversies) of each condition. Questions like "How long do you continue dual antiplatelet therapy for in a patient with a drug eluting stent?" and "What are the causes of myelofibrosis?" can be answered in a snappy fashion.

The final chapter takes up 1/3 of the book and reviews common short cases. This was also a goldmine of clinical exam focused information and appropriately pitched at a higher level than Talley and O'Connor's medical student text.

Finally for the small percentage of you who still have optical drives on your laptops, the book comes with a CD containing a mixture of clinical examination videos and ECGs. I didn't find this that useful but some may.

In summary, I found this book useful as an overview of internal medicine problems that could easily come up in the CICM final exam and in everyday practice. If, like me, you don't have a strong background in internal medicine, the book is worth getting your hands on. If you have come to intensive care medicine from a physician background, you may already own it and it would come in handy as a refresher.

I give it **3.5/5 stars**.

## SOCIAL MEDIA

Stay up to date with all the latest trainee news and events by following the College on Twitter and Facebook!

