



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



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## PAEDS TRAINEE REP

The College has recently elected a Paediatric Trainee Representative to the Trainee Committee.

Rebecca Smith is currently working at Starship Children's Health, Auckland and is in her final year of advanced training in paediatric intensive care. Paediatrics has been her passion since medical school. Prior to commencing her PICU training Rebecca completed her FRACP in General Paediatrics with the Royal Australasian College of Physicians.

Rebecca enjoys teaching junior medical staff and provides both formal and informal medical education sessions for registrars and nurses as part of her role as the PICU fellow. As she has progressed through PICU training Rebecca has taken an interest in the professional development and training of junior PICU trainees. Rebecca is excited by the opportunity to become more involved with this at a college level.

## WORKFORCE SUMMIT

There has been a growing concern among fellows and trainees that there is an emerging and worsening problem of new fellows being potentially unable to find suitable employment as Intensive Care specialists, with the possibility of training bottlenecks for trainees coming through the system.

This workforce issue is a complex interplay of supply (CICM trainee numbers, workforce planning), demand (ICU beds, consultant positions, changing scopes and patterns of ICU practice) and involves several stakeholders.

The CICM is in the process of outlining this issue in detail in an upcoming publication, but recognises the need to engage all stakeholders, given the complex interplay of factors which govern ICU employment numbers. The result is a joint CICM/ANZICS Workforce Summit, which was held in Melbourne in November. This summit involved the CICM Regional Chairs, the CICM Board, ANZICS, Health Workforce Australia, and others. The meeting was very successful and a report will follow shortly.

Trainees and fellows are understandably very concerned about a problem which has the potential to affect us all, and for which there needs to be an ongoing honest and open debate.

As a committee, we will continue to serve as your line of communication to the college.

Rob Bevan - Chair, Trainee Committee

## OVERSEAS AID GRANT

The Board recently approved a new CICM grant that will be awarded twice a year to a trainee or new Fellow who wishes to spend 3 months in a unit in a low to middle income country. The grant was developed by the CICM Overseas Aid Committee and its purpose is to provide a trainee or new Fellow with valuable learning opportunities and provide critical care assistance. Successful applications must promote fairness, equality and sustainability in the unit. The closing date for the 2015 Grants will be 31 March 2015. If you would like more information on the grant or would like to apply, please contact [Lisa Davidson](#)

## VIC TRAINEE REP

### Victorian Trainees:

Are you interested in joining the Trainee Committee as the VIC Representative? The position will be vacant in 2015 and nomination forms will be emailed in the coming weeks.

For more information please contact Megan - [megang@cicm.org.au](mailto:megang@cicm.org.au)

## EXAM CLOSING DATES

### First Part Exam

Applications close: Tuesday, 27th January

### Second Part Exam

Applications close: Tuesday, 2nd February

For more information on Exams [click here](#)

## TRAINEE INTERVIEW

### An interview with CICM Trainee Sacha Richardson

#### By Izzy (QLD Trainee Rep)

“Sometimes taking the more circuitous route to complete your training may ultimately make you a better clinician”, starts Sacha Richardson, one of the Queensland Intensive Care registrars who I’m profiling in this issue. Sacha undertook medical school in the UK and worked for four years in various London teaching hospitals covering the critical care fields of Intensive Care, Emergency, Anaesthesia and Acute Medicine. He decided to take a year off from the NHS to work in Australia to gain some experience in another healthcare system and worked for a year in Mackay (“not quite like the photo of the Whitsunday’s he was shown on the brochure, but a decent introduction to country Australia!”). It was there that he made contact with Careflight and decided stay in Australia and take on a 6 month rotation as a retrieval registrar working out of the Townsville base.

Read the full interview [here](#)

## HAC INSPECTIONS

Are you interested in participating in Hospital Accreditation Inspections? Trainees are encouraged to attend hospital inspections to enhance their training experience and gain insight into what goes into accrediting a unit for ICU training.

To register your interest please email Megan Gillies - [megang@cicm.org.au](mailto:megang@cicm.org.au)

## COURSES AND EVENTS

**Australian Short Course in Intensive Care Medicine - ‘Tub’s course’**  
11-13 February 2015  
Adelaide, SA

[http://www.icuadelaide.com.au/course\\_fellowship.html](http://www.icuadelaide.com.au/course_fellowship.html)

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

12 - 15 February 2015

Melbourne, VIC

[http://www.anzics.com.au/Downloads/ICM%202015%20Flyer\\_FINAL%201.pdf](http://www.anzics.com.au/Downloads/ICM%202015%20Flyer_FINAL%201.pdf)

### **3<sup>rd</sup> SG ANZICS Intensive Care Forum**

24-26 April 2015

Singapore

<http://sg-anzics.com>

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

May 1-2, 2015

Sydney, NSW

<https://sicec.com.au>

### **CICM 2015 ASM**

29-31 May Darwin, NT

<http://www.cicm-asm.org.au>

Abstract Submissions Open [Click here](#) for more information

### **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>

\*\*To find other courses of interest go to <http://www.cicm.org.au/courses.php>

## **COURSE OVERVIEWS**

### **Bedside Critical Care**

**Cairns, QLD - 29th September to 3rd October 2014**

I had the opportunity to attend and speak at my first BCC conference, held this year in Cairns. The conference was superbly organised by Cath Tacon and Roger Harris, and provided a family-friendly environment perfectly suited to fulfilling their brief of providing a friendly, grounded, practical and highly topical educational experience. The conference began with a registrars day, with practical advice on ICU training, examinations and clinical conundrums. The main event featured an array of practical workshops, panel discussions and pragmatic clinical sessions: One of the highlights was Anthony Delaney presenting the ARISE trial, hot off the press.

As ever, the extra-curricular activities did not disappoint, with a bit of karaoke thrown in. I would definitely recommend you venture North to attend BCC 2015.

Rob Bevan - Chair, Trainee Committee

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### **Consultant Intensivist Transition Course**

**The Alfred Hospital, Melbourne - August 2014**

New consultant Intensivists in Australasia have gone through one of the most intensive training programs in the world, and tend to gain Fellowship in a strong position to deal with most clinical problems. However, as trainees we are insulated from some of the most significant challenges faced by new consultants- interactions with nursing and medical colleagues, helping trainees in difficulty, managing management and administration, while establishing a work-life balance that can be sustained.

The Consultant Intensivist Transition Course aims to prepare the new consultant

for these challenges. It provides an introduction to a range of subjects useful to a new consultant from negotiation and conflict management theory to personality typing, including legal issues and work life balance and many other topics along the way. Theoretical teaching was supported extensively with practical sessions which were non-threatening, enjoyable, and useful. Each of the areas covered would fill many courses on their own, but the basics are presented in a clear and succinct manner that left me and most of the other participants keen to learn more. This was supported by direction to further appropriate and useful resources.

Overall, this course achieves its aim admirably, and I'd recommend it to anyone post-Final exam, or shortly after taking up a consultant position. Although the course is expensive in the context of tightening study budgets, it is unlikely that equivalent knowledge can be gained from alternative sources. The course was administered smoothly, and the catering and facilities were good.

Tim Bowles - WA Trainee Representative

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### **39<sup>th</sup> ANZICS ASM and 29<sup>th</sup> Annual Paediatric and Neonatal Intensive Care Conference Melbourne - 9-11<sup>th</sup> October 2014**

Over the course of 3 days attendees experienced an engaging collection of presentations from both local and international speakers who shared current research and insights into ICU practice. Representatives from many professional disciplines within the multidisciplinary critical care team blended to share perspectives addressing the conference theme "Critical Care: The High Performance Team". With so many presenters and only a short time frame there were many concurrent sessions allowing attendees to chose whom they wished to hear from.

Highlights for me from day 1 was an inspiring presentation from Wirginia Maixner titled "Separating Krishna and Trishna" showcasing the merits of teamwork in the delivery of life changing healthcare. We also heard the results of the ARISE trial and were entertained by Prof Mervyn Singer who explored the manipulation of statistics in our evidence base regarding sepsis. The Matt Spence session on day 2 saw six current CICM trainees present their research endeavours while competing for the prestigious Matt Spence medal while the highlight on day 3 was the morning session from three "Global Rising Stars" in Intensive Care Medicine. [Read more](#)

David Reid - SA Trainee Representative

## **DISCLAIMER**

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