



AARMY NEWSLETTER

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Our Aims:

1. Facilitate large scale multi-centre audit and research in the Yorkshire and Humber Deanery.
2. Allow trainees to participate, lead and continue their projects as they rotate between the hospitals in the region.
3. Increase the opportunity for anaesthetic trainees to participate in the research and provide opportunity to meet the requirements of Annex G of the Royal College of Anaesthetists training program.
4. Attract funding for research, audit and quality improvement projects.
5. Provide a network of communications and a voice for trainees interested in such projects

Dear all,

Welcome to the Anaesthetic Audit and Research Matrix of Yorkshire's (AARMY) January newsletter. AARMY is an audit and research matrix comprising of anaesthetic trainees in East and West Yorkshire. We will provide regular updates regarding current and upcoming projects, meetings and national profile, as well as entusing you to become involved in our work.

We carry out multi-centre audit, quality improvement and research projects. We are supported by many consultants across Yorkshire at a regional as well as a local level; each hospital in East and West Yorkshire has an AARMY consultant lead. There is increasing momentum and enthusiasm at a national level for trainee groups like AARMY. Currently, there 17 regional networks. These are coordinated by RAFT, the Research and Audit Federation of Trainees which is endorsed by the NIHR.

See <http://www.niaa.org.uk/article.php?newsid=925#pt> & <http://rafttrainees.weebly.com/> for more on this.

Other specialties e.g. ophthalmology are also interested in our model (see below) and it is likely that this structure will be taken up by trainee groups across the specialties in the future. This opens us up to further exciting multispeciality projects to help improve the health of our patients.

PROJECT UPDATES

CVC

This is a project developed locally but which has already been taken up to run concurrently by another trainee group, SEARCH, based in the KSS deanery. The West Yorkshire lead for this project is Bex Lathey and the Dan Harper is leading in the East. Hospital leads have been appointed throughout the region. The data collection period is now completed and data analysis is underway. Further information about this will be distributed via the newsletter and the new website (please see below).

IHYPE

Intra-operative Hypotension in the Elderly is a national RAFT-coordinated study. This protocol was voted as the second national RAFT project at the GAT meeting in the summer of 2015. It wasn't one of ours (the initial work came from PLAN, the London network) but is still very good! It will be run by the regional networks in the

next few months including Yorkshire. AARMY members attended the RAFT Winter meeting on the 15th January to discuss the running of the project and more information will follow. If you would like to be involved as a hospital lead or data collector for this, please get in touch via the contact information below.

SNAP-2

This is another national project which will run later this year (likely to be Autumn time) and will look at the use of critical care beds post-operatively. It would be good to engage with this project and we will circulate further information through the year.

This is coming over the next 12 months or so and will look at the availability of critical care beds for emergency surgery. Look out for more information on our website and future newsletters.

FUTURE PROJECT DEVELOPMENT

We welcome ideas for projects from anyone training in Yorkshire. We have knowledge and expertise both within the committee and from our academic and clinical consultant colleagues to develop these ideas into effective project proposals. The aim is to run these initially on a regional level, with the proposer having full ownership of the project as per the AARMY constitution, but with full AARMY support. Additionally, the RAFT AGM will be held at next summer's GAT and at this meeting, proposals will be reviewed for suitability to run a successful regional project on a national level. We will be developing proposals to take to GAT 2015 over the next few weeks so please get in touch via the if you have any ideas you would like to develop.

RAFT MEETINGS

RAFT WINTER MEETING

RAFT is a trainee led national umbrella group to support all the anaesthetic research and collaborative groups that have developed in the UK in the last few years. RAFT aim to facilitate national anaesthetic, trainee led projects. Two RAFT meetings are held per year, the Winter meeting and the Project Planning meeting, which is held during GAT.

On the 15th January, two of our committee members attended the RAFT Winter meeting. It was hosted by the Royal College of Anaesthetists in London with the focus on IHype project planning, as well as looking to appoint some new RAFT committee members. It was an inspiring day with excellent speakers. Prof Rupert Pease spoke about the UK peri-operative medicine clinical trials network and Dr Ramani Moonesinghe spoke about developing a voluntary national peri-operative quality improvement programme.

GAT RAFT MEETINGS

Representatives from AARMY attended the RAFT AGM hosted by GAT in June 2015. The new RAFT project about intra-operative hypotension, IHypE, was chosen at this meeting. The next project planning meeting will be during GAT 2016, which is being held in Nottingham this year on the 15th-17th June. AARMY will be submitting a project proposal so if you have a project idea that you would like to see run

regionally or nationally, please get in touch.

OPHTHALMOLOGY CONFERENCE

Our ophthalmology colleagues would like to develop their own trainee network and on hearing about the successes of AARMY, invited us to give a talk on our trainee network at their new annual research day. The invite is a testament of the achievements you have all helped create through your hard work on AARMY projects. Former AARMY Chair, Vikas Kaura, gave a talk on how our network was set-up, how it is run and the projects we have contributed to or run independently. The feedback showed that this was well received; this has helped promote the AARMY network to a broader audience in Yorkshire as well as develop contacts for future collaborative projects.

YAT

Caroline Thomas (AARMY) and Katy Shuker from SHARC (our South Yorkshire trainee network colleagues) spoke at the Yorkshire Anaesthetists in Training conference on the 16th October about trainee research networks. Anne-Mair Hammond-Jones (former AARMY secretary) also spoke about her involvement in the network at YAT. These sessions both had good reviews. It was a useful opportunity to talk about what we do, generate interest and recruit hospital leads for the CVC project as well as longer term AARMY hospital links to facilitate ongoing communication across the region. Anne-Mair also highlighted the huge advantages that being part of AARMY had brought to her, including numerous examples of activities such as leadership, management, team-working etc. that she used for her consultant interview questions. She got the job; well done Anne-Mair!!!

FURTHER INFORMATION AND WEBSITE

Our website is in the process of being fixed and should be up and running again soon. In the meantime...

Our current committee are:

THE AARMY COMMITTEE We have some new committee members who we would like to introduce to you as well as remind you about our ongoing team.

President: Prof Phil M Hopkins

Consultant Directors: Dr S Howell, Dr P Balaji, Dr S Fletcher, Dr N Freeman

Chairman: Rob Jackson

Secretary: Caroline Thomas

Communication: Bex Lathey

Information Technology Leads: ****new!!**** Simon May, Andy Chamberlain

Treasurer: Dan Harper

Infrastructure: Selin Kabadayi

SHARC link: Vikas Kaura.

Dr Claxton, our Head of School has agreed to let us use the school's mailing list to send AARMY communications. We hope this will help to improve communications across the region. We have also appointed further hospital leads across Yorkshire

to act as local AARMY links to help us communicate more effectively with you about project opportunities and ideas. In most cases, these are also the CVC project leads but their role will extend beyond this project.

If you are interested in playing a more active role in audit and research at a regional and national level, please get in touch via our email address (aarmyorks@gmail.com)

Best wishes,

THE AARMY COMMITTEE.

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