



Review Resource Document 06 (2011)

## WELFARE OF ANAESTHETISTS SPECIAL INTEREST GROUP

### TRAINING and EXAMINATIONS

#### INTRODUCTION

Training in anaesthesia requires five years of interesting and hard work. Training should be rewarding, but it may be an arduous and stressful process.

You will have responsibilities to both your employer and the Australian and New Zealand College of Anaesthetists (ANZCA).

To be accepted for ANZCA training, you will need to apply to the employer and the College in your state, region, or country. Visit the ANZCA website.

When you commence ANZCA training, formulate a career plan, after discussion with your family, your supervisor(s), senior colleagues, and your mentors.

Consider joining the New Zealand Society of Anaesthetists (NZSA) or the Australian Society of Anaesthetists (ASA) as a trainee member.

The ASA has a trainee group, GASACT.

ANZCA has a Trainee Committee in each state or region – consider getting involved.

Attend a “Part Zero” course in your region.

#### EXAMINATIONS

**The first attempt at an examination is the best attempt.**

Give yourself enough time to do the work - do not attempt the examination prematurely.

Attend courses, tutorials and practice vivas.

Participation with your peers in a study group or groups is essential.

If you fail an examination, objectively investigate your performance, and formulate a strategy for future attempts with your supervisor of training.

A psychologist with expertise in preparation for examinations may be of help if examinations make you anxious, or if you have difficulty expressing yourself in the viva voce setting.



## **LIFE BALANCE**

(see also Resource Documents RD 01 and RD 15)

In the long term, personal and family needs must take precedence over professional demands.

Recognise the hard work that is necessary to maintain personal relationships, as well as passing examinations.

Pay careful attention to time management. Factor personal and recreational time into your life as well as study time.

If family commitments are significant, consider part-time training, or a period of deferment; be aware that extended leave may result in degradation of skills.

## **PERSONAL HEALTH AND STRATEGIES**

(see also Resource Documents RD 01 and RD 15)

It is important to maintain regular exercise and a healthy diet.

Make sure you have adequate rest and sleep, as fatigue will affect how well you function.

A mentoring relationship with a senior colleague can be extremely valuable. (Resource Document 08)

Be aware that there may be significant risks to your well-being and to close relationships when under the stress of training and examinations.

Substance abuse and suicide are particular risks for anaesthetic trainees. You must seek professional help if you are in distress.

Read the Resource Documents - they may seem irrelevant to you now, but one day they may be essential in some situations, such as a personal or professional crisis.

Find your own general practitioner and make regular visits (Resource Documents RD 01 and RD 09)

## **Further Reading:**

Association of Anaesthetists of Great Britain and Ireland (AAGBI)  
Welfare Resource Pack

Australian and New Zealand College of Anaesthetists (ANZCA). [www.anzca.edu.au/trainees](http://www.anzca.edu.au/trainees).  
Regulation 15  
PS3 Statement on Fatigue and the Anaesthetist  
PS49 Guidelines on the Health of Specialists and Trainees

Australian Society of Anaesthetists (ASA)  
GASACT Handbook. [www.asa.org.au](http://www.asa.org.au)

Clode 2004. The Conspiracy of Silence. Emotional Health among Medical Practitioners RACGP  
2004



Markwell AL, Wainer Z  
2009. "The health and wellbeing of junior doctors: insights from a national survey." Med J Aust 191(8): 441-4.

New Zealand Society of Anaesthetists (NZSA). [www.anaesthesia.org.nz](http://www.anaesthesia.org.nz)

O'Hagan & Richards(eds)  
1997. In *Sickness & in Health*. DHAS New Zealand

Paice E et al Stressful incidents and coping strategies in the pre-registration house officer year.  
2002. *Medical Education* 2002; 36:56-65

Welfare of Anaesthetists Resource Documents (RDs)  
RD 01 Personal Health and Strategies  
RD 08 Mentoring and Peer Support Programs  
RD 09 Why don't you have you own GP?  
RD 15 Training and Family Responsibilities

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