Trainee Committee election - examples of personal statements

These were the successful candidates in the 2019 Trainee Committee election

Dr Eireann Allen

The Association of Anaesthetists has lead the way within hospital specialties to inspire positive change to our working environments by highlighting and addressing some of the major issues involved with training and the provision of service within the NHS. This is, in part due to an engaged and enthusiastic group of anaesthetic trainees who have worked together to share ideas, tackle on the ground issues, and roll out strategies to improve our working environments.

As a member of our local trainee committee in Edinburgh, I have been part of several trainee-led Association initiatives including 'Coffee and a Gas', the 'Fight Fatigue' campaign, and the Mentoring programme amongst many other home-bred ideas designed to improve training in our region. These have been warmly received, and have revitalised a tired workforce that have seen coffee rooms and on-call facilities disappear, with busier on-call rotas and the loss of time to develop that all-important team camaraderie. I am personally passionate about trainee wellbeing and the importance of social networks and support within our departmental environments.

Having been part of the Trainee Network Leads group this year I have found it incredibly useful for sharing ideas and gaining an insight into training in other regions. We can learn a lot from how things are done across the country and we should actively encourage the sharing of initiatives that have been successful in other deaneries. If successful, I would like to continue the fantastic work the Association trainee committee has been part of – Thanks from me!

Dr Murray Connolly

I am currently a SAT 4 trainee in Ireland, and I would like to stand as the Irish representative on the Trainee Committee. I have been involved with management committees locally as a Lead Anaesthetic Trainee, and I have admired the excellent work the Association has been undertaking to highlight the significant issues which are affecting us both as individuals and as a profession.

I have particular interests in trainee education, wellbeing and the development of Anaesthesia as a sustainable speciality for both trainees and consultants. I sense there is an increasing awareness of the challenges facing our profession. Fatigue, burnout and practicing in a resource-limited environment are putting a strain on our departments. However, I feel we have a rare opportunity to improve our work-life balance by building on the momentum that is gathering internationally.

The Association of Anaesthetists has a strong history of promoting co-operation between Great Britain and Ireland and I would like to develop the many opportunities which collaboration between our countries can offer, from shared knowledge, to multinational research.

Outside of the hospital world I love any outdoor activity, especially if water is involved. Within our specialty I have a keen interest in Regional Anaesthesia. However, I realise that trainee access to regional training and hands-on experience can be variable. As part of the committee I would aim to further the quality of Regional education.

I believe anaesthesia training is outstanding, yet progress in education, research opportunities and lifestyle will allow our speciality to excel.
Dr Amanda Milligan

I am an anaesthetics ST6 at Glasgow Royal Infirmary. As Chief Resident in anaesthetics I’ve become experienced in building good communication between the trainees and consultant body, tackling wellbeing, fatigue and training issues, and, through trainee surveys and canvassing consultants, I’ve increased the post on-call recovery time for senior trainees and influenced the rota design. I helped create the new trainee room with IT access for QI work, studying, and respite, and coordinate trainee teaching and QI projects for the department.

I’m passionate about medical education, having completed my PGCert and simulation fellowship, and developed a mastery learning CVC course after the department highlighted the lack of training in this skill. I’m also one of the trainee reps for the Scottish Society of Acute Pain Services and organised the Scottish trainee study day with my co-representatives.

These roles have given me determination to effect change and inspired me to apply for a Trainee Committee role to tackle broader training/trainee issues across the UK and Ireland. I’ve also trained in the KSS deanery and can appreciate difficulties facing trainees in other regions and I’d like to explore the heterogenous access to training opportunities, particularly in OOP opportunities.

The Association of Anaesthetists bridges consultant and trainee issues and their work on wellbeing and fatigue illustrates our specialty’s unity and recognises worth of current trainees’ and our role as future leaders. I’m hard working and committed, and I’d enjoy the opportunity to contribute through working with and learning from their wealth of experience.

Dr William Rattenberry

The Association’s Trainee Committee is a national leader in medical trainee representation. It brings trainees together and empowers us locally. I have personally benefited from their work, including improved employer engagement in trainee wellbeing and rest facilities.

My name is Will Rattenberry and I am an ST6 trainee in the East Midlands. I would like to offer my experience and energy to help address the issues facing trainees.

One such issue is incorrect pay and taxation. This is a problem in many areas, including my own. At the very least, it is time-consuming and stressful. I hope to join the Trainee Committee in using the results of their recent national survey to effect change.

I am passionate about environmental sustainability. I believe we should be at the forefront of our profession, recognising problems and finding solutions to our unnecessarily wasteful and environmentally damaging practices. I would promote opportunities for trainees to collaborate on sustainability projects and encourage an expanding role for trainees in the Association’s Environment Committee.

I believe we can further improve our welfare and our training despite the financial pressures on the NHS. I believe that during our training we can, and we should, lead the way in sustainable healthcare. I believe that all of us go above and beyond for our patients and for our training. I believe we deserve better. In this role, I would help deliver it.