

LTFT in ICM – why not?

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Deanery.

Case study – small numbers!

- Qualified 2003, anaesthesia 2005.
- Loved the scrubs superheroes!
- Primary kerfuffle – 2008 finally achieved!
- Baby 1 2009 – LTFT at 60% since then. FRCA 2010.
- Where did ICM go?



Can't be it if you can't see it
(sexism alert).




Social Media Workshop


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**SOCIAL MEDIA AND FREE OPEN
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PODCAST

**INTENSIVE CARE SOCIETY
STATE OF THE ART MEETING
2015**

 intensive care
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Barriers to LTFT ICM.



- Timing – ST3 - 5, family expanding distracts us.
- Not family friendly hours/life – any different than Anaesthesia, EM, Acute medicine?
- Not well trodden path – TPD nervous! Lack of role models. Not totally unprecedented though.
- The never-ending paperwork.....
- Another exam – this time with kids, caring role, illness.
- Training extended.
- Financial.



Perks of LTFT ICM.



- If experienced LTFT in anaesthesia = expert in LTFT ICM!
- More time to get exam.
- Longer on placements – sense of belonging at last!
- Flexible CCT date – learn from others transition.
- Can use days off – (can have them abused also).
- More mature – see next slide.
- Experience not pro-rata.
- Big projects – e.g. GAT family.
- The obvious ones! - Family time, balance.



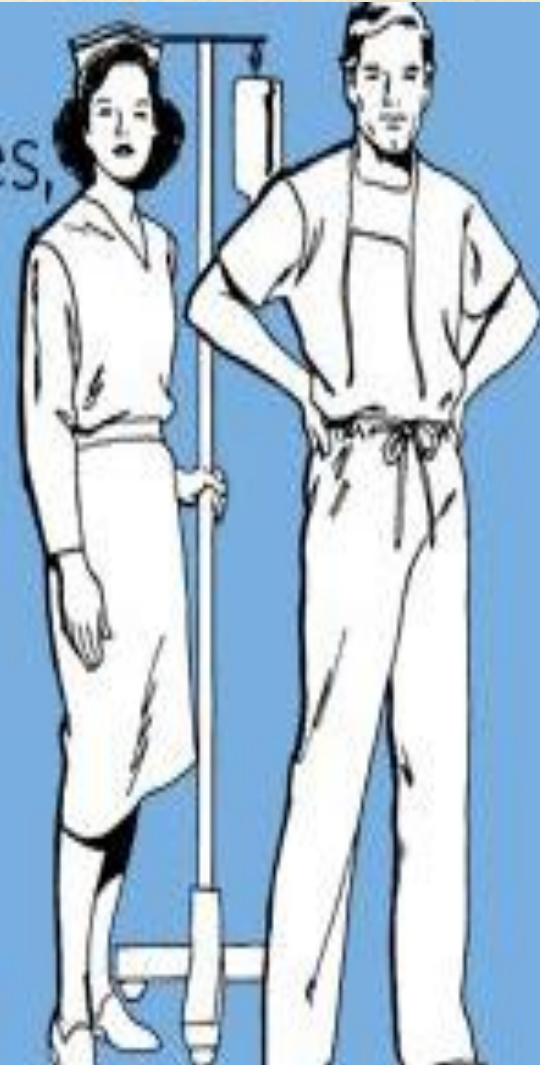
Stuff that we need to make better about LTFT ICM.



- Access to CPD – online, networks locally and nationally, exam resources. *Loads of unpaid work.*
Grrrr.
- The portfolios – double work, Case reports, 30 cases, WPBA, reflection.
- Post-approval forms/rota trouble – inexplicable difficult every few months for 10 years. Contract issues ahead?
- Balance with parent speciality – big gas-free gaps, have to be in charge of own competence (as in consultancy).
- Familiarity, visibility, attitudes - A-Z guide, ICS, today!

Cameraderie (another sexism alert)

And on the eighth day,
God created ICU nurses,
to keep doctors from
accidentally killing you.



someecards

Find a role model – its easier to be it if you can see it!

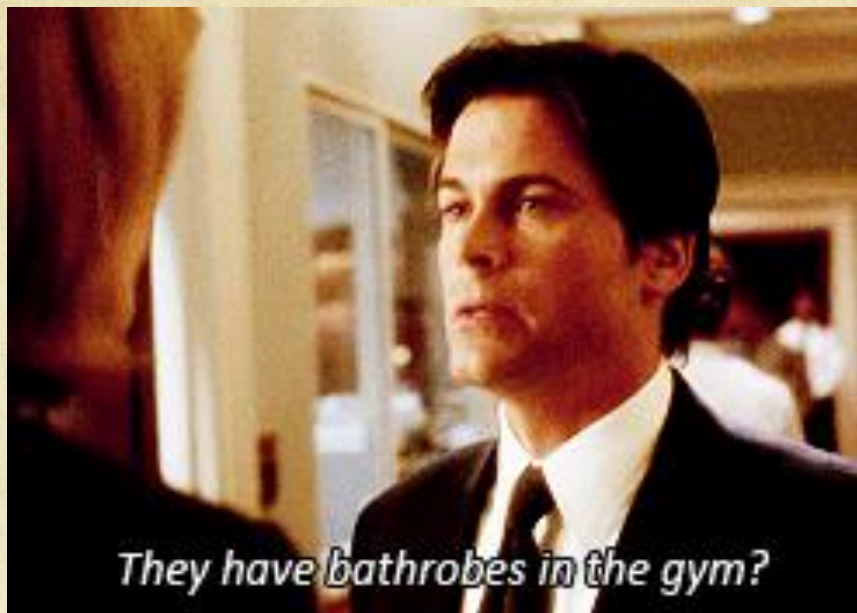
- Sarah Thornton
- Emma Wheatley
- Debbie Nolan
- Geraint Briggs
- Simon Maguire
- Sarah Stirling

- Anna Bachelor
- Danny Bryden
- Emma Plunkett
- Justin Roberts
- Roisin Haslett
- Anita Szabo-Barnes

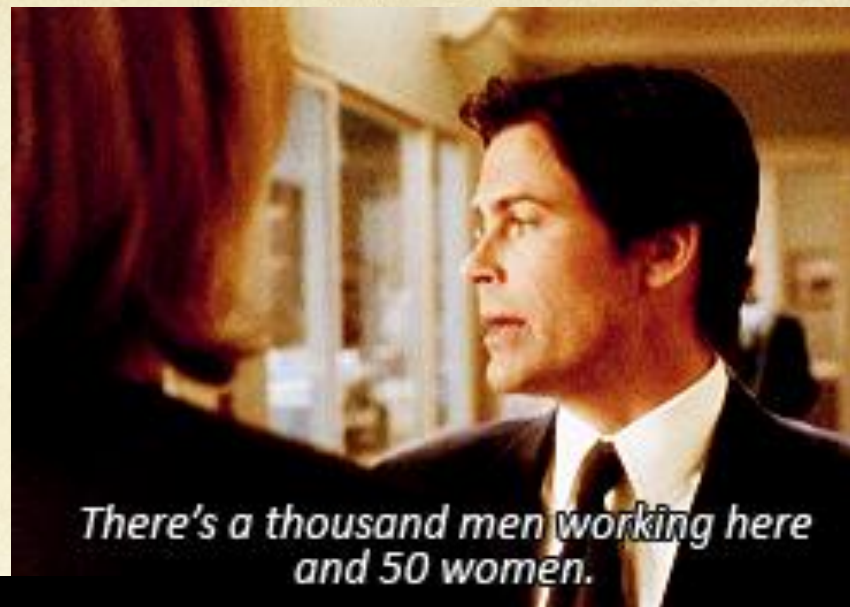
And....

- CJ Cregg (West Wing)

NB – Men can 'have it all' too.



They have bathrobes in the gym?



*There's a thousand men working here
and 50 women.*



*Yeah, and it's the bathrobes that's
outrageous.*

Be brave, find your team.



Don't ask permission.

You have **BRAINS** in your **HEAD**.

You have **FEET** in your **SHOES**.

You can **STEER** yourself any
DIRECTION you **CHOOSE**.

~ Dr. Seuss