

## Trainee Committee election - examples of personal statements

### These were the successful candidates in the 2018 Trainee Committee election

#### Dr Rhys Clyburn

I am an ST5 trainee working in the Wales deanery, with experience of listening to and presenting trainee issues as my previous role as a trainee representative. I have experience of organising meetings as part of the 2017 GAT ASM Cardiff organising committee and as a member of the Junior Anaesthetists of Wales organisation. I am a trained mentor, and am part of a trainee group offering a local mentoring services within South Wales. I share the Associations belief in the importance of mentoring. Outside of work I am a passionate Welsh rugby fan, which makes living with my equally passionate English rugby supporting wife a challenge! This has however, taught me the importance of compromise. We share our home with our 2 dogs Tui and Dewi.

We are going through a challenging time in healthcare and training. The demands on the health services are increasingly at a time when we are asked to do more, with less. Trainees faith in the government has been damaged, the training vs service provision battle continues, and Brexit casts uncertainty. During these difficult times we need a strong voice, and Anaesthetists must continue to lead from the front.

If given the opportunity to represent my fellow trainees in the UK and Ireland, I will bring hard work and passion to the role. GAT is a powerful voice fro trainees, one that continues to effectively represent the needs of trainees within the AAGBI, and I would relish the opportunity to be involved.

#### Dr David Nesvadba

As anaesthetists, what do we actually want to achieve as we progress though our training? This is actually quite a challenging question to answer. We are a diverse bunch. We all have our own hopes, aspirations and specific areas of interest. What we need is the correct environment to realise our goals whilst negotiating the mandatory parts of the curriculum. It is tough to do this and our wellbeing should not be compromised in the process. The correct balance can be hard to find.

I was inspired to put myself forward for nomination when I met GAT committee members face-to-face at the recent WSM in London. I was impressed by the level of interaction and their genuine desire to make things better.

I am an ST6 Aberdonian native. Naturally I enjoy haggis, whisky and general kilt wearing activities. I am a trainee in the North of Scotland but currently living in London whilst I undertake an OOPT year in Neuroanaesthesia at Queen Square. As a senior trainee I have been around long enough to understand the core issues we are faced with as trainees. More importantly, I am motivated to represent you and act as an advocate for improvement in our speciality. The political landscape is ever changing. Now, more than ever, it is important you have strong representation so your concerns can be appropriately heard.

Anaesthetic training should be excellent and we should be fully supported to achieve our goals.

#### Dr Lucy Powell

I have been proud to see GAT highlighting and tackling some of the difficulties facing trainees. Burnout, fatigue, morale and wellbeing are rightfully high on the agenda, thanks not-least, to their efforts.

Their focus on raising the profile of anaesthesia and campaigning for improved working conditions for doctors and the highest standards of care for patients has inspired me to pursue opportunities to help trainees locally.

I am an ST5 anaesthetic trainee in the Northern Deanery. As chair of our regional trainee committee, I have been an advocate for trainees by clearly communicating their views and concerns to our training directors. Within this role I led a team to organise a successful wellbeing day for anaesthetic and critical care doctors which will become an annual event.

Following the results of the AAGBI Fatigue Survey, I have attempted to improve working conditions by using the fantastic resources produced by GAT to encourage local departments to install rest facilities and promote a better culture around fatigue. I was invited to speak at the Linkman Conference about ideas I have helped implement locally, in the hope I could inspire others to do the same.

As Trainee Network Lead, I have shown effective communication skills and helped bridge the gap between GAT and our region's trainees.

Ultimately, I believe my skills and experience demonstrate commitment to GAT's fundamental objectives and as a committee member, I would continue to be a passionate and hard-working advocate for trainees, particularly around issues affecting their wellbeing.

#### Dr Divya Raviraj

I'm Divya, an ST5 trainee in the north of Scotland. I've worked in Oban, Inverness and Aberdeen and would love a chance to represent Scottish contingent as a part of the GAT Committee.

As our specialty continues to evolve and change, our role as perioperative physicians expands and other anaesthesia providers are being introduced it's important our trainees are well represented and involved in decision making around training requirements, working hours and educational needs. The GAT Committee provides part of this representation and I'd really like to get involved to represent you all.

Having been our local trainee representative I've discovered the advantages of coming from one of the largest specialties in the hospital, it's given us an opportunity to contribute to management and recruitment decisions, as well as local hospital policy. If elected I'd love to see what we can do at a national level to improve trainee welfare and training opportunities.

While regularly attending the GAT ASM's, being GAT TNL for my region and on the local committee for the APA/AAGBI conference in 2015 and GAT ASM Glasgow 2018 (which I hope to see lots of you at – with your dancing shoes for the ceilidh!) I've had the opportunity to work with the committee and AAGBI events team and see the behind the scenes work that goes into these events. I'm hoping that the skills gained from these would help me to be a useful members of the GAT committee if elected.

Thanks for reading and please vote.

#### Dr Karen Stacey

I have a long standing interest in trainee well-being and have held numerous trainee representative roles throughout my medical and anaesthetic training. I am currently an ST6 anaesthetic trainee in North West London, having previously completed the early part of my training in the West Midlands. Training and development opportunities should be equally accessible across our regions.

Training should not be a conveyor belt producing identical trainees – we all take slightly different routes, either by choice or by external circumstances such as job application woes or exam challenges. I think we should be expanding the role of anaesthetists as mentors, supporting fellow trainees both personally and professionally whichever route is taken. The GAT committee and the AAGBI continue to be ardent supporters of trainees and I would welcome the opportunity to be involved in creating real change. I am a firm believer that just because "things have always been done this way" doesn't mean they shouldn't change for the better; this is especially important in the rapidly changing life of trainees with ever-increasing pressures and expectations being placed upon us. Whilst I can't promise to create a training utopia, I will listen to AAGBI members and work hard to provide meaningful representation. Thanks for reading!