

Establishing and developing the Leeds sedation course for anaesthetic trainees

LEEDS SEDATION COURSE

for Anaesthetic Trainees

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Introduction

Prior to May 2023, a discussion between the West Yorkshire region anaesthetic Training Programme Director, College Tutors and trainees identified a gap in the region's delivery of the '**Procedural Sedation**' domain of the Royal College of Anaesthetists (RCoA) 2021 Curriculum ('the curriculum')[1].

Trainees have limited access to sedation lists and are often asked to sedate unfasted, unstable patients out of hours. There is also an increasing demand for anaesthetists to provide moderate and deep sedation services to help list efficiency for specific procedures.

The Leeds Sedation Course was subsequently designed with three aims:

1. To help Yorkshire and the Humber (Y&H) School of Anaesthesia trainees improve their **knowledge of procedural sedation** and its risks,
2. To enhance their ability to **formulate a safe sedation plan**, and
3. To support them in creating a Case-Based Discussion (CBD) as **evidence** for the 'Procedural Sedation' Holistic Assessment of Learning Outcomes (HALO)[1] for their Stage of training.

The Leeds Sedation Course has to be suitable for trainees at all Stages from across the whole School.

Methods

The course comprises pre-course eLearning on **sedation and target controlled infusions (TCI)**, available on the Y&H anaesthesia virtual learning environment 'Blackboard', and an in-person one-day course. Figure 1 shows the course programme. Talks focus on the curriculum's '**Procedural Sedation**' outcomes [1], the broadening clinical application of sedation and introduce the **novel** sedation agents remimazolam and methoxyflurane. **Simulation** sessions emphasise adverse sedation outcomes and **CBDs** reinforce safe sedation planning. The course teachers are consultant anaesthetists, and the CBD session is led by the first author. The course runs six-monthly and is RCoA accredited for four continuing professional development (CPD) points.

08.45 - 09.00	Registration	
09.00 - 10.00	Procedural sedation Overview and Guideline	
10.00 - 10.30	Pre-assessment & Fasting guidelines & monitoring	
10.30 - 10:45	Refreshments	
10.45 - 11.30	Pharmacology of drugs used in Sedation	
11.30 - 12:15	TIVA and TCI for sedation	
12:15 - 12:45	Sedation for ERCP	
12:45 - 13:30	Lunch	
	Group 1	Group 2
13.30 - 14:30	Simulation scenarios	Sedation related case-based discussions
14.30 - 14:45	Refreshments	
14.45 - 15:45	Sedation related case-based discussions	Simulation scenarios
15.45 - 16.00	Discussion, questions and close of meeting	

Figure 1: Leeds Sedation Course programme (May 2024) for the in-person component

Results

Three fully booked courses have run in May and November 2023 and May 2024. Trainees attend from all three Y&H regions (West, East and South).

Electronic feedback was collated for each session, which has been very positive. A new talk was introduced in November 2023 on the initiation of an anaesthetist-lead Leeds sedation service for endoscopic retrograde cholangiopancreatography and the simulation and CBD sessions were further developed in response to delegate feedback.

Feedback has improved with each course; the average percentage of 'excellent' responses across each session increased from 54% to 65% between May 2023 and May 2024.

Feedback from the most recent course (May 2024)

Figure 2 shows a word cloud of the most popular adjectives used to describe the course, with 'interesting', 'useful', 'informative', and 'practical' being some of the most commonly used.

Figure 3 shows the delegates' average reported increase in confidence in their knowledge of sedation and ability to plan a safe sedation plan after having completed the course.



Figure 2: A word cloud illustrating the most popular adjectives used to describe the May 2024 course on feedback forms

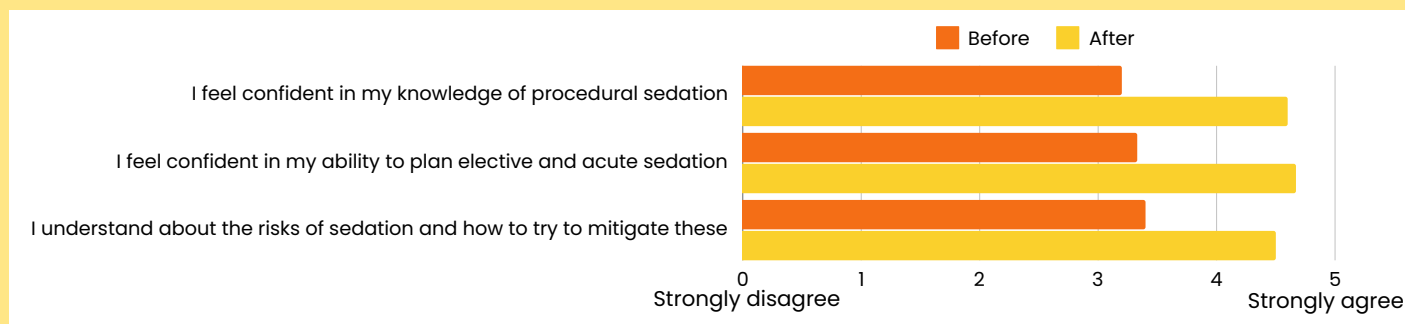


Figure 3: Feedback about confidence in sedation knowledge from before and after the May 2024 course

Conclusion

The Leeds Sedation Course is a popular event in the Y&H School of Anaesthesia's calendar. Limitations include the number of delegates that can be accommodated in the anaesthetic seminar room (resulting in oversubscription) and the ability to provide high-fidelity simulation. The course is currently free, however a charge for places would allow us to access larger course locations and invest in simulation equipment. As a valued and successful RCoA accredited course, we aim to expand places nationally to benefit trainees across the country.

Acknowledgements

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References

1. Royal College of Anaesthetists. 2021 Curriculum for a CCT in Anaesthetics. Version 1.2. London. 2021.

