



'An anaesthetic trainee-led network, conducting multi-centre audits & research in the North Western Deanery'

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Welcome to NWRAG in 2019!

The last few months have seen a change in committee both at NWRAG and our parent group RAFT. As a result there has been a radio silence for which we can only apologise. But its time for us to get back to supporting your projects.

In this newsletter we share the experience of one person involved in DALES, an update from the RAFT WSM including a rundown of what RAFT do, and also the first of our regional projects for the year.

With new committee we ask that you bear with our new members if they have to refer back to the more long in the tooth when dealing with your enquiries. But please keep pestering us if you want to suggest a project, get involved in a project or if there is something about NWRAG you wish was different. And thank you to all who completed the questionnaire which gave us some areas to work on.

The NWRAG committee

DALES

The DALES study (Drug Allergy Labels in the Elective Surgical Population) was the 3rd national study from RAFT (Research and Audit Federation of Trainees). Starting recruitment in May 2018, and with the recruitment window expanded slightly to maximise participation, it has become the **largest consenting study in anaesthesia** ever performed in the UK! A total of 21,764 patient and 4,982 anaesthetist surveys were completed, with analysis currently still ongoing prior to publication of their results.

For those of you not familiar with the study, it aimed to tie-in with the most recent NAP6 project on anaphylaxis by examining what patients actually mean when they tell you “I’m allergic to...” - a problem I am sure you are all very familiar with. This included quantifying the frequency of self reported drug allergies, what these reactions were described as, and then focusing on how this impacted on the subgroup of patients who reported penicillin or opioid allergies. In addition, the parallel survey of anaesthetists aimed to explore how we as clinicians responded to these (often vague) claims, as well as what local options we had available to us to assist with this problem, such as allergy clinics.

From the perspective of a (very much non-academic) trainee involved in this, this was a fantastic insight into the power and reach of such collaborative projects in our specialty. As the largest hospital specialty, and with clinical contact with such a diverse range of patients, (never mind the benefits that we trainees get from seeing different approaches through our continuous rotation) we anaesthetists are perfectly placed to make deliver large and impactful projects of this kind. It is this meaningful impact that has continually fired my interest in the Trainee Research Networks (TRN) and the potential that is opened up by collaboration across multiple different hospital sites. As a TRN I hope we can aim to deliver similarly beneficial and far-reaching work with the ongoing input of trainees across the region.

Tom Heaton

NWRAG Regional DALES Lead

An Update from the RAFT WSM



Firstly, what is RAFT? The Research & Audit Federation of Trainees is the umbrella under which all trainee regional networks (TRNs), such as NWRAG, sit. They are a committee of trainees with interests in research and audit and represent TRNs at high levels such as at the RCOA. They also represent the non-geographical trainee networks such as PAIN-TRAIN (pain medicine) and PATRN (paediatrics).

They are responsible for coordinating national projects after selection from those put forward from the TRNs. Previous projects include DALES and iHypE, though they also helped recruit investigators for the SNAP projects among others. They also help facilitate communications and collaborations between TRNs. They are fully knowledgeable of the processes involved in

setting up projects, securing funding and communicating with research and ethics committees, making them a great resource for the local TRNs to tap in to.

Each year they hold a series of meetings including a project selection meeting, a break out meeting at one of the big conferences (previously GAT) and also a winter scientific meeting which also acts as an AGM.

Tom and Hannah went to the WSM at the beginning of February and a full run down can be found of Tom (and John's) blog [here](#). Big things to note are

- RAFT projects have contributed some 80,000 accruals (data subjects usually patients or anaesthetists) through DALES and SNAP
- Trainee engagement is important for sustainability but also incredibly hard due to everyone being busy.
- If you are interested in Pain medicine or Paediatric anaesthesia then look up the relevant networks as they have some great projects.
- Big national projects that may interest you include PQIP (perioperative quality improvement project) and FIO-ELA (fluid optimisation in emergency laparotomy). PQIP may also help you by providing you with data for your audit so worth a look! No more traipsing around collecting data; the holy grail??
- Finally the STARSurg collaborative are looking for anaesthetists to get involved in supervisory type roles for their [RECON](#) project about postoperative pulmonary complications; really worth a look and data collection is generally done for you!

Links: RAFT Homepage. <https://www.rafrtrainees.com/>

Upcoming Projects

Along with the above opportunities we hope to roll out two regional projects over the next two months, before the next national RAFT project comes along.

The first project will be looking at **perioperative temperature management**, and will be headed by Sally Durdin. This project will look at the incidence of postoperative hypothermia, along with local practices in line with the NICE guideline. We will be looking for site leads, along with local investigators, to collect and analyse data.

Whilst it may not be the most sexy topic, it's a great place to start, especially for those looking for their first project or first opportunity to be a site lead. **If you could be a site lead we would be very grateful to hear from you.**

If ICU is more your interest then Tom Heaton wants to hear from you regarding a project on the **Timing of Enteral Nutrition (TEN/10)** so please, please get in touch.

A further project on **frailty** is also in the pipeline so please stay tuned. Also, we would love to hear from you if you want to expand and develop your project to a region wide level.

If you are interested in **PQIP**, most of the regions hospitals are involved and your department should be able to direct you to your local lead. **Flo-ELA** is less widely available but those at Tameside are in luck. If you want to enrol your department, talk to the clinical governance lead and then see [this link](#).

Finally, don't forget if you want to be involved in research then you should complete the [Good Clinical Practice training from the NIHR](#)

Showcase your research and audit work

Upcoming opportunities to showcase your research and projects:

The North West Airway Meeting on April 4th is looking for interesting cases for their M&M as well as any research you may have carried out: a great opportunity to present locally.

The AAGBI Annual Congress in Glasgow has opened abstract submissions.

The BJA Research Forum on the 8th and 9th of May is accepting abstracts until the 25th March, and this year focuses on novel anaesthetic agents. This is a research focused meeting and the event also features writing workshops for those this may help

The Age Anaesthesia Association ASM is being held in May and the abstract deadline is towards the end of March.

The AAGBI Trainee Conference 2019 is this year being held in Telford on the 3-5th July. The abstract deadline has passed but it is always an interesting meeting to attend.

Please feel free to contact us in future if you want us to list a specific event!