

RAFT BULLETIN

TRAINEE LED - RESEARCH - QUALITY IMPROVEMENT - ANAESTHESIA - PERIOPERATIVE CARE - INTENSIVE CARE - PAIN

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2022

EBPOM Ireland 2022
Dingle 27-29 September

Anaesthesia Research 2022
York 22-23 November

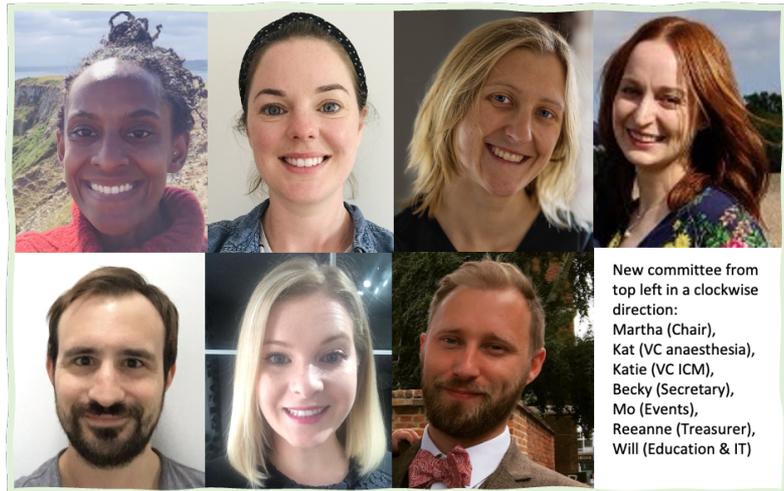
2023

RAFT Winter Scientific Meeting
tbc

RAFT publications

RAFT3: DALES (Drug Allergy Labels in Elective Surgical patients) open access [here](#)

RAFT2: iHYPE (Intraoperative Hypotension in Elder patients) open access [here](#)



New committee from top left in a clockwise direction:
Martha (Chair),
Kat (VC anaesthesia),
Katie (VC ICM),
Becky (Secretary),
Mo (Events),
Reeanne (Treasurer),
Will (Education & IT)

Hello from the new committee

Hello and welcome to the new newsletter! In the past few weeks the new committee has started to find its feet. We would like to thank you all for your amazing hard work during really tough times through the pandemic and curriculum changes. As we continue to recover and deal with their lasting and ongoing impacts, we are really looking forward to continuing our work to promote and deliver high quality research & QI whilst making sure that our work is communicated effectively to inform change. Please share this within your regions, hopefully it will become a fantastic way of sharing information and allow the spread of ideas.

Since starting this new role I have been reflecting on the fact that RAFT should continue to be an inclusive organisation and a way for those with little or no experience with research/QI to become involved to any degree they wish. Inclusivity starts from the language we use alongside the behaviours we adopt. The term trainee



RAFT Survey 2022

Soon we will be sending out a short survey for all regions involved in RAFT activities to participate in. The aim of this survey is to gather as much feedback as we can about your experiences of RAFT and Member Research Networks, and what you would like and need from us in the coming years. We hope this information will help shape our activities moving forward and enable us to continue to support you in delivering high quality trainee led research and QI across the UK. We look forward to hearing from you!

Kathleen Wolff, RAFT Vice Chair
(Anaesthesia)

New website coming soon!

We are very excited to announce that our new website is currently under construction! The aim is to launch in the late summer so watch this space! It will include links to trainee research networks across the UK, as well as up-to-date information on ongoing projects, useful resources & contacts, and how to get involved with member research networks and RAFT. There will also be information about all RAFT activities, and it will, with any luck, link up seamlessly with RAFT social media. Collaborator lists for all future RAFT projects will be accessed here also.

William Spencer, RAFT IT/education

may lead to some developing anaesthetists not feeling like RAFT activities apply to them and I am really keen that we make it clear in our language that all anaesthetists of comparable experience to those in 'formal' training programmes are more than welcome! So our tagline after RAFT is now *Research and QI federation of trainee, locally employed & SAS anaesthetists of comparable experience.*

Martha Belete, RAFT Chair

Member showcase

I'm Katie, chair of SPARC the Wessex member research network (MRN). I thought I'd share my insights of running both a MRN and a recent project - hopefully with some helpful tips and pitfalls to avoid.

We recently ran a regional project about regional methods to minimise awareness, designed by trainee Sandy Jackson. Several recent AAGBI guidelines suggest using BIS monitors and low volatile anaesthetic alarms to minimise awareness. We learned that practice varies widely around the region. Most anaesthetists use BIS when paralysing patients with TIVA, but low volatile alarms are normally set to the machine default and are used 0-97% of the time.

Now to tips on running research projects, learned from painful experience. Don't go it alone - there's a lot of help out there: friendly consultants, the NIHR clinical research networks, previous TRN members, trainees in other TRNs through RAFT. Deanery's can provide small amounts of funding. Don't try and run too many projects at once - one or two a year is plenty. Snapshot service evaluations work well, be mindful of changeover and exam times. Keep trainees in the loop about projects they've been involved in. Have a committee with clear roles. Try to be organised and set deadlines, although they may slip given the hectic nature of fitting research around clinical work. Speaking of which, I better get back to writing up the awareness project...

Katie Preston, SPARC chair & RAFT vice-chair ICM

SPARC's project was recently presented at the EBPOW world conference and reached the semi-finals. Congratulations SPARC on your great work!

AIRWAYS3 Update

AIRWAYS3 is a collaborative project RAFT is working on with Warwick Clinical Trials Unit, University of Warwick. It is a national RCT comparing the use of supraglottic airway device versus tracheal intubation during in-hospital cardiac arrest. It follows on from AIRWAYS2 which focussed on out of hospital cardiac arrest. The aim is to recruit 4190 adult patients over 120 hospitals. Its primary outcome is functional status at hospital discharge (or 30 days post-randomisation whichever is shorter). This is a large funded study and so it should work collaboratively with your hospital's research, intensive care and resuscitation departments. Airway members of the arrest team (often us!) in included sites would be involved in the process of randomising patients on the way to cardiac arrests through a rapid process using a mobile phone app. The follow up would then be completed by the local AIRWAYS-3 research team (which you could also be a member of). Currently the study is at the stage of recruiting sites, including 40 pilot sites. The pilot phase will start in September and run for 6 months and from there the main study will run from 2023 for 18 months.

If you would like to take a leadership role within your hospital, AIRWAYS3 is included in the associate PI scheme!

If you are interested and would like further information on getting your hospital involved please contact the trial team.

Email: airways3@warwick.ac.uk

Website: warwick.ac.uk/airways3

Twitter: @Airways_3



RAFT4 Update

POPPY study: **P**atient reported **O**utcomes, postoperative **P**ain and **P**ain relief in **daY** case surgery. This project will be the 4th RAFT national research study and is being lead by anaesthetic trainees in **SWARM** (south-west anaesthesia research matrix) in conjunction with RAFT.

Planning for the 4th RAFT national research study 2023 is now well underway. Recently we received the great news that we have had our funding application approved! We are really excited to continue our planning phase and will have more information soon.

This observational cohort study hopes to create a picture of current UK day-case surgery using patient centred outcomes measured after discharge from hospital. Longer-term measured outcomes will focus on defining the rate of persistent opioid use after surgery over the UK, and placing this in the context of persistent post-operative pain. This has never been done before in the UK.

The POPPY study spans the special interest areas of perioperative medicine, pain and day case surgery. We hope this will appeal to many trainees across all sites to get involved! As with previous RAFT studies, trainees at each site will undertake recruitment and day-of-surgery data collection. We plan to then use an automated text message follow up system to collect outcome data post patient discharge. This is a novel method for postoperative follow up in national trainee-led research, expanding the scope of the "snapshot" study for this and future projects.



Anna Ratcliffe, SWARM Chair

What is the associate PI scheme?

The associate PI scheme is open to healthcare professionals who do not have research as a core part of their role but want to gain skills and experience with NIHR portfolio research. It's a 6 month in-work training programme which requires a local PI to be a mentor, but really the drive to success comes from the participant. You complete the NIHR online associate PI learning course whilst being the associate PI for a project at your hospital. At the end you'd have learnt a whole lot and will get a certificate that is endorsed by the NIHR and Royal Colleges. So it's for someone who wants to get the teeth stuck into research and get really involved in how a research project is run on a local level. Below are some projects that have signed up to the associate PI scheme that may be of interest (not all RAFT affiliated but may still be of interest to our members!). For further information on the scheme in general click [here](#).

Becky's, RAFT new secretary, experiences of the associate PI process: "It was very easy to complete and you are guided through week by week of running a research project. The eLearning modules and videos on the platform help with all aspects of being a PI. You need to have either regular (monthly) meetings with your local PI or research time with a method of recording this. To get the full benefit of the scheme, try to be involved as close to the start of a research project as possible. Having an enthusiastic supervisor is helpful too."



Upcoming awards!

If you have completed a research project/'body of work' or made an outstanding contribution to clinical research then this is for you! There are two prestigious awards that you might want to apply for. These will be presented at Anaesthesia Research 2022 in York:

NIAA Research Award: for researchers/investigators that have completed a 'body of work'. For more information click [here](#).

Joint RCoA & NIHR CRN research award: for NHS clinicians (consultants and anaesthetists in training) who are making outstanding contributions to clinical research, especially regarding NIHR CRN portfolio research studies. For more information click [here](#). This award has been won by SWARM in the past!

Application deadline is 26th September 2022.

Support from RAFT

If you are a trainee/locally employed/junior SAS anaesthetists and you'd like to be involved check out our website <https://www.raftrainees.org/> or look on the next page for links to all our member research networks so that you can find a group in your region.

If you would like to set up a member research network or you are part of one which is just starting out or has lost your momentum please email us at raftnetwork@mail.com and we will provide advice and support.

If you would like to showcase your work or promote a member research network event in the next edition of the RAFT Bulletin please contact us on raftnetwork@mail.com

Member Research Networks

AARMY: Anaesthetic Audit & Research Matrix of Yorkshire
East & West Yorkshire

ARNni
Anaesthetic Audit & Research Network of Northern Ireland

INCARN.NET
Intensive Care and Research Network of North East Trainees

MAGIQ: Merseyside Anaesthetic Group for Improving Quality
Merseyside

MERCAT: Midlands East Research by Critical Care & Anaesthetic Trainees
East Midlands

NITECAP: Northern Ireland Trainee Network in Emergency Medicine, Critical Care, Anaesthesia, & Perioperative Medicine
Northern Ireland

NWRAG: North West Research & Audit Group
North West England

OxCCARE: Oxford Critical Care & Anaesthesia Research Enterprise
Thames Valley

PLAN: Pan-London Perioperative Audit & Research Network
Greater London

SEARCH: South East Anaesthetic Research Chain
Kent, Surrey, & Sussex

SEQuoIA: Scottish East Quality Improvement and Research Academy
East Scotland

SHARC: South Yorkshire Hospitals Audit & Research Collaboration
South Yorkshire

SPARC: Southcoast Perioperative Audit & Research Collaboration
Wessex

STAR: Severn Trainees Anaesthetic Research
Severn

SWARM: South West Anaesthetic Research Matrix Peninsula

SQuARes Net: SESSA Quality Improvement, Audit & Research Network
South East Scotland

WAAREN: Welsh Anaesthetic Audit Research & Engagement Network
Wales

WMTRAIN: West Midlands Trainee Research in Anaesthesia & Intensive Care Network
West Midlands

WOSTRAQ: West of Scotland Anaesthetic Trainees Research Network
West of Scotland

PAIN-Train: Network of Pain Trainees Interested in Research & Audit
Subspecialty Pain Network

PATRN: Paediatric Anaesthesia Trainee Research Network
Subspecialty Paediatric Network

Tri-STAR: Tri-Service Trainee Audit & Research Group
Armed Forces