

Advanced Obstetric Anaesthesia Training Programme

Version 24.09.21



Advanced Obstetric Anaesthesia Training Programme 2022-2024

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General Information

The advanced training programme on obstetric anaesthesia is a two-year course offered by Scandinavian Society of Anaesthesiology and Intensive Care Medicine (SSAI).

Content of the programme

- Two years of clinical training
- Four weeks exchange programme in a foreign country
- Residential courses
- A distance-learning programme
- Research project

After fulfilling the course, the candidate will be awarded an SSAI diploma on obstetric anaesthesia.

The course qualifies for being a specialist within the field of obstetric anaesthesia.

Obstetric anaesthesia

Obstetric anaesthesia refers to peripartum anaesthetic and analgesic activities performed during labour, vaginal delivery, caesarean delivery, removal of retained placenta, postpartum haemorrhage, and postpartum tubal ligation.

In a wider perspective, obstetric anaesthesia also includes neonatal resuscitation, caring for the parturient with intercurrent disease, and obstetric intensive care medicine.

Complex patients are approached by interdisciplinary teams that include obstetricians, perinatologists, neonatologists, cardiologists, anaesthesiologists within other subspecialties and other consultants as needed.

Aims of the programme

This course aims at educating Obstetric Anaesthetists with the overall objectives of enhancing the quality of anaesthetic care for obstetric patients, improving patient safety, reducing the incidence and severity of anaesthesia-related complications, and increasing patient satisfaction in the Scandinavian countries.

Obstetric anaesthesia include, but are not limited to, the following:

- Organization of local obstetric anaesthesia services
- Practice obstetric anaesthesia
- Training of staff anaesthetists, residents, nurse anaesthetists, midwives, obstetric ward nurses and students
- Regular update of local diagnostic and therapeutic protocols/guidelines
- Quality assurance activities within the domain of obstetric anaesthesia
- Review relevant literature & attend external platforms to remain updated on new scientific evolutions

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- Participate to the continual development of national clinical guidelines

Course participants

Applicants are members of the SSAI and specialists in anaesthesiology with a special interest in obstetric anaesthesia. Participants are selected according to their affiliation, academic merits, clinical skills and motivation by the discretion of the steering committee of the training programme. The number of participants will be a maximum 24 on each course, which is offered to start every second year.

Educational strategies

The training objectives will be achieved using a number of training methods. The programme is based on interactive participation and reflection on competence. A scientific, evidence-based approach to the practical and theoretical work during the participation of the programme is mandatory.

Personal Educational Supervisor	The host department will appoint a personal educational supervisor for the trainee.
Portfolio	Trainees are required to maintain a portfolio - a collection of evidence of learning. The portfolio should be updated continually and reviewed every fourth month by the personal educational supervisor. This will serve as a stimulus to ensure all training requirements are being fulfilled.
Logbook	Trainees will be expected to maintain a Logbook of the clinical activities. The logbook is part of the portfolio.
Personal Development Plan	A personal development plan (PDP) is developed in agreement with the educational supervisor every fourth month. The PDP is linked to formal assessment milestones and rotation between hospitals.
Clinical training	During the two-year period the trainee will be employed in an appropriate position at 1 or 2 different departments. A minimum of four months of clinical training should be at a university clinic. If the home department is at a District General Hospital, four months of training should take place at a university department, or equivalent tertiary referral unit, with more than 2000 deliveries per year.

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	<p>The Trainee is expected to become involved in teaching and training, research and audit, and management of an obstetric anaesthetic service.</p> <p>The Trainee will be a member of the on-call group covering general duties which includes on-call for the Delivery Suite</p>
Appraisal & Assessment	Appraisals will be conducted by the Personal Educational Supervisor every fourth month. A formal assessment of the training will take place at the end of the attachment.
Journal Club	The trainees will be expected to participate in a journal club in the clinical department
Morbidity & Mortality Meetings	A programme of these meetings is to be organised by one of the Consultant Obstetric Anaesthetists and the Trainee will be expected to participate.
E-learning lectures	<p>"Open Anesthesia Lecture Series for Fellows" to be found on www.soap.org</p> <p>24 of the lectures available should be seen and reviewed.</p>
Exchange Program	The training period includes an exchange programme with a clinic in a foreign country. The exchange period should be no less than four weeks. It can be divided into two periods.
Residential Courses	<p>SSAI organizes four courses, each of 3-4 days duration. The responsibility for organising these courses will circulate between all the Scandinavian countries.</p> <p>Course 1: Introduction and basic skills.</p> <p>Course 2: Current practise of obstetric anaesthesia.</p> <p>Course 3: Obstetric emergencies and clinical decision making.</p> <p>Course 4: Leadership and implementation strategies.</p> <p>Course 5: One course day with programme summary and SSAI congress</p>
Research Project	The programme will end with presentation of a formal research project. In the preparation of the research project, group work is accepted and encouraged. The structure for a paper in Acta Anaesthesiologica

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	<p>Scandinavica should be used but publication of the research project in a peer reviewed journal is not a requirement.</p> <p>To support this work, a research mentor is appointed. The mentor should have competence in research. The mentor is recruited primarily from the Trainees' own or other Scandinavian countries.</p>
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Requirements to training hospitals

A minimum of 4 months of training should be provided in a specialist obstetric centre at a university hospital or equivalent tertiary referral unit with more than 2.000 deliveries per year. Up to 20 months of training can be provided at a district general hospital with an obstetric service and more than 1.000 deliveries per year. Emergency calls from the obstetric department, during daytime and during duty hours, should be directed to the trainee for educational purposes.

The host clinics should have an educational climate and culture as well as a structure and organisation (including personal supervisor) that can support the trainee in the program.

Exchange programme

The Exchange Programme aims to encourage mobility and internationalism among obstetric anaesthetists for the exchange of information, ideas and knowledge, and for long-term relationship building. It aims to promote the development of new clinical and research links between obstetric anaesthesia sections in Scandinavian and other countries.

The exchange programme may be organized as:

1. A direct exchange between 2 clinics in different countries.
2. A visit to a department in a foreign country.
3. A position (locum) at a department in a foreign country.

A plan for the exchange programme must be prepared in collaboration with the personal educational supervisor.

The clinic hosting the trainee during the exchange period will help solving local problems such as accommodation and temporary certification for the trainee.

Supervisors

During the training programme, participants will have two kinds of mentors:

1. A personal educational supervisor at the host clinic. The role of the supervisor is to support the clinical learning process by appraisal meetings every fourth month.
2. A research mentor will be assigned for the research project.

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Assessment strategies

A portfolio will serve as a tool for collecting documentation of the learning process during the programme. The portfolio will include documentation of learning activities in the clinical training, such as personal development plans, case reports, courses attended, teaching responsibilities and logbook with collection of procedures and cases managed that will serve as a documentation for clinical experience. A portfolio reflective summary has to be completed every year. The portfolio should be brought to each course and evaluated by one of the faculty members.

Certification

The programme committee will grant participants a diploma on Advanced Obstetric Anaesthesia on the following conditions:

- Completion of the two-year clinical training programme including four weeks exchange programme
- 24 SOAP video lectures seen and reviewed, on current topics in obstetric anaesthesia.
- Attendance of four residential courses and passing whatever test and task included in those
- Approval of portfolio including logbook
- Approval of presentation and report of a Research Project
- An abstract presented at the SSAI congress 2024

Practical information

The training programme will start simultaneously in all Scandinavian countries every second year.

The home department will employ the trainee in an appropriate position during at least 20 months of the training programme.

The home department will cooperate with the steering committee for the programme in organizing an exchange programme with a department in a foreign country. The steering committee refers to the Educational Committee in SSAI.

Salary during the exchange programme may be negotiated by the home department representative and the trainee, thus allowing flexibility regarding costs containment and available resources.

All expenses for this programme (including travelling, accommodation and a fee for each course) are covered by the home department. Other arrangements concerning finances have to be approved by the steering committee.

The total cost for all 5 courses are estimated to about 8.000 Euros, excluding travel and rarely accommodation expenses.

The official language is English.

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Organisation

A steering committee consisting of one member from each Scandinavian country will coordinate the programme. A chair person is appointed by the steering committee members and this person is reporting to the Educational Committee in SSAI. A faculty is formed by the members of the steering committee and one more person from each country, the faculty will have ten members.

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Learning objectives

Learning objectives	Learning methods/Assessment
<i>Medical expertise</i>	
<p>To obtain knowledge of physiology of normal and complicated pregnancy</p> <ul style="list-style-type: none"> • Pre-delivery • Delivery • Post-delivery 	MCQ
<p>To be able to recommend and provide analgesia during labour in a range of situations</p> <p>To be technically proficient in a range of anaesthetic techniques for analgesia and anaesthesia for spontaneous and instrumental delivery</p> <p>To be able to perform preoperative assessment and anaesthesia safely and appropriately for complicated obstetric patients</p> <p>To be able to diagnose and treat complications of regional and general anaesthesia in obstetrics like</p> <ul style="list-style-type: none"> • PDPH • Local anaesthetic toxicity • Difficult airway <p>To be able to diagnose</p> <ul style="list-style-type: none"> • Spinal haematoma • CNS infections • Other neurological complications <p>Knowledge of and ability to treat the effects of anaesthesia and analgesia on the neonate</p>	<p>Logbook</p> <p>Case discussion</p> <p>Audit</p> <p>Journal club</p> <p>Skill stations</p> <p>Full scale simulation</p>
<p>To be able to manage anaesthetic care for pregnant patients with co-morbidity in collaboration with other specialists</p> <ul style="list-style-type: none"> • Obesity • Asthma and other pulmonary diseases • Diabetes • Hypertension • Neurological diseases • Infections (Covid-19, HIV etc) 	<p>Logbook</p> <p>Case discussion</p> <p>Courses</p>

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<p>To obtain knowledge about anaesthetic care for the pregnant patient with co-morbidity</p> <ul style="list-style-type: none"> • Maternal malignancies • Trauma in pregnancy • Renal diseases • Cardiac diseases • Other risk factors • The elderly mother • Immigrant status 	
<p>To be able to recognise and treat obstetric disorders and emergencies like</p> <ul style="list-style-type: none"> • Pre-eclampsia/Eclampsia/HELLP • Hypertension in pregnancy • Haemorrhage • Thromboembolism <p>To be able to recognise and know how to treat obstetric disorders and emergencies like</p> <ul style="list-style-type: none"> • Amniotic Fluid Embolism • Cardiac arrest <p>To be able to recognise</p> <ul style="list-style-type: none"> • Fatty liver of pregnancy • Peripartum cardiomyopathy 	<p>Logbook</p> <p>Case discussion</p> <p>Simulation based course</p> <p>Journal club</p> <p>Case discussion</p>
<p>To obtain knowledge and understanding of the effects of drugs during pregnancy and during breastfeeding</p>	<p>MCQ</p>
<p>To be able to manage and lead the resuscitation of the neonate</p>	<p>Simulation based course</p> <p>Case discussion</p>
<p>To be able to manage and lead resuscitation of the obstetric patient</p>	<p>Simulation based course</p> <p>Case discussion</p>
<p>Communication</p>	
<p>To be able to communicate effectively to patients and relatives verbally and in written form</p> <p>To be able to understand the need for informed consent including ethical, professional, and legal aspects</p>	<p>Team training course</p> <p>Group discussion</p>

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To be able to communicate effectively and confidently in a multidisciplinary team	
<i>Collaborator</i>	
To be able to set priorities, organise others effectively and to delegate appropriately	Team training course
To be able to develop a common understanding of the team environment and apply appropriate task strategies	Group discussion
To be able to collaborate effectively in a multidisciplinary team	
<i>Leadership</i>	
To be able to take leadership in a crisis situation	Team training course
To be able to adjust strategies based on information gathered from the environment	Group discussion
To be able to set priorities and delegate tasks in daily clinical setting	
<i>Organisation</i>	
To obtain knowledge of how to organise anaesthetic obstetric services including obstetrical intensive care medicine	Team training course
To be able to implement change in anaesthetic obstetric service	Journal club
To be familiar with two different theoretical implementation strategies	Groupwork/ Presentation
<i>Academic competencies</i>	
The trainee is expected to continuously read and critically evaluate the scientific literature in the field of obstetric anaesthesia.	Journal club
	Group
To be able to complete a research project (based on for example an investigational project, an audit, case reports or a literature review)	Research project
	Groupwork/presentation

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<p>To be able to write guidelines based on the GRADE-system</p> <p>To be able to run Journal Clubs and organise local meetings comprising the different professions in obstetrical activity</p> <p>To be able to act as a competent teacher of obstetric analgesia and anaesthesia</p>	<p>Report of educational activities in portfolio</p>
<p><i>Professional</i></p>	
<p>To understand the importance of commitment to maintain a personal portfolio and professional development</p> <p>To obtain enhanced knowledge of human factors and crisis resource management skills and attitudes and fully integrate this throughout the organisational culture</p> <p>To be aware of the importance of learning from incidents and near missed in improving patient safety culture in the involved departments</p> <p>To improve the working environment for teams associated with the handling of the obstetric patient and the neonate</p> <p>To be aware of ethical, ethnic, and religious challenges</p>	<p>Portfolio</p> <p>Audit</p> <p>Journal club</p> <p>Reflective case reports</p> <p>Problem-based discussions</p> <p>Groupwork/presentation</p>

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Portfolio

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Personal Details

Name:	
Medical degree:	
National registration number	
Address:	
Telephone:	
e-mail	

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Training Details

Period of training covered by this portfolio	
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Training site 1:	Hospital Period
Training site 2	Hospital Period

Exchange programme (Other department, other country)

Training site 3	Hospital Period
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Personal Development Plan (PDP)

Guidance

Completing a PDP is your chance to set out what you expect to achieve during each placement, and throughout the year. You can use your PDP to refer back to the goals that you set yourself previously, to check your progress against them.

You should develop your PDP with your educational supervisor and it should be updated at regular intervals linked to formal assessment milestones and rotation between hospitals.

The personal development plan has to be used on each 4th month appraisal meeting with your educational supervisor. Specific Objectives: what do you need to learn?

The learning objectives of the SSAI Advanced Obstetric Anaesthesia Training Programme cover the range of core knowledge and skills appropriate to training. Your learning needs will change as you develop through training, and as your experience grows, thus your PDP must be updated every 4th month. Different placements offer different opportunities to gain curriculum competences. As you consider the opportunities available in each placement, you should plan how you intend to make the most of them. In collaboration with your educational supervisors, you can develop your PDP to focus on areas highlighted for improvement.

Developing your PDP

As you are progressing, appraisal, direct assessment and reflective practice will all provide different perspectives on your performance and development. It is important to be aware of what information you are using when setting your learning needs and that you are not missing important feedback that may be available to you.

How will these needs be addressed and when?

- Your PDP should identify what you intend to do during each 4 month period, how you will develop your learning and, most importantly, how and when you will be assessed.
- A key goal of the training program is to demonstrate, through portfolio evidence, a series of assessments that show development and progression towards competence.
- Target setting is a way to ensure progress. Discuss and agree realistic and achievable targets for demonstrating progress with your educational supervisor and record the agreements.

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Personal Development Plan

Name of the trainee:	
Date:	
Department:	
Hospital:	

What specific Development needs do I have? (What do you intend to learn)?
How will these objectives be addressed? (Which activities should be planned?)
Evaluation (what documentation should be collected to show the objectives have been achieved?)
4 months later, Date: _____
Evaluation and outcome - Have the objectives been achieved? (If not what should be done?)

The record of experience - the logbook

Trainees should record, in a suitable paper or electronic logbook (Daily Training Record), the details of anaesthetics obstetric cases and procedures given by them.

The logbook has the following functions:

- It provides trainees with a personal record of all procedural and other training experiences, which are requirements for satisfactory completion of the relevant training program.
- It provides trainees with the basis for completing the Clinical Training Summaries
- The Training Summaries will be used by the Educational Supervisor to monitor the trainee's experience to ensure that it is appropriate.
- The information will also be used by the SSAI educational committee to monitor the experience provided for trainees by the hospital.

Instructions

1. Record training experience on a daily basis
2. Record clinical training experience

All trainees undertaking clinical training are required to record the procedural experiences relevant to their training program. It is mandatory. At the end of each four-month period it will be necessary for you to transfer the information into the logbook summary as preparation to the 4th month appraisal meeting with your educational supervisor.

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<p>Procedure (Examples - need further specification)</p>	<ul style="list-style-type: none"> • Procedure performed by surgeon/obstetrician <ul style="list-style-type: none"> ○ Obstetric ○ Non-obstetric • Procedure performed by anaesthetist
<p>Type of anaesthesia (Minimal number 50 neuraxial obstetric procedures)</p>	<ul style="list-style-type: none"> • Epidural • Spinal • Spinal & Epidural • General anaesthesia • Combined GA/EDA • Other
<p>Caesarean section (minimal number 20)</p>	<ul style="list-style-type: none"> • Elective • Urgent • Emergency
<p>ASA Physical Status Classification System</p>	<ol style="list-style-type: none"> 1) A normal healthy patient 2) A patient with mild systemic disease 3) A patient with severe systemic disease 4) A patient with severe systemic disease that is a constant threat to life 5) A moribund patient who is not expected to survive without the operation 6) A declared brain-dead patient whose organs are being removed for donor purposes
<p>Co-morbidity (Examples)</p>	<ul style="list-style-type: none"> • Obese (BMI 30-40) /Morbidly obese (BMI > 40) • Diabetes • Hypertension • Cardiac • Pulmonary
<p>Complication (Examples)</p>	<ul style="list-style-type: none"> • Eclampsia • Pre-eclampsia • HELLP • Placental abruption • Uterine rupture • Postpartum haemorrhage

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Logbook summary

Name:	
Hospital:	

Summary for period

From:	To:
-------	-----

Total number of anaesthetics given in this period:	
Total number of labour epidurals given in this period:	
Total number of spinals given in this period:	

Urgency

	Routine	Urgent	Emergency	Total
Caesarean section				
Non-obstetric surgery during pregnancy				
Postpartum haemorrhage				

ASA Grade

ASA	I	II	III	IV	V
Cases (n)					

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	Non-Obese	Obese BMI 30-40	Morbidly obese BMI > 40	Total
Labour EDA				
Labour Spinal				
Labour CSE				
CS Spinal				
CS de novo EDA				
CS pre-exist EDA				
CS GA				

Procedures	Performed	Observed/Assisted
Neonatal resuscitation		
Neonatal intubation		
Umbilical line		
Fiberoptic awake intubation		

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SSAI obstetric anaesthesia specialist courses

Date	Course	Location	Signed by organizer

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Other courses attended

Course Title:	
Location :	
Date and Duration:	
My educational objective in attending this course:	
Summary of course content:	
What was good about this course:	
What was bad about this course:	
Were your objectives met?	
Did you speak or ask any questions?	

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Research Project

Investigation, audit, case report or literature review

1	Title of Project:	
2	Source of any funding:	
4	Project supervisor:	
5	Date begun:	
6	Date completed:	
7	What question are you seeking to answer?	
8	What is the importance of this project?	
9	Describe your methodology:	
10	Describe your results:	

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11	Presentation of this project	
12	Will you be making any personal presentation of these results?	
13	Evaluate the importance of your results:	
14	How much time have you personally spent on this project?	

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”Open Anesthesia Lecture Series for Fellows” to be found on www.soap.org

24 of the lectures available should be seen and reviewed.

<http://www.openanesthesia.org/virtual-grand-rounds-in-obstetric-anesthesia/>

Each participant can choose lectures according to a personal interest

No	date	Title of lecture	Three keypoints of interest
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
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Teaching Responsibilities and Training

Summary of any significant teaching you have undertaken

Topic	Audience	Location	Date

Summary of any meetings organised by you (and colleagues)

Topic	Participants	Location	Date

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Portfolio reflective summary

The aim of the portfolio is that it should by the end of the 2 years provide evidence for learning and professional development as a clinician / teacher / researcher etc.

The portfolio reflective summary is a part of the assessment of your professional development during the 2 year programme.

As a part of the two year Advanced Obstetric Anaesthesia Training Programme it is expected to do a portfolio reflective summary after the first year and second year. This is an opportunity to reflect on the development of your portfolio over the last year – what have been learned and how to continue to develop professionally. You will be asked to submit this prior to your Annual Review.

Begin by reviewing what is in your portfolio concentrating on things that have been added in the last year.

Choose three things that have been included into your portfolio of which you are particularly proud and summarise why you are proud of them and how you think they have enhanced your development as a clinician, teacher, researcher or communicator.

Examples of the sorts of things you might want to include are:

- A critical incident or a difficult case and how you learned from it, or a case where things went really well and you felt good about it.
- Plans and copies of AV aids for a successful teaching session. You may feel that you have a teaching session, for example, which demonstrated improved planning and increased confidence in delivery reflected in positive evaluations.
- A summary of a particularly useful course.
- Publications, posters, research report.

Then identify one or two things you would like to have included in your portfolio but haven't managed to achieve. Again, summarise why you think they would enhance your personal/professional development, why you have not managed to achieve them and how you are going to ensure you do achieve them in the next year.

Ask your Educational Supervisor to go through your portfolio with you and help you to identify the strengths as well as the omissions.

This is also an opportunity to move things out of your portfolio to make it more selective.

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Summary:

Three things of which you are particularly proud and why:

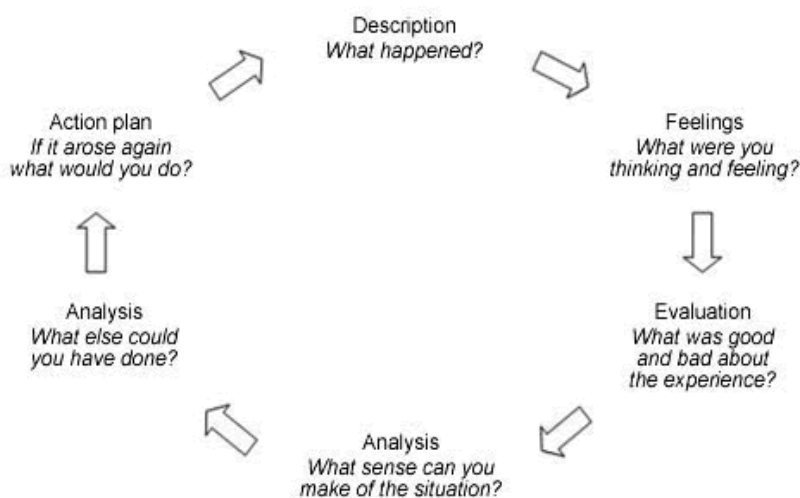
One or two things you wish you had included in your portfolio, why they are not there and how you are going to try and make sure they are there next year:

Reflective Practice

Learning from Experience

Good reflective practice is a core part of any learning program. Being able to identify your challenges & discuss them with your supervisor will help you define future learning opportunities and apply what you're learning in the work environment. Reflective practice will record many of your most challenging or personal experiences. Reflective practice is designed to encourage you to think about your experience in the work place in a structured way, capturing the elements most pertinent to learning and development

Gibbs' (1981) model (below) is a simple representation of the reflective practice process.



There is no set formula or format. However, it might be helpful to organise the record into sections such as:

- What happened?
- What and how did I do?
- Why did I do it?
- What did I learn?
- What does it mean?
- What should I have done differently?
- What do I need to do next time?
- What specific areas do I need to improve or extend?
- Which aspects were successful?
- What do I want to investigate further? and
- How does this relate to previous knowledge and experience and to future learning activities?

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Reflective practice record

Name of trainee:		Date:			
Placement:		From:		To:	