

Anaesthetics/ITU FY1 Rotation and Taster week

Going into FY1, I was already thinking about Anaesthetics as a potential career path, so I was very pleased when I found out that I had secured an ITU/Anaesthetics rotation. I have now just completed the rotation and can say that it was an incredibly valuable and enjoyable experience. One of the standout features of the job was the level of support. The 1:1 teaching time with seniors was something you don't often get as an FY1, so it was great to be able to take advantage of that aspect of the supernumerary role. However, it seems this 1:1 support is continued in Anaesthetics training, which is a very appealing aspect to the career. It gave me the chance to revise and consolidate physiology learnt in the early years of medical school, whilst applying it in a way that made sense and felt relevant.

Another huge positive was how hands-on I was able to be. I was given the opportunity to get involved with line insertions on ITU and airway management in theatres and was always supported while doing so. The team were incredibly approachable - consultants, trainees, ODPs - everyone was keen to teach, and there was a genuine sense that they wanted you to enjoy it and get the most out of your time there.

I'd always assumed I'd enjoy the Anaesthetics weeks more, but I also found myself really engaged with ITU. The need for detailed thinking across multiple systems and the medical side of it really appealed to me more than I expected. It can be a fast-paced environment and is a complex speciality, but is always full of learning opportunities.

If you're considering Anaesthetics or ITU, having a FY1 rotation in the speciality is a brilliant way to explore it properly. The only downside is that there aren't many of these foundation jobs around. If you don't get one, I'd really recommend organising a taster week either within your own Health Board or externally (if your HB allows). I completed a taster week in Anaesthetics and ITU in an external Health Board and it was another great experience. Although I was only there for a short time, I was able to get hands-on in theatres and received lots of very insightful teaching which made the week really worthwhile. These aren't usually too difficult to organise - if you can introduce yourself to/email a consultant in the Anaesthetics/ITU department, they are usually able to point you in the right direction.

Whether it confirms an interest you already had or opens your eyes to a new possibility, spending time in Anaesthetics and ITU as a foundation doctor is hugely valuable, and I'd definitely recommend finding a way to fit it into your foundation training one way or another.



My name is Dr Anna Grundy. I am a Foundation Year 1 Doctor currently working in West Wales, looking to apply to Anaesthetics in the next few years. The application for Core Training or Acute Care Common Stem (ACCS) can feel quite overwhelming. From the challenges of securing a training post to the intricacies of the application process, there's a lot to consider. I am writing to share my thoughts on why I want to apply to Anaesthetics, the resources I'm using to maximise my chances and the challenges many of us might face when navigating the competitive and stressful process.