

ST3 - ST8  
SPECIALIST TRAINING INFORMATION

# TRAUMA AND ORTHOPAEDIC SURGERY

JULY 2024

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ROYAL COLLEGE OF SURGEONS IN IRELAND



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## WELCOME

Congratulations on your appointment to the Specialist Training Programme in Trauma and Orthopaedic (T&O) Surgery (ST3-ST8). We take great pride in the efficient organisation and running of this six year programme.

This programme is led by the Training Programme Director (TPD), **Mr Brendan O'Daly** and Assistant TPD, **Mrs Grainne Colgan** whom you will be meeting online in July, date tbc.

### IMPORTANT INFORMATION

Specialty Training Administrator for Trauma and Orthopaedic Surgery:

**Ms Leah Daly**

**RSCI Surgical Affairs, Royal College of Surgeons in Ireland**

121/122 St. Stephen's Green, Dublin 2, Ireland

Tel: **01 402 2195/ 01 402 5191**      E: **Orthopaedics@rcsi.ie**      W: **www.rcsi.ie**

## 1. MEETING WITH THE TRAINING PROGRAMME DIRECTOR (if required)

If you have any questions before starting the programme you may wish to meet with the TPD, **Professor Brendan O'Daly**.

All meetings to be booked through your Specialty Training Administrator: [Orthopaedics@rcsi.ie](mailto:Orthopaedics@rcsi.ie), but most concerns will be covered at the induction meeting in June.

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## 2. CHOOSING A YEAR REPRESENTATIVE

At the start of the programme it is up to the group to choose a representative. Once chosen, please email the name to Laura at [Orthopaedics@rcsi.ie](mailto:Orthopaedics@rcsi.ie).

## 3. IRISH INSTITUTE FOR TRAUMA AND ORTHOPAEDIC SURGERY (IITOS)

The Irish Institute of Trauma and Orthopaedic Surgery (IITOS), "The Institute", is a charitable organisation one of whose functions is to deliver, monitor and continually innovate the Trauma and Orthopaedic surgery (T&O) training programme in Ireland. Indeed, the "continuum of training" in T&O was established by the IITOS in 1999, as a means to regularise Orthopaedic Higher Surgical Training in Ireland.

The Institute oversees T&O training on behalf of the Irish Surgical Postgraduate Training Committee (ISPTC), which is responsible in turn to the Joint Royal Colleges of Surgeons of Great Britain and Ireland. These bodies work to set standards and provide a continuity of training over the course of the six year programme. In year four of the programme, all Trainees sit their exit examination or Intercollegiate Examination in Trauma and Orthopaedic Surgery (FRCS) and are awarded a Certificate of Completion of Specialist Training (CCST) at the end of ST8, by the RCSI.

The Training Committee of the Institute is chaired by the IITOS President, **Professor John Quinlan** and meets quarterly to discuss and maintain these objectives. The elected Training Programme Director, **Mr Brendan O'Daly**, from this Committee, sits on the ISPTC and represents the IITOS in this regard. There is also an Education Committee, which is chaired by the Training Programme Director. The Irish Orthopaedic Trainee Association (IOTA) President attends both the Education and Training Committee meetings and represents Trainees views at their quarterly meetings. The RCSI provides administrative support and oversight to the training programme.

### IITOS website

Feel free to visit the Trainee section of the IITOS website <http://www.iitos.ie/> where you will get the latest news and can place a post. You must be registered on this website in order to access attachments on the discussion group.

Please contact the IITOS Administrator:

**Ms Aoife Murphy** at [aoifeamurphy](mailto:aoifeamurphy) for access.

#### **4. IRISH ORTHOPAEDIC TRAINEE ASSOCIATION (IOTA)**

IOTA is the association for Irish Orthopaedic Surgeons in Training. IOTA represents the **interests of orthopaedic Trainees at all forums relevant to training and liaise directly with the TPD to convey Trainees views on all aspects of training**, in order to aid IITOS in development of the training programme. The IOTA President is invited to IITOS Education and Trainers Committee meetings.

The IOTA Committee act as a confidential liaison for Trainees who have concerns in relation to all aspects of training. IOTA aims to aid Trainees directly with these problems, direct them to an appropriate Trainer, or to seek advice on their behalf in a confidential manner.

To maximise the potential of the IOTA Committee to achieve these aims the President of the Committee is always a post-exam Trainee. Any surgeon at any stage of training on a recognised Irish training programme committed to a career in orthopaedic surgery is entitled to be a member. IOTAs mandate is training and has no role in matters of industrial relations.

**Current IOTA Committee - This will be updated in July 2024.**

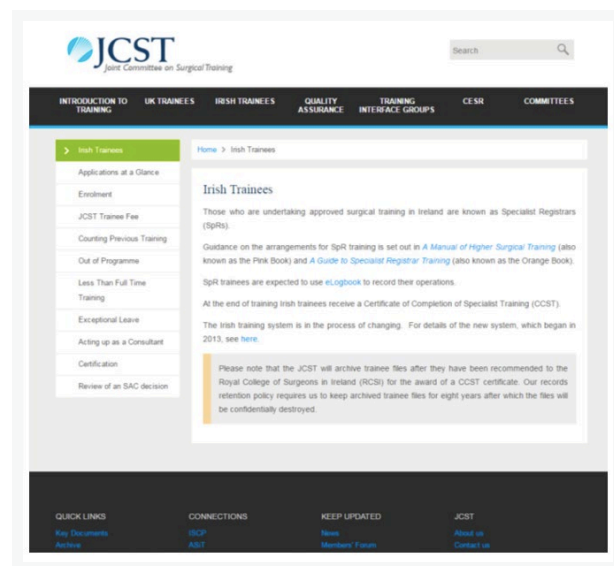
Website: <https://www.ortho-trainee.ie>

#### **5. JOINT COMMITTEE ON SURGICAL TRAINING (JCST)**

The JCST is an advisory body to the four surgical (ROI) Royal Colleges of the UK and the Republic of Ireland for all matters related to surgical training and works closely with the Surgical Specialty Associations (SACs) in Great Britain and the ROI. The JCST is the parent body of the Specialty Advisory Committees (SACs). Link to JCST website for Republic of Ireland Trainees: <http://www.jcst.org/irish-trainees>

You will need to supply a copy of your Certificate of Completion of Basic Surgical Training (CCBST) or Core Surgical Training Certificate (CST) to your ST Administrator email: [Orthopaedics@rcsi.ie](mailto:Orthopaedics@rcsi.ie) as soon as you have received the certificate.

If you have entered the specialty programme via the Pathway programme (ST2) please note you do not automatically receive a CST certificate and will need to apply for this, if you have not already done so. Please contact the CST Administrator, Sara Gross in relation to this [saragross@rcsi.ie](mailto:saragross@rcsi.ie) CST/CCBST certificates in order to register you with the Specialty Advisory Committee (SAC). (SAC).

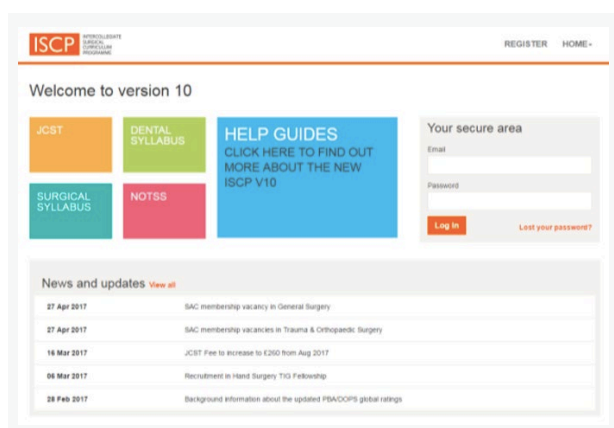


## 6. MENTOR PROGRAMME

Every Trainee has a **nominated Mentor**. Trainees need to meet their Mentor before or very early into each six monthly rotation and again towards the end or just after each six monthly rotation as well. It is your responsibility to meet with your Mentor **at least twice a year**.

Your ST Administrator will be in contact with you regarding your Mentor. Your Mentor needs to complete an annual mentor report electronically. You will then need to upload this report by the **end of December** to your ISCP portfolio under 'Internal Meetings' in the evidence section, so tabulating the information becomes more streamlined. You will also need to email a copy of your completed mentor report and logbook for your first six months to your ST Administrator by **the third Friday in December** of each year. Please note for subsequent years you will need to submit your completed mentor report; a logbook for the six months of training for the period from January – July; a logbook for the period from July – January and one other logbook showing indicative numbers for the entire time you have been an SpR by the third Friday in December to your ST Administrator.

Trainees need to **add their Mentors as a Clinical Supervisor (CS)** on ISCP to each placement. This will enable your Mentor to comment on ISCP about your progress using the Clinical Supervisors Report on your Learning Agreements (LA) etc. Trainees will have to demonstrate satisfactory engagement with all aspects of ISCP **for each six month training period**. An interim phone call or e-mail conversation, between mentor meetings, should be sufficient to ensure that there are not too many issues brewing. This amounts to three-four face-to-face meetings per year. While the process is now almost entirely electronic, using the ISCP ([www.iscp.ac.uk](http://www.iscp.ac.uk)), we do still rely on Mentors to add an additional layer of analysis of Trainee performance and advocacy where needed.



### Role of the Mentor

The role of the mentor will be to act as an advisor to their trainee and to focus on two main areas:

- Help the trainee to deal with current problems or challenges they may be experiencing with regards to their training. Mentors should advise trainees re solutions where appropriate or signpost accordingly.
- Facilitate trainees with future career planning and development (e.g. fellowship, professional development) so trainees are optimally placed to subspecialise and practice as competent surgeons, educators and leaders.

Mentors will also act as a conduit between the trainee and the training programme director (TPD). It is envisaged that in general the mentorship process will be confidential, non-judgemental and mentors should not discuss issues raised by trainees unless asked to do so by the trainee and advocate on their behalf (e.g. to TPD).

### Role of the Trainee

Trainees are expected to engage with mentorship with a focus on two main areas:

- You should use the process to discuss any current problems or challenges that you are experiencing with training. Where possible your mentor will help you arrive at a solution.
- Discuss future career planning and development (e.g. fellowship, professional development) so that you are optimally placed to subspecialise and progress to consultant level practice.

In general, the mentorship process will be considered a **confidential process** that is separate from the assessment process. Issues raised and discussed will not be recorded on the mentor report or discussed outside of the mentorship **unless deemed relevant by both mentor and trainee**. In some situations, a mentor may act as conduit between the trainee and the training programme director (TPD) where the trainee asks their mentor to advocate on their behalf to the training programme director on a specific issue.

The emphasis at the senior level should include a **focus on career/exam advice** and ensuring paperwork for CCST is complete and fellowship plans are well underway, though any issues arising should be brought to the attention of the TPD before they become critical, even for those of you at that stage in training.

## 7. CORE CURRICULUM PROGRAMME

There are ten core curriculum training days per year. 100% attendance is mandatory. Much time and effort has been put into organising and running these days for the benefit of Trainees. If for any reason you cannot attend, you must email the following people:

- ~ Core Curriculum Director, **Mr. John Kelly** - [johnckelly@gmail.com](mailto:johnckelly@gmail.com), and the Organiser(s) of the day.
- ~ C.C. the TPD, **Professor Brendan O'Daly** and **Ms Aoife Murphy** Core Curriculum Administrator - [aofeamurphy@rcsi.com](mailto:aofeamurphy@rcsi.com)

If more than two core days are missed in any one calendar year for ANY reason, an ARCP 2, (previously a RITA D) will be issued for that training period for the educational component of the training.

### CORE CURRICULUM TIMETABLE 2024-2025

| Month     | Day       | Date       | Unit                            | Topic                                           | Organisers                     |
|-----------|-----------|------------|---------------------------------|-------------------------------------------------|--------------------------------|
| September | Monday    | 9/16/2024  | Limerick                        | Hip Arthroplasty, Primary & Revision            | C Kennedy<br>M Nagle           |
| October   | Wednesday | 23/10/2024 | RCSI (College Hall & Boardroom) | Surgical Psychology, Resilience, Surgeon Health | S Morris<br>S Lynch<br>J Kelly |
| November  | Friday    | 15/11/2024 | Cork                            | Sports Knee                                     | J Harty<br>F Rowan             |
| December  | Thursday  | 12/12/2024 | Cappagh                         | Foot & Ankle                                    | S O'Neill<br>P Moroney         |

\*CC timetable for 2025 TBC, 1 per month planned for Jan-June 2025.  
Dates and details will be circulated once confirmed.

## 8. ROTATIONS

You will be placed on a five year balanced hospital rotation for training from ST3, based on your preference and ranking at interview. These rotations are fixed, but may be subject to change by TPD from time-to-time, as required. In ST8, Trainees may, with IOTA support, apply for specific hospital postings to be considered by the TPD.

## 9. TRAINEE PORTAL

When you log into your trainee portal using your RCSI credentials you will see all your rotations displayed. You can sign up for your classes, mandatory workshops, Human Factors etc. You can also upload specific documentation related to your Training journey as a document library is available specifically for all trainees.

The screenshot shows the 'CONNECT SA TRAINEE PORTAL' interface. At the top, there are navigation links: Documents, Class sign up, Help content, and Sign out. The main content area is divided into sections: 'Trainee details' with a dropdown for 'Programme' (TEST Programme 2021) and 'Current ST year' (ST 3); 'Allocations' with a table showing ST year, Year, Training post, and AES; and 'Deviations' with a table showing ST year, Year, and Deviations. At the bottom, there are links for 'Forgotten password', 'Contact us', and 'Cookie consent'.

| ST year | Year | Training post                                  | AES      |
|---------|------|------------------------------------------------|----------|
| ST 3    | 2020 | 000011078-CAPSH-Gen - 03/07/2020 to 11/07/2021 | +Add AES |

| ST year | Year | Deviations                                           |
|---------|------|------------------------------------------------------|
| ST 3    | 2020 | Out of Programme Research - 13/07/2020 to 11/07/2021 |

## 10. RCSI LOGBOOK

RCSI has developed its own RCSI logbook and trainees progressing from CST will continue to use this logbook to record activities as normal. The logbook will be available to view by your Training Programme Directors and Trainers for key events such as ARCPs.

If you have not previously used RCSI Logbook you will need to access the logbook via [mSurgery.ie](https://msurgery.ie) via your RCSI account.

A reporting function is available on the logbook for your ARCP (Print ISCP Report), here you will select the date range and export your logbook for that range which you will upload to ISCP in advance of your meeting. The steps to complete this can be found in appendix 3.

All Trainees commencing Specialty Training at ST3 are required to sign up. Technical queries for this should be logged with IT Support desk with the subject **MSurgery Queue -Logbook'** in the title.

## 11. FUNDING

Funding is available to Trainees via four different funds. Please see table below for a brief overview of all funds. The guidelines and refund forms for all the mandatory, specialist, surgical loupes and clinical courses and examination funds are located via this link <https://msurgery.ie/home/specialist-training/financial-support/>

### SPECIALIST TRAINING FUND

- ~ Run by RCSI on behalf of HSE/NDTP.
- ~ For training courses/activities, equip, books, expenses.
- ~ €500 per year per Trainee.
- ~ Funding is carried over year-on-year e.g. three years unclaimed will give the Trainee €1500 to claim.

#### Further Information

<https://www.hse.ie/eng/staff/leadership-education-development/met/ed/fin/>

<https://msurgery.ie/home2/specialist-training/financial-supports-for-sprs>

### CLINICAL COURSES AND EXAMS FUND

- ~ Run by HSE/NDTP for courses and exams only on the approved list.
- ~ €450 per claim, no restrictions on how many claims can be submitted per year.
- ~ Trainees must claim for this fund through the HR Departments in their hospital within six months of attending the exam/course.

#### Further Information

<https://www.hse.ie/eng/staff/leadership-education-development/met/ed/fin/>

<https://msurgery.ie/home2/specialist-training/financial-supports-for-sprs>

### SURGICAL LOUPES FUND

- ~ Amount available to Trainees dependant on number of claims in the year.
- ~ The Surgical Loupes application form will be emailed to you as soon as it is available. (Mar 2020)
- ~ Trainees must submit application and loupes receipt in order to qualify for funding to their ST Administrator.

#### Further Information

<https://msurgery.ie/home2/specialist-training/financial-supports-for-sprs>

**Please Note:** While it is our intention to meet funding requirements, funding is subject to review and annual approval by the HSE/NDTP on an annual basis.

### RCSI supports Trainees fees for:

#### INTERCOLLEGIATE SURGICAL CURRICULUM PROGRAMME (ISCP)

- ~ Available to ST3-ST8 (dependant on Specialty).
- ~ €300 per year.

#### ENDNOTE

- ~ Available to all Trainees on the HST Programme and should help with research. To download using your RCSI log on through <https://vle.rcsi.ie/>, follow the path:  
 > Support > IT Support > 4. RCSI Software Library  
 > Endnote
- ~ Normal purchase cost €300 per Trainee.

## 12. INTERCOLLEGIATE SURGICAL CURRICULUM PROGRAMME (ISCP)

As a Trainee on the T&O Surgery Programme, you will be required to use ISCP throughout your time in training. You will need to register with the site ([www.iscp.ac.uk](http://www.iscp.ac.uk))

**Please do not pay the fee directly RCSI will cover this fee.**

### General Overview of the Intercollegiate Surgical Curriculum Programme (ISCP)

The Intercollegiate Surgical Curriculum Programme (ISCP) provides the approved framework for surgical training from ST3 to ST8 through to consultant level.

The curriculum guides and supports training up to Certificate of Satisfactory Completion of Specialist Training (CSCST) in a surgical specialty.

The curriculum enables trainees to develop as generalists within their chosen surgical specialty, to be able to deliver an on-call emergency service and to deliver more specialised services to a defined level.

The curriculum was founded on the following key principles, which support the achievement of these aims:

- A common framework across all the specialties within surgery.
- Curriculum standards that conform to the standards specified by the GMC/RCSI.
- Delivery of the curriculum by surgeons who are appropriately qualified to deliver surgical training.

- A robust assessment system to enable systematic progression through to completion of surgical specialty training.
- Regulation of progression through training by the achievement of outcomes that are specified within the specialty curricula.
- Formulation and delivery of surgical care by surgeons working in a multidisciplinary environment.
- Collaboration with those charged with delivering health services and training at all levels.

Each of the individual Surgical Curriculum are available on <https://www.iscp.ac.uk/iscp/surgical-curriculum-from-august-2021/about-the-surgical-curriculum/>

The ISCP platform provides a huge amount of information and resources for trainees and we would encourage you to engage with these prior to starting in your rotation. Reference guides and videos can be located [HERE](#)

### **RCSI ISCP Support**

RCSI is committed to offering support and training to all trainees and trainers using ISCP.

Furthermore, training days take place in RCSI.

Our ISCP Trainer is Dr Helen Harty:

E: [helenharty7@gmail.com](mailto:helenharty7@gmail.com)

The ISCP Helpdesk (0044 207 869 6299 or [helpdesk@iscp.ac.uk](mailto:helpdesk@iscp.ac.uk)) are available via email and telephone to support queries from all trainees.

If you or your specialty colleagues wish to have an organised training session please contact your ST administrator, Ms Leah Daly E: [Orthopaedics@rcsi.ie](mailto:Orthopaedics@rcsi.ie) who will help to facilitate this.

### **ISCP account**

Upon successful completion of training you can contact the ISCP helpdesk to change your user type to consultant. This means that your training records are merely hidden. Your user type can be transferred back to trainee, if you require access your training account/ data. Please note that RCSI so not hold a copy of your training record.

### **Access your RCSI Membership Benefits by Remaining In Good Standing**

As you commence your new HST year, a reminder that RCSI Membership subscription year runs from **1 May to end of April**. As a **Higher Surgical Trainee** and RCSI Member, it is important that you remain in **Good Standing with the College** by paying your annual subscription. By supporting the College in this way, you remain part of a global network of over 11,000 Fellows and Members in 89 countries worldwide, giving you competitive advantage internationally through verification of your award and **use of your post-nominals**.

Membership also gives you other opportunities, including a dedicated Fellows and Members portal with access to e-journals and online resources such as The Surgeon, Annals of Surgery, Elsevier journal, Lib Guides and surgical skills guides, institutional repositories and a wealth of information through our Library services along with career opportunities through Fellowship, award and bursary opportunities, mentorship, specialty webinars, CPD opportunities and career development advice.

To avail of the benefits of being one of our **Higher Surgical Trainees**, we strongly encourage you to remain **In Good Standing** - you can **check the status of your RCSI membership and pay your subscription** [HERE](#)

We are grateful to all RCSI Fellows and Members who continue to pay their annual subscription and support the College and future generations of Surgeons. The Fellows and Members office are the office with responsibility for supporting the professional surgical network internationally. You can contact us at [fellows@rcsi.ie](mailto:fellows@rcsi.ie)

**RCSI TRAUMA AND ORTHOPAEDIC**  
ST3 - ST8 Specialist Training Information

| HOSPITAL                                      | AES                          | EMAIL ADDRESS                | IMC NO. |
|-----------------------------------------------|------------------------------|------------------------------|---------|
| Our Lady of Lourdes Hospital Navan/Drogheda   | Adrian Brennan               | adrianbrennan@gmail.com      | 431563  |
| St. Vincent's University Hospital Letterkenny | James Broderick              | jamesbrod@gmail.com          | 266651  |
| Letterkenny                                   | Antony Shaju                 | shajuorthospine@gmail.com    | 018929  |
| Tallaght Hospital - Elective                  | Niall McGoldrick             | Niallmcg@gmail.com           | 188320  |
| University Hospital Limerick                  | Cian Kennedy                 | ciankennedy05@gmail.com      | 221875  |
| Mayo General Hospital, Castlebar              | Bridget Hughes               | bchughes2008@hotmail.com     | 012574  |
| St. James's Hospital                          | Catherine Bossut             | c_bossut@hotmail.com         | 401352  |
| University Hospital Galway                    | David Dalton                 | d.dalton1@gmail.com          | 403102  |
| Tallaght Hospital - Trauma                    | James Sproule                | sproulejames@hotmail.com     | 018358  |
| Sligo                                         | John Kelly                   | johncokelly@gmail.com        | 248200  |
| Tralee                                        | Eimear Conroy                | eimearjconroy@gmail.com      | 023904  |
| University Hospital Waterford                 | Professor Ruairi MacNiocaill | uairi99@gmail.com            | 024091  |
| Beaumont Hospital Dublin                      | Michael Donnelly             | mdonnelly@rcsi.ie            | 024055  |
| Midland Regional Hospital, Tullamore          | Khalid Merghani              | khalid1100@gmail.com         | 258651  |
| Temple Street                                 | Mike O'Sullivan              | michaelosullivan86@gmail.com | 008340  |
| Connolly Hospital, Blanchardstown             | Olivia Flannery              | omflannery@gmail.com         | 234331  |
| Our Lady's Children's Hospital, Crumlin OLCHC | Patrick O'Toole              | pojotoole@yahoo.com          | 023866  |
| Cappagh National Orthopaedic Hospital         | Patrick Groarke              | patrickgroarke007@gmail.com  | 247808  |
| Mater Misericordiae University Hospital       | Seamus Morris                | sklzmorris@gmail.com         | 019237  |
| Cork University Hospital                      | Declan Reidy                 | reidydec@yahoo.com           | 011445  |

### 13. ANNUAL ASSESSMENTS AND TRAINEE REVIEWS/ ANNUAL REVIEW OF COMPETENCE PROGRESSION (ARCPs)

Each year, the Trauma and Orthopaedic HST Programme runs Annual assessment and Annual Review of Competence Progression (ARCPs) reviews, for each trainee.

- Annual Assessments are oral exams in the four central areas of study
- ARCPs are annual meetings with Education Committee reviewers, whereby your ISCP paperwork, logbooks, mentor report(s), MCR, and performance are reviewed and discussed

#### Interim ARCPs

In advance of the Annual ARCP review, the Education Committee hold an Interim **Annual Review of Competency Progression (ARCP) meeting** to review your submitted paperwork. This usually take place on the first Friday in January of each year. This interim review takes place to ensure all your paperwork has been submitted, with some review, in advance of the annual ARCPs which take place on the last Saturday in January.

As such, you will need to have all your ISCP paperwork i.e. Learning Agreements, Work Based Assessments, Multi-Sourced Feedback etc. **completed and submitted by the third Friday in December of each year**, at the latest, in advance of this Education Committee meeting.

**Please Note: You do not attend the Interim ARCP.**

#### Annual ARCPs

**Your Annual Reviews of Competence Progression (ARCP) will be held on a Saturday at the end of January of each year, the same date as the Annual Assessments.** For 2024 this will be on Saturday 20 January 2024, where you will sit the Annual Assessment examinations and your performance for the first six months on the programme i.e. July 2023 – December 2023 will be reviewed. All other Trainees will be reviewed on their performance for the full calendar year January – December 2023.

During ARCPs (reviews) your paperwork and ISCP summary sheet will be reviewed by the Reviewers. You must have all your online ISCP paperwork up-to-date, plus email a copy of your logbooks and mentor report to your ST Administrator by the **third Friday in December** of each year.

**COMPLETE APPROPRIATE PAPERWORK and submit it on or before the due date.**

#### Annual Assessments

On **Saturday 25th January 2025** Trainees will be required to undertake **Annual Assessments and ARCP Reviews**. Annual Assessments are oral exams in:

1. Basic Science
2. Paediatrics
3. Adult Pathology
4. Trauma

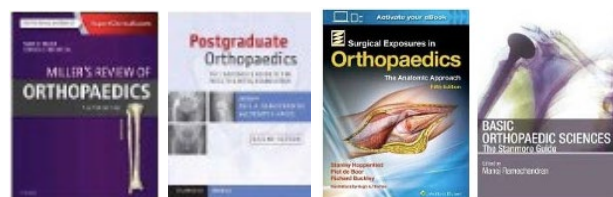
Basic anatomy understanding will underpin all vivas and **it is a requirement to demonstrate a sound knowledge in this field, in order to enter ST4.**

To **pass successfully from year-to-year** at the annual review or ARCP process it requires at a minimum, a satisfactory Annual Assessment performance. Please see table below for which viva exams you need to pass at each level of training:

|     |                                              |
|-----|----------------------------------------------|
| ST3 | Must pass Basic Science                      |
| ST4 | Must pass Basic Science plus one other Viva  |
| ST5 | Must pass Basic Science plus two other Vivas |
| ST6 | Must pass all four Vivas                     |

#### Suggested Annual Assessments Reading

- ~ Re: Basic Science 'Basic Orthopaedic Sciences: The Stanmore Guide'
- ~ Miller: 'Review of Orthopaedics'
- ~ Banaszkiwiz: 'Postgraduate Orthopaedics: The Candidate's Guide to the FRCS (TR & Orth) Examination'
- ~ Hoppenfeld: 'Surgical Approaches'



#### 14. RESEARCH METHODOLOGY COURSE FOR SURGICAL TRAINEES

The Irish Surgical Postgraduate Training Committee is committed to ensuring that surgical trainees have good exposure to academic surgery as an integral part of surgical training. As a first step, a taught course in research methodology was introduced in 2015.

This is a modular programme which runs over four days in ST3 and ST4 (i.e. two days in each training year).

The programme gives a comprehensive introduction to research methodology relevant to surgeons. After ST4, some trainees may opt to take time out of surgical training to pursue an MD or PhD through full time research for two years.

However the taught programme is intended for all surgical trainees, even if they do not plan to pursue an MD or PhD later. The ISPTC has deemed this programme mandatory for all ST3 trainees in all specialities and you will be required to complete the 4 modules in order to be "signed off" in your ARCP at the end of ST4. However, those trainees who have already completed a taught MCh, or MD or PhD are exempted from the research methodology course as they have already completed a similar course as part of their higher degree. Trainees commencing in ST3 will be contacted with details of the course including exemption details.

A copy of the Research Methodology exemption form can be downloaded from m-surgery link: <https://msurgery.ie/home/specialist-training/financial-support/>

The dates for the Research Methodology modules 2024-2025 have been confirmed and are as below:

**Module 1:** October 2024

**Module 3:** November 2024

**Module 2:** February 2025

**Module 4:** April 2025

All of these classes are being run online via Moodle.

#### 15. CERTIFICATE OF COMPLETION OF SURGICAL TRAINING (CCST) IN TRAUMA AND ORTHOPAEDIC SURGERY

Please click on this link and select the Certification Guidelines for Trauma and Orthopaedic Surgery: <https://www.jcst.org/quality-assurance/certification-guidelines-and-checklists/>

The list of critical conditions covers a range of conditions where misdiagnosis or mismanagement can result in devastating consequences for life or limb. These critical conditions can be assessed individually by means of the Case Based Discussion (CBD) and Clinical Evaluation Exercise (CEX), which both include an assessment of clinical judgement and decision-making.

Trainees are expected to complete CBDs or CEX in each of the critical conditions to level 4 by certification.

**CBD/CEX Level 4:** Appropriate for certification (see CBDE/CEX forms for the full list of levels)

- Compartment syndrome (any site)
- Neurovascular injuries (any site)
- Cauda equina syndrome
- Immediate assessment, care and referral of s spinal trauma
- Spinal infections
- Complications of inflammatory spinal conditions
- Metastatic spinal compression
- The painful spine in the child
- Physiological response to trauma
- The painful hip in the child
- Necrotising fasciitis
- Diabetic foot
- Primary and secondary musculo-skeletal malignancy
- Major trauma resuscitation (CEX)

### Early Certification (CCST) Request Requirements

- 6 months notice must be provided to your TPD if you plan on submitting for early certification.

**GENERIC ADVICE** Trainees need to be ahead of the curve throughout training and the evidence, including ARCPs, needs to support that. Ensure that your ISCP portfolio demonstrates with evidence that **all required competences** have been met.

**SPECIFIC CASES** Individual requests will be more structured and should come from the Training Programme Director (TPD) and will be reviewed on a case-by-case basis

- Requests to change a completion of certification date (CCST) will require the SAC Liaison Member (LM) to review the trainee's ISCP portfolio, at that point they will advise on whether or not the trainee is likely to meet the requirements of the curriculum ahead of the existing provisional certification date.
- If the LM/SAC supports an early CCST sign-off date, it will be raised at the next Training Committee Meeting. If approved, the CCST request will then be added to the agenda of the next SAC Meeting. That committee will request feedback from the LM/SAC and the application will be discussed by the SAC Committee and they will feedback to the Specialty TPD the outcome.
- If the LM / SAC is not prepared to support a revised certification date (CCST) and raises concerns in relation to the trainee's ability to meet the relevant competencies within a shorter timeframe, then that opinion will be provided to the Specialty TPD.
- The final decision to change the provisional certification date rests with the local TPD / RCSI but they would not be expected to ignore SAC advice. If early certification is approved, RCSI should inform JCST of the change to completion of certification date.

## 16. STUDENT CARD / LIBRARY SERVICES

You will need an **RCSI email address** to access journals on the RCSI website, electronic library and also to gain entry to the library. **Your student identification card** will be posted to you once access to the RCSI campus occurs. If you lose, your card a replacement may be obtained from the **RCSI IT Department**, Ground Floor, RCSI, 121 St. Stephens Green, Dublin 2.

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## 17. THE IRISH SURGICAL TRAINING GROUP (ISTG)

The Irish Surgical Training Group is a group of Surgical Trainees who represent all sub-specialty Trainees in Ireland from ST 1-8. The aims of the group are as follows:

- ~ To provide leadership for Surgical Trainees of all disciplines.
- ~ To represent the voices of Surgical Trainees as key stakeholders in planning of surgical training with all training bodies and committees.
- ~ To provide a forum for the discussion of surgical training issues through meetings:
  - o **Training information evening and AGM:** get the inside track on life as senior Trainee on your sub specialty of interest.
  - o **Annual meeting of ISTG and Bosco O'Mahoney lecture:** part of Charter day meeting: themed meeting on issues affecting surgical Trainees, reports from recent fellowships.
  - o **Annual Trainee dinner and presentation of Silver Scalpel Award.**

The ISTG can provide support and advice to Trainees and can be contacted at [irishsurgicaltraininggroup@gmail.com](mailto:irishsurgicaltraininggroup@gmail.com). It would be a good idea to email this group and request they put you on their mailing list.

## 18. KEY EVENTS IN THE TRAINING CALENDAR

JULY	NOVEMBER	JANUARY	FEBRUARY	MARCH	MAY
 <b>FRCS Conferring</b>	 <b>Core Curriculum</b>	 <b>Core Curriculum</b>	 <b>Core Curriculum</b>	 <b>Core Curriculum</b>	 <b>Core Curriculum</b>
SEPTEMBER	 <b>FRCS Intercollegiate Exam part 2</b>	 <b>Clinical Training assessment</b>  <b>Training Assessment/ ARCP</b> all Trainees need to attend Date 25 Jan 2025	 <b>Repeat Training assessment (usually on Charter Day)</b> Trainees who have to repeat vivas need to attend	 <b>Sylvester O'Halloran meeting 2024</b>	 <b>Cappagh Foundation Weekend</b>
 <b>Sir Peter Freyer Surgical Symposium</b>	 <b>Millin Meeting</b> Date TBC Atlantic Orthopaedic Meeting	 <b>Education Committee Interim ARCP (first Fri) –</b> Trainees do not attend this meeting	 <b>Irish Spine meeting</b>  <b>RCSI Charter Day</b> 7 Feb 2025  <b>IITOS Education/ Trainers/ Council Committee meetings.</b> Trainees do not attend.	<b>APRIL</b>  <b>Core Curriculum</b>	<b>JUNE</b>  <b>Core Curriculum</b>
 <b>Freyer Meeting</b>  <b>Irish Paediatric Orthopaedic Meeting</b>  <b>IITOS Education/ Trainers/ Council Committee meetings.</b>	<b>IITOS Education/ Trainers/ Council Committee meetings.</b> Trainees do not attend.  <b>Hip Fracture Database Conference</b>			 <b>IITOS Education/ Trainers/ Council Committee meetings.</b> Trainees do not attend.	 <b>FRCS Intercollegiate Exam part 1</b>
OCTOBER	<b>DECEMBER</b>  <b>Core Curriculum</b>			 <b>Usually Surgical Loupes application deadline</b>	 <b>IOA Meeting and Dinner</b>  <b>IITOS Education/ Trainers/ Council Committee meetings.</b>
 <b>Core Curriculum</b>	 <b>UKITE Exam</b>				
 <b>Waterford Surgical Meeting 2023</b>	 <b>Paperwork/ISCP deadline</b> (always third Fri)				

**Please Note:** The events shown above take place every year and typically they occur the same week every year. Most of the training days will take place in person at RCSI and a lot of the national meetings will take place in venues around the country and may be a mixture of in person and Hybrid which the organisers will advise. Any events listed as TBC will have their confirmed dates published on the Event Calendar circulated in September.

## 19. RETROSPECTION FOR T&O SURGERY TRAINEES

The T&O Surgery Programme is a six-year full time training programme. From June 2015, the Training Committee no longer allow accept applications for retrospection.

## 20. OUT-OF-PROGRAMME TRAINING (OOPT)

From 2024 onwards OOPT can be taken in years 3 to 7 only. If deemed appropriate by the Training Committee, you can apply for **time out of programme**, both in the UK and overseas, to count towards training. To go on OOP training you will need to:

- ~ Discuss your intention with your Training Programme Director (TPD) and gain their support.
- ~ Contact the RCSI and ask which applications you need to make to them to gain their support.
- ~ Once you have the support of your TPD, you will need to make an initial application to your SAC for prospective support.

There are restrictions on the amount of OOPT you can count towards training i.e. across the whole of your training a maximum of 12 months OOPT can be counted towards training, and you cannot get retrospection and OOPT, in Ireland. The SAC must prospectively approve any OOPT activity if you intend it to count towards certification.

OOPT link on JCST website:

<http://www.jcst.org/irish-trainees/out-of-programme>



## 21. OUT-OF-PROGRAMME EXPERIENCE (OOPE)

Doctors who are in a specialist training programme in Ireland leading to a CCST (**core or higher specialist training**) who are taking a period out of clinical programme approved by their Training Committee are **NOT** required to register for a Professional Competence Scheme.

During your time out of programme, you must demonstrate that you are maintaining your competence by satisfactorily meeting the requirements of the Training Committee.

This would include periods in approved research posts, in training posts in other jurisdictions or other approved out of programme activities.

Doctors who undertake research who are not enrolled in a specialist training programme who are on the General or Specialist Register must enrol in an appropriate PCS.

## 22. HEALTH & WELL-BEING

A career in Surgery can be both challenging and rewarding. For all trainees it is crucial to prioritise your health and wellbeing throughout your training and professional journey.

The demanding nature of training requires a balanced approach to maintain physical and mental health.

There is substantial evidence that maintaining wellbeing in the medical profession contributes to a rich rewarding career. Neglecting self-care can make the profession less enjoyable and significantly increase the risk of burnout, particularly during training, which has multiple challenges across both the professional and personal domains.

### Importance of Wellbeing in the Profession

- **Enhanced Job Satisfaction:** Medical professionals who prioritise their wellbeing report higher job satisfaction. They find their work more meaningful and fulfilling, which contributes to long-term career satisfaction.
- **Improved Patient Care:** Doctors who maintain their health and wellbeing are better equipped to provide high-quality care to their patients.
- **Reduced Burnout:** Burnout is a significant issue in the medical profession, prioritising self-care helps mitigate these symptoms leading to a more sustainable career.

RCSI as your Post graduate Training body, is always striving to understand by means of feedback and engagement, how we can best support trainees. The provision of support and referral pathways for trainees, and/or, trainers who are supporting trainees that are struggling, due to reasons related to health and wellbeing and may be impacting their ability to lead a fulfilling and sustainable career is vitally important for us. Early identification and prevention of such issues through the promotion, support and education of Health and Wellbeing strategies is key during what is often considered a busy but rewarding time of your career pathway.

### Key points to ensure health and wellbeing are at the forefront:

- **Work-Life Balance:** Maintaining a balance between professional responsibilities and personal life is essential. Allocating time for rest, relations and hobbies can help mitigate burnout.
- **Mental Health Support:** The RCSI has a range of mental health resources available to trainees this can provide the necessary support during stressful times.
- **Physical Health:** Regular exercise, a balanced diet, and adequate sleep are foundational to maintaining, physical health.
- **Social Interaction -** The evidence shows that positive social connections at work—supportive interactions, a sense of belonging, and effective teamwork—improve worker well-being and can protect against harmful effects of workplace stress.

The RCSI has established a CONFIDENTIAL e-mail address for Trainees & Trainers who may wish to access Health and Wellbeing resources available via RCSI. You can be assured that all communication will be treated with respect. Please contact us at [wellbeing@RCSI.com](mailto:wellbeing@RCSI.com)

## 23. HSE NATIONAL FLEXIBLE TRAINING SCHEME

The HSE National Flexible Training Scheme for Higher Specialist Trainees is a national scheme managed and funded by the Health Service Executives National Doctors Training and Planning (NDTP) Unit. The scheme provides for a limited number of supernumerary places to facilitate doctors at higher specialist training level to continue their training in a flexible manner for a set period of time.

The guide sets out the current details of the National Flexible Training Scheme and provides information for Trainees about the programme and the application process. Applications generally open at the beginning of August and close at the end of December for the training year commencing the following July.

Please see mSurgery link for ST3 – ST8 Policies and Guidelines:

~ <https://msurgery.ie/home2/specialist-training>

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## 24. JOB-SHARING

Postgraduate Trainees can now avail of job-sharing opportunities for a set period of time. Job-sharing works on the basis that two Trainees will share one full-time post with each Trainee working 50% of the hours. The aim of the job-sharing policy is to retain doctors within the medical workforce who are unable to continue training on a full-time basis.

Please see mSurgery link for ST3 – ST8 Policies and Guidelines:

~ <https://msurgery.ie/home2/specialist-training>

## 25. POST RE-ASSIGNMENT REQUEST

The post re-assignment process has been established to support Trainees who have had an unforeseen and significant change in their personal circumstances since the commencement of their current training programme (ST1 - ST8) which requires a change to the agreed post/ rotation.

This process is managed by Postgraduate Training and governed by the specialty and ISPTC.

Please see mSurgery link for ST3 – ST8 Policies and Guidelines:

~ <https://msurgery.ie/home2/specialist-training>

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## 26. CAREER BREAK INFORMATION FOR NCHDS

NCHDs who **travel abroad** can now apply for a **career break** and if approved will remain on the **superannuation** scheme.

NCHDs wishing to avail of a career break under this arrangement must apply to their Employer in sufficient time before the expiry of their current contract. For those NCHDs participating in a Specialist Training Scheme they must also apply to the relevant postgraduate medical training body and obtain the formal written approval of the relevant postgraduate medical training body. This formal written approval must be attached to the career break application to their employer.

Please see mSurgery link for ST3 – ST8 Policies and Guidelines:

~ <https://msurgery.ie/home2/specialist-training>

## 27. MATERNITY/PATERNITY LEAVE

As Maternity/Paternity leave also affects the CCST date, you will be required to **inform your programme Director** and the **College** of your Maternity/Paternity leave start and finish dates when you have them. Trainees must also inform their **employer** as per their HSE contracts.

## 28. CHILDCARE

RCSI provides a subsidy and has an agreement in place Giraffe Crèches (at its Dublin sites) for a limited number of childcare places for children of RCSI staff and registered full-time students in the Schools of Medicine (including Physician Associates programme), Physiotherapy, Pharmacy and School of Postgraduate Studies students studying full-time on a Research programme i.e. MCh by Research, MSc by Research, MD and PhD.

**Please note this offer does not extend to Postgraduate Surgical or Emergency Medicine Trainees who are not in full time education in RCSI.**

## 29. EXCEPTIONAL LEAVE

You can be granted **three months exceptional leave for illness/exceptional circumstances**. This will add three months to your expected CCST date.

The SAC require a letter from you outlining the reasons for the exceptional leave and what you will be doing during this time. A letter from the TPD is also required to confirm their agreement for you to take exceptional leave and confirm your new completion date. Trainees must also inform their employer as per their HSE contracts.

## 30. RCSI SURGICAL FELLOWSHIPS AND AWARDS

The College is committed to encouraging the acquisition of additional training and skills outside the structured programmes of the College and, to this end, provides a range of scholarships and grants in postgraduate surgery to assist surgeons-in-training and recently-appointed Consultant Surgeons to gain additional expertise in centres of excellence overseas.

Applicants must be Fellows or Members of the Royal College of Surgeons in Ireland who are in good standing. [http://www.rcsi.ie/fellowships\\_and\\_awards](http://www.rcsi.ie/fellowships_and_awards)

## 31. TRAINEE NEWSLETTER

We have a quarterly Trainee newsletter, which the IITOS Administrator will email you. The newsletter contains upcoming events and other relevant information.

## 32. TRAINEE MARKETING & COMMUNICATIONS



### **33. IMPORTANT CONTACT DETAILS**

**Training Programme Director**  
**Professor Brendan O'Daly**  
E: [brendan.odaly@gmail.com](mailto:brendan.odaly@gmail.com)

**Assistant Training Programme Director**  
**Mrs Grainne Colgan**  
E: [gcolgan@rcsi.com](mailto:gcolgan@rcsi.com)

**Core Curriculum Director**  
**Mr. John Kelly**  
E: [johncokelly@gmail.com](mailto:johncokelly@gmail.com)

**President, IITOS**  
**Professsor John Quinlan**  
E: [johnfquinlan@gmail.com](mailto:johnfquinlan@gmail.com)

**Honorary Clinical Secretary, IITOS**  
**Mr Tom McCarthy**  
E: [tommccarth@gmail.com](mailto:tommccarth@gmail.com)

**Honorary Academic Secretary, IITOS**  
**Mr Fiachra Rowan**  
E: [fr@fiachrarowan.com](mailto:fr@fiachrarowan.com)

**RCSI Library**  
T: [01 402 2409](tel:014022409) E: [librarysec@rcsi.ie](mailto:librarysec@rcsi.ie)  
W: [www.rcsi.ie/library](http://www.rcsi.ie/library)

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