



England

Yorkshire School
of Anaesthesia



YORKSHIRE AND HUMBER SPECIAL INTEREST AREA GUIDE

A HANDBOOK FOR RESIDENTS IN ANAESTHESIA CHOOSING THEIR SIA
PLACEMENTS

2026 EDITION

YORKSHIRE AND HUMBER SCHOOL OF ANAESTHESIA

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Background to Special Interest Areas (SIAs)

What is an SIA?

SIAs are special interest areas of training undertaken in Stage 3 for a **period of 12m WTE**. SIAs prepare you for specialised areas of anaesthetic practice that you may want to pursue as a consultant or in preparation for additional training opportunities that might be undertaken in a more specialised area of anaesthetics practice after gaining CCT.

SIAs may be undertaken in ST6 or ST7 or one SIA can be done in ST6 and one in ST7. SIAs should be done as a continuous block.

When should I start thinking about Stage 3 and SIAs?

It is good to start thinking about Stage 3 training after you have passed your Final FRCA and are around 6 months from finishing Stage 2 training. I appreciate this can feel quite early, the reason for this timing is because rotations are written 6 months in advance and so late requests for a specific Trust placement may not be possible.

Stage 3 placements and SIAs are closely linked and so this is a good time to think about SIAs too. This can be difficult, especially if you have not experienced some of the specialties in Stage 2 (eg paed) in which you may be considering an SIA. You may wish to start Stage 3 with the generic year first and give yourself more time to decide SIAs.

Even if you are not fully decided I am happy to have a meeting with you and start planning Stage 3.

What resources are available to help me decide?

1. RCOA SIA guide
2. Y&H SIA guide (this document)
3. Any local SIA documents available from specific Trusts

Who can I talk to?

1. Your Program ES
2. College tutor
3. Specific SIA supervisors
4. Stage 3 resident representatives
5. Other residents who have done an SIA you are considering
6. TPD

How are SIA placements allocated?

In West Yorkshire, I give preference to Stage 3 residents, so if you give enough notice, you will get your first choice of placements and SIAs in most cases.

However, there is a maximum number of residents that can do a specific SIA in one Trust at any one time. For example, MYH will only take one Obs SIA at a time. In case the SIA slot in a particular Trust is full, I will discuss what other options are available to you, such as moving placements around or doing the SIA in an alternate Trust. So, it's a flexible process and best done via a meeting with the TPD.

SIA duration and popular SIAs

The RCOA SIA guide divides the SIAs into Group 1 (6-12m) and Group 2 (3-6m).

In West Yorkshire, we do not believe that 3m is enough duration to get the depth and breadth of knowledge that is needed for an SIA and so we do not support 3m SIAs. Hence your options are to do 1 SIA for 12m or 2 SIAs for 6m each. An exception is the non-clinical SIAs such as Education which may be done in 3m, however the delivery of this may be different from clinical SIAs and decided on a case by case basis.

Some SIAs are more popular than others, however, we are fortunate in West Yorkshire that many of our hospitals can deliver SIAs and hence you will not struggle to get the SIA of your choice, especially if you are flexible regarding the Trust.

One exception is the paediatrics SIA, which is very popular and we also accommodate residents from East Yorkshire as they do not offer Paediatrics SIA. Hence, it is advisable to book paediatric SIAs early (after passing final FRCA). This can be done by emailing the paediatric domain leads directly or via TPD.

Can I undertake an SIA outside my training hub?

Some of you may wish to go out of hub (OOH), to work in a particular Trust that you may be considering a consultant post in. This is normally for a maximum period of 6m and will depend on ability of East/South to accommodate you on their grid. The more the notice period, the easier it will be.

SIAs OOH are unlikely due to limited opportunities in East/South as compared to the West and since we can offer almost all SIAs, there is no reason for you to go OOH just for an SIA. So, an OOH placement is usually for generic Stage 3 only.

How do SIAs support consultant career planning?

SIAs can be done for interest and/or for career planning. At the time of planning SIAs, it is usually very early to plan careers as much can change in 2 years. I would advise doing SIAs that you are interested in and not worry too much about career planning. Most anaesthetic consultant jobs are generic and the only specific ones for which you need an SIA in that area are Obstetrics, tertiary paediatrics, neurosurgery, cardiac etc.

SIAs such as regional, airway, vascular, trauma all have transferable skills that could suit any general consultant job.

Yorkshire and Humber SIA Posts			
SIA Location and Duration	Module lead contact email	College Tutor	Resident Contact
Acute Pain Medicine			
SJUH + LGI - 6 months	carlilyas@nhs.net	robert.jackson3@nhs.net	robert.jesty@nhs.net nicola.johnson24@nhs.net
Mid Yorks – 6 months	roshan.rao2@nhs.net	midyorks.anaesthetic.college.tutor@nhs.net	N/A
Bariatric Surgery			
Mid Yorks - 12 months (cannot have Tuesday as LTFT day)	tamer.riad@nhs.net	midyorks.anaesthetic.college.tutor@nhs.net	N/A
CHFT - 6-12 months	matthew.williams@cht.nhs.uk	sophie.lawton2@cht.nhs.uk	N/A
SJUH – 6 months	robert.jackson3@nhs.net	robert.jackson3@nhs.net	N/A
Cardiac Surgery			
LGI - 6-12 months	venkateswaran.jambunathan@nhs.net	thomas.lawrence@nhs.net	venkateswaran.jambunathan@nhs.net
Complex Orthopaedic Surgery			
LGI - 6 months	sonal.sonwalkar@nhs.net	thomas.lawrence@nhs.net	aaqid.akram@nhs.net
HPB/Transplant Surgery			
SJUH - 6 months	komal.ray@nhs.net	robert.jackson3@nhs.net	david.harding6@nhs.net
Major General Surgery			
Bradford - 6 months	simon.galloway@bthft.nhs.uk	Omar.jundi@bthft.nhs.uk	
SJUH - 6 months	john.jones22@nhs.net	robert.jackson3@nhs.net	
CHFT - 6-12 months	matthew.williams@cht.nhs.uk	naresh.rajasekar@cht.nhs.uk	
Mid Yorks – 6 months	andrew.powell11@nhs.net	midyorks.anaesthetic.college.tutor@nhs.net	
Neurosurgery			
LGI - 6 months	alex.vinogradov@nhs.net	thomas.lawrence@nhs.net	john.summers5@nhs.net

Complex Airway			
Bradford - 6 months	David.craske@bthft.nhs.uk	Omar.jundi@bthft.nhs.uk	
Mid Yorks – 6 months	helen.buglass@nhs.net	midyorks.anaesthetic.college.tutor@nhs.net	
LGI – 6 months	heather.gorton@nhs.net	thomas.lawrence@nhs.net	ianchadderton@nhs.net
Plastic Surgery and Burns Management			
Mid Yorks – 6 months	midyorks.anaesthetic.college.tutor@nhs.net	midyorks.anaesthetic.college.tutor@nhs.net	
Thoracic Surgery			
SJUH - 6 months	ndrury@nhs.net	robert.jackson3@nhs.net	
Vascular Surgery			
Bradford - 6 months	robert.bowie@bthft.nhs.uk	Omar.jundi@bthft.nhs.uk	michael.bentley4@nhs.net
LGI - 6 months	paul.warman1@nhs.net	thomas.lawrence@nhs.net	
Education and Training			
Pan Deanery	thomas.lawrence@nhs.net	thomas.lawrence@nhs.net	michael.bentley4@nhs.net
Management and Professional and Regulatory Requirements¹			
Obstetrics			
Bradford - 6 months	deborah.horner@bthft.nhs.uk	Omar.jundi@bthft.nhs.uk	alexandergrant@nhs.net
SJUH - 6 months*	hazem.elahmedawy@nhs.net	robert.jackson3@nhs.net	james.laloo@nhs.net
LGI - 6 months *	mchinyandura@nhs.net	thomas.lawrence@nhs.net	james.laloo@nhs.net
Mid Yorks - 6 months	e.horncastle@nhs.net	midyorks.anaesthetic.college.tutor@nhs.net	oliver.cohen1@nhs.net
CHFT - 6-12 months	vijay.nadella@cht.nhs.uk	sophie.lawton2@cht.nhs.uk	
Paediatrics			
LGI - 12 months	r.colhoun@nhs.net	thomas.lawrence@nhs.net	benjamin.tulip-green@nhs.net

LGI - 6 months	r.colhoun@nhs.net	thomas.lawrence@nhs.net	sean.howells1@nhs.net
Perioperative Medicine			
Harrogate - 6-12 months	Thomas.Knapp3@nhs.net	will.peat@nhs.net	
Bradford - 6 months	omar.jundi@bthft.nhs.uk	omar.jundi@bthft.nhs.uk	
LTHT - 6 months	carlilyas@nhs.net	robert.jackson3@nhs.net	
CHFT - 6-12 months	Alex.Spyridoulias@cht.nhs.uk	sophie.lawton2@cht.nhs.uk	
Mid Yorks – 6 months	oliver.ross-smith@nhs.net	midyorks.anaesthetic.college.tutor@nhs.net	
Regional			
Harrogate - 6-12 months	abhinavkant@nhs.net	will.peat@nhs.net	N/A
Bradford - 6 months	michelle.bradshaw@bthft.nhs.uk	omar.jundi@bthft.nhs.uk	
LGI - 6 months	paramesh.kumara@nhs.net	thomas.lawrence@nhs.net	hisham.riad@nhs.net colin.coulter3@nhs.net
Mid Yorks - 6 months	Sameer.bhandari@nhs.net	midyorks.anaesthetic.college.tutor@nhs.net	hisham.riad@nhs.net
CHFT - 6-12 months	Amy.mayor@cht.nhs.uk	naresh.rajasekar@cht.nhs.uk	
Research and Managing Data			
LGI - 3 months	anuagvats@nhs.net	thomas.lawrence@nhs.net	tom.arjomandi2@nhs.net
Trauma and Stabilisation			
LGI - 6 months	jonathan.moore4@nhs.net	thomas.lawrence@nhs.net	N/A

- ¹ Management and Professional and Regulatory requirements SIA could be considered as part of an OOP
- * will spend time at both sites in LTHT
- Military SIA only available to military residents.
- Resource poor environment SIA available as an OOP.
- For Ophthalmology SIAs, please contact college tutors to discuss

Individual SIA Descriptions

Acute Pain Medicine – LTHT

Location (Hospital/Trust): SJUH

Duration of placement: 6 months dedicated time

SIA supervisor and email: Carl Ilyas - carlilyas@nhs.net

Resident contact: Rob Jesty - robert.jesty@nhs.net

Structure and Delivery of the SIA:

6 months dedicated time

Opportunities available:

MDT acute pain rounds, contribute heavily to rib fracture ESP service, chronic pain clinics/MDT, QI, hospital committee involvement

Competitiveness/early application advised:

Can accommodate one resident per rotation

Resident feedback: SJUH Acute Pain

Resident contact – Rob Jesty: robert.jesty@nhs.net

It predominantly involves working with the acute pain team across LTHT, reviewing post-op pain patients with continuous local anaesthetic administration and non-standard analgesic regimes, reviewing complex inpatient pain patients, running acute pain rounds, developing relevant guidelines, sitting on the opioid stewardship group, teaching on epidural study days and developing new protocols and services.

There is the opportunity to attend paediatric inpatient pain rounds, cancer/palliative care MDT, spinal cord stimulator insertions and other relevant pain procedure lists.

There is an ACSA requirement for those leading acute pain services to have had 6 months dedicated acute pain training so this SIA also provides that opportunity. The pain team at LTHT is extremely friendly and cohesive with plenty of time for pain related projects during the SIA.

Acute Pain Medicine – Mid Yorkshire NHS Trust

Location (Hospital/Trust): Mid Yorkshire NHS Trust

Duration of placement: 6 months

SIA supervisor and email: Dr Roshan Rao - roshan.rao2@nhs.net

Resident contact: No resident has completed this SIA at this trust before

Structure and Delivery of the SIA:

Would be delivered over a year with combination of complex/standard acute pain rounds and chronic pain management clinics/interventions list. Residents would gain the required chronic pain management experience whilst also getting the opportunity to assess and manage complex pain patients in an inpatient setting.

Opportunities available:

There would also be opportunities for both QIP/audit and teaching during the SIA. We have a regular MDT as well multiple clinics and lists running on most days of the weeks across our sites.

Competitiveness/early application advised:

One resident at time only please - please get in touch for further details and to discuss

Anaesthesia for Bariatric Surgery – SJUH

Location (Hospital/Trust): SJUH

Duration of placement: To be discussed with college tutor

SIA supervisor and email: Rob Jackson - robert.jackson3@nhs.net

Resident contact: No resident has completed this SIA yet

Anaesthesia for Bariatric Surgery – Mid Yorkshire NHS Trust

Location (Hospital/Trust): Mid Yorkshire NHS Trust

Duration of placement: 12 months – to account for variable frequency of bariatric lists and surgical/resident absences

SIA supervisor and email: Tamer Riad - tamer.riad@nhs.net

Anaesthesia for Cardiac Surgery

Location (Hospital/Trust): LGI

Duration of placement: 6 – 12 months (12 months preferred)

SIA supervisor and email: Venkat Jambunathan -
venkateswaran.jambunathan@nhs.net

Resident contact: Venkat Jambunathan - venkateswaran.jambunathan@nhs.net

Resident feedback: Cardiac Anaesthesia – LGI

Resident contact - Venkateswaran Jambunathan

Tips for Cardiac SIA – Leeds General Infirmary

Email: Venkateswaran.jambunathan@nhs.net

Clinical lead : Dr Tim Palfreman

Sign off : Supervisor will be allotted at start of rotation.

This is a group 1 SIA – 6- 12 months required. (12 months preferred)

Workload:

Theatres – 8, 9, 10(Mon, Wed, Thursday) – cardiac surgery

Cath Lab- TAVI, Mitral Clip, LAA occlusion, EP study and ablation

ACHD

Cardiac Intensive Care Unit- 14 bedded.

Case Mix:

We roughly do around 1000 cardiac surgery cases a year. There are 3 functioning cardiac theatres. Case mix varies from Adult acquired surgeries - Coronary artery bypass surgery (elective and emergency), valve surgeries – single and double valve(lots of mitral valve repairs), major aortic surgeries including frozen elephant trunk and adult congenital surgery – which are usually challenging as these are redo surgeries. We have started minimal access aortic valve surgery.

Interventional cat lab : We have cath lab running every day. It varies from, ACHD work, TAVI – 2nd highest number TAVI in UK, Mitral clip, tricuspid clip, Electrophysiological studies including ablations and S-ICD implants.

Specific cases:

We are referral centre for patients with congenital heart disease for cardiac and non-cardiac surgeries (especially obstetrics) from all over Yorkshire. We have a dedicated cat-lab list every Tuesday afternoon for ASD, PFO and VSD closure and few other interventions for congenital heart disease.

Emergency case mix includes – Acute type A aortic dissection, infective endocarditis, emergency CABG, tamponade and trauma.

Training opportunities/ New skills:

- Trans-oesophageal echo
- Double lumen tube
- Anterior chest-wall blocks
- Cardiac Intensive care

Teaching:

- Echo club
- Bed side teaching in CICU

- Teaching in theatre

QI opportunities:

We are in process of implementing lots of ERAS in cardiac surgery, and few other things. Hence there are lots of opportunities to undertake projects.

Leadership/ Team working:

Solo lists opportunities are given at the end of rotation to fulfil the curriculum needs like CABG, valve surgeries with good ventricular function and acting up in ITU.

Overall, I had a great time during my SIA days and have joined the team as a Consultant. We are a friendly team of consultants keen on teaching and offering training opportunities and welcome residents to join us. I am more than happy to be contacted if anyone have questions about cardiac anaesthesia SIA at Leeds.

Anaesthesia for Complex Orthopaedic Surgery – LTHT

Location (Hospital/Trust): LGI, Chapel Allerton Hospital

Duration of placement: 6 months

SIA supervisor and email: Sonal Sonwalker - sonal.sonwalkar@nhs.net

Resident contact: Aaqid Akram - aaqid.akram@nhs.net

Structure and Delivery of the SIA:

This SIA aims to provide advanced skills in managing high-risk, major orthopaedic cases over a 6 month period in dedicated blocks. Leeds Teaching Hospitals is a major trauma centre, where complex Spine including scoliosis, Pelvic, major Plastic flap surgeries and tertiary complex revision knee and hip replacements are performed.

Opportunities available:

During the dedicated blocks, residents will have the opportunity to gain experience in specialist theatre lists in Trauma and pelvic theatres, elective complex Spine surgeries and elective Joint replacement lists in Chapel Allerton. There will be plenty of opportunity to practice a range of regional and peripheral nerve blocks. In addition to the dedicated blocks in complex ortho, there will be plenty of exposure to major trauma during senior registrar on calls. Residents will be encouraged to take lead in perioperative care management by managing trauma lists independently where appropriate, attend multidisciplinary trauma meetings and complex preop assessment clinics including POPS clinics.

Competitiveness/early application advised:

Early application is advised to avoid disappointment. 1 to 2 residents are usually accommodated at one time.

Resident feedback: Anaesthesia for Complex Orthopaedic Surgery – LTHT

Resident contact – Aaqid Akram - aaqid.akram@nhs.net

Leeds Teaching Hospitals NHS Trust (LTHT) is very well placed to support trainees undertaking the SIA in anaesthesia for complex orthopaedic surgery. As a major tertiary centre with extensive subspecialty orthopaedic and major trauma services, LTHT offers full clinical exposure, regional anaesthesia experience, and governance opportunities required to meet the RCoA's key capabilities in this domain.

Below is a mapped summary of what LTHT can provide in relation to the RCoA SIA requirements:

A - Independently manages the perioperative care of patients for major complex orthopaedic surgery including scoliosis surgery, pelvic surgery and major orthopaedic cancer surgery.

- Tertiary Major Trauma Centre for West Yorkshire (including paediatrics), with dedicated pelvic and acetabular surgery at LGI.
- Complex acute and elective long-bone surgery, including specialist frame-work, at LGI.
- Paediatric and adult scoliosis surgery delivered at LGI.
- Complex joint revision surgery (upper and lower limb) across LGI and Chapel Allerton Hospital.
- Oncological orthopaedic procedures including major osteosarcoma resections and amputations when required.
- Comprehensive preoperative assessment pathways for complex patients, delivered remotely or at Chapel Allerton Hospital.

B - Engages in local policy making for orthopaedic anaesthetic and analgesic techniques

- Multiple opportunities to contribute to policy development, QI, audit and research. Early engagement with audit/research leads is encouraged to ensure meaningful involvement.
- Scope to support, refine and champion enhanced recovery pathways, particularly within elective orthopaedics at Chapel Allerton Hospital.
- Monthly clinical governance meetings, including morbidity and mortality reviews, across the anaesthetic department.

C - Ability to perform a variety of regional anaesthesia techniques for peri-operative analgesia and to facilitate rehabilitation.

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- Extensive use of regional anaesthesia across acute, trauma and elective orthopaedic surgery, covering both upper and lower limb procedures.
- Opportunities to support analgesia in polytrauma patients through targeted regional techniques.

D - Can independently practice safely a wide range of regional techniques for all upper limb and shoulder surgery under block alone, including the management of continuous nerve catheters for post-operative analgesia

AND

E - Can independently practice safely a wide range of regional techniques for lower limb surgery, including the management of continuous nerve catheters for post-operative analgesia

- Dedicated block lists for awake surgery (Hand Unit), alongside regular opportunities for awake upper and lower limb surgery in trauma and acute theatres.
- Expanding consultant expertise in continuous nerve catheter techniques, with examples including:
 - Infraclavicular catheter for analgesia during complex upper-limb reconstruction following severe trauma.
 - Supra-inguinal fascia iliaca catheter for specialised revision arthroplasty following periprosthetic femoral fracture.

This SIA integrates particularly well with both the Regional Anaesthesia and the Trauma & Stabilisation SIA. Given the scale and tertiary nature of LTHT, trainees will also achieve broad coverage of the generic Stage 3 capabilities while progressing through this SIA.

Anaesthesia for Hepato-Pancreato-Biliary Surgery/Transplant

Location (Hospital/Trust): SJUH

Duration of placement: To be discussed with SIA lead

SIA supervisor and email: Komal Ray - komal.ray@nhs.net

Resident contact: David Harding - david.harding6@nhs.net

Resident feedback: HBP/Transplant SIA - SJUH

Resident contact: David Harding - david.harding6@nhs.net

The Leeds Liver Unit offers services in all aspects of liver transplantation from assessment through to long-term post-transplant care. It is one of only 7 centres in the UK to offer liver transplant, and we are now the 3rd largest centre in the UK performing approximately 150 liver transplants per year. Our centre serves patients from across the North of England and works closely with our referring hospital teams.

The Liver transplant and hepatobiliary SIA is based at St James University Hospital and lasts for 6 months. Residents completing the SIA will receive advanced level training in anaesthesia for liver transplant as well as elective liver, biliary, pancreas and abdominal sarcoma surgery.

You will become proficient in delivering anaesthesia to patients with multiple comorbidities and managing major haemorrhage perioperatively. There will be opportunities to attend transplant MDT meetings as well as time dedicated to transplant pre-assessment clinic. There may also be opportunities to gain exposure to the use of veno-venous bypass and trans-oesophageal echo during liver transplant. From August 2026 the department will be rolling out a bespoke Transplant SIA whereby residents spend 50% of their on calls as SR and 50% as a supernumerary member the on call transplant consultant anaesthetist rota.

Anaesthesia for Major General Surgery

Location (Hospital/Trust): SJUH

Duration of placement: 6 months

SIA supervisor and email: John Jones – john.jones22@nhs.net

Structure and Delivery of the SIA:

6 month block of doing "big stuff" at St James' University Hospital, both elective and emergency.

Opportunities available:

This is mostly about clinical skills and decision making. Major cases include liver resection, oesophagectomy, pelvic exenteration surgery, thoracics, pancreatic resection, upper and lower GI surgery, gynae oncology, endocrine (including phaeochromocytoma), transplant surgery (liver and kidney), emergency laparotomy, and of course robotic surgery.

QI projects are variable - we are often running national studies. There are opportunities to join MDT meetings - renal transplant, high risk thoracics and liver transplant as examples. Much of the block is self directed - residents discuss what cases they would particularly like to do and this is usually facilitated by the rota team.

Competitiveness/early application advised:

We always seem to have senior residents doing an SIA. I think 6 residents, given the variety of work is realistic.

Anaesthesia for Neurosurgery

Location (Hospital/Trust): LGI

Duration of placement: Minimum 6 months

SIA supervisor and email: Alex Vinogradov – alex.vinogradov@nhs.net

Resident contact: John Summers – john.summers5@nhs.net

Structure and Delivery of the SIA:

Minimum time of 6 months

Opportunities available:

Neuro theatre lists with consultants and solo.

Interventional Neuro radiology lists.

Audit projects and QI work.

Competitiveness/early application advised:

2-3 residents are feasible.

Should be discussed with Royal College tutors and rota coordinators.

Resident feedback: Neurosurgery - LGI

Top tips for the anaesthesia for neurosurgery SIA – Leeds General Infirmary

John Summers

john.summers5@nhs.net

- This is a “Group 1 SIA” - 6 - 12 months required.
- Module lead (at time of writing) – Dr Alex Vinogradov
- Below is a table of the typical lists available at the LGI. I have included some examples of expected cases although this can change.

	Monday	Tuesday	Wednesday	Thursday	Friday
Theatre 5	Neuro acutes	Neuro acutes	Neuro acutes	Neuro acutes	Neuro acutes
Theatre 6	Cranial	Cranial Awakes	Spines	Cranial Acoustic neuromas	Cranial Neurovascular
Theatre 7	Cranial	Cranial Transsphenoidals	Spines	Spines	Cranial
Theatre 14	Spines	Spines	Spines	Spines	Spines
Neuro angio (suite 3)	Mix of elective / acute work – EG coiling of intra-cranial aneurysms / stroke thrombectomy				

- If in theatre 5 (neuro acutes) – recommend going along to some of the neurosurgical meetings if possible (although they start at 0745). Location - Kaberry lecture theatre (turn left when leaving L26) – meetings start by going through overnight admissions and the planned cases for the neuro acute theatre.
- Plenty of opportunities for project work – ask around (EG stroke thrombectomy service expansion)
- MDT teaching opportunities – EG in situ simulation for the neuro-spines theatre team
- Solo list opportunities – especially neuro acutes and some of the spines lists
- NACCS annual scientific meeting – I attended this as a delegate in advance of my SIA and found it helped with coming up with ideas for project work.
- Spines POPS clinic (perioperative care of older people having surgery - high risk spines cases) joint with the orthogeriatricians - Dr Andrew Lindley runs on a Tuesday
- Useful to keep a separate neuro logbook, particularly when it comes to sign off
- I made a list of top tips / advice received for various cases during my SIA, this has helped me when managing more complex neuro cases as a new consultant.

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- Be proactive – search the “ultimate theatre list” for the weeks ahead and liaise with the rota coordinators to see if you can join certain lists
- Suggested lists to gain experience in:
 - o Craniotomy – tumour debulking / awakes / neurovascular / posterior fossa
 - o Transsphenoidal pituitary surgery
 - o CSF diversion procedures – VP shunts
 - o Complex spinal surgery
 - o Interventional neuroradiology – elective and acute aneurysm coiling, stroke thrombectomy

Overall, I had a very positive and enjoyable experience during my 6-month SIA in neuroanaesthesia at the LGI, and would very much recommend this to anyone who has a keen interest in neuro. The case mix at LGI is superb and the neuro-spines theatre team are very experienced and great to work with. I am more than happy to be contacted should anyone have any questions about the neuro SIA at Leeds.

Anaesthesia for Complex Airway – Bradford

Location (Hospital/Trust): Bradford Teaching Hospitals NHS Foundation Trust

Duration of placement: - 6 months

SIA supervisor and email: Dr Craske and Dr Hatfield

david.craske@bthft.nhs.uk

andrew.hatfield@bthft.nhs.uk

Structure and Delivery of the SIA:

Block with the majority of elective placements being in our head and neck theatres, some flexibility in days at work may be needed to assist with relevant experience e.g. major head and neck resection / free flap reconstruction days

Assessed via accumulation of logbook experience and SIAs. Key capabilities A-G as per RCoA guidance.

Opportunities available:

Major maxillofacial and ENT surgery with free flap reconstruction. AFOI course and opportunities to teach in the simulation centre and wet skills lab (FONA). THRIVE and jet ventilation opportunities. Frequent opportunities for AFOI (frequently in the acute setting e.g. dental abscesses). Individuals may require flexibility in which days they work and be proactive spotting upcoming cases (readily done via EPR and liaising with surgeons and anaesthetists who regularly work in this area).

Competitiveness/early application advised:

Usually one resident at a time, maximum of two. Early application advised.

Anaesthesia for Complex Airway – LGI

Location (Hospital/Trust): LTHT

Duration of placement: 6 months

SIA supervisor and email: Heather Gorton - heather.gorton@nhs.net

Resident contact: Ian Chadderton – ianchadderton@nhs.net

Structure and Delivery of the SIA:

To be discussed with college tutors

Opportunities available:

Access to airway theatre lists

Access to many types of difficult airway equipment

Access to tubeless anaesthesia

Teaching as faculty on difficult airway workshop

Attending head and neck oncology MDT

Competitiveness/early application advised:

Constrained by college tutor resident allocation

Could accommodate 2-3 residents

Resident feedback: Complex Airway - LGI

Resident contact: Ian Chadderton – ianchadderton@nhs.net

Duration: 6 months

Overview

This six-month SIA offers excellent exposure to the full breadth of head, neck and airway anaesthesia within a busy tertiary centre.

This module is well-suited to trainees seeking to consolidate advanced airway skills ahead of CCT, particularly those with an interest in ENT, head and neck, or critical care. The combination of elective and emergency airway exposure, alongside structured sign-off and an engaged faculty, makes it one of the strongest modules within the deanery. Based primarily at the Leeds General Infirmary, the module provides hands-on experience across a high-volume ENT and head and neck surgical programme, including Trauma, infections and complex oncological resections. There is often a focus on day-case surgery and post-operative management. Often accompanies Senior Registrar acute out-of-hours on calls which sees plenty of airway emergencies.

What Trainees Say:

“Consistently report this as one of the most clinically rewarding placements in Stage 3 training.”

“A really interesting placement — the team are very helpful, approachable, and supportive. I got a huge amount out of it clinically and it gave me real confidence managing complex airways independently.”

You can expect to develop competence and confidence across a wide range of airway techniques, including:

- Tubeless and TIVA-based anaesthetic techniques for ENT surgery
- Transoral robotic surgery (TORS) — including multimodal analgesic planning and intraoperative blood pressure management
- Acute airway cases out of hours (e.g. penetrating neck injuries, airway obstruction)
- Techniques: Angulated videolaryngoscopy blades and awake fiberoptic intubation (AFOI) used.

The case mix includes significant comorbidity, making vigilant preoperative assessment a central part of the role.

Post-operative pathways vary — from ICU and Ward 8 to ENT ward-level care — giving trainees broad experience of airway patient management beyond the theatre environment.

Modules couples well with stage three acute pain, perioperative medicine, and small volume paediatric cases.

Sign-Off

Heather Gorton coordinates sign-offs for the module and is very approachable and pragmatic — an early meeting to clarify expectations and milestones is strongly recommended.

An associated airway course is available and a useful adjunct to the placement.

An awake fiberoptic intubation course has previously been offered through the department and may be available during your placement — worth enquiring about, and potentially suitable as a QUIP project if being restarted.

Logistical Considerations

- Some lists run at Gilbert Scott, which can feel relatively remote — worth factoring into your planning.
- Post-operative recovery occasionally takes place in Jubilee; ensure prescriptions are clearly completed to avoid delays.
- Log all out-of-hours airway work diligently — acute cases are valuable evidence of independent airway practice.

The Team

The airway faculty at LGI are approachable and supportive. Consultants with a particular interest in airway include:

Justin McKinley
Monalisa Marbaniang
Sarah Monte
Sarah Davies
Tom Lawrence
Mark Stubbington
Ossian Auckland Child

Contact ianchadderton@nhs.net for any information

Anaesthesia for Plastic Surgery and Burns Management

Information pending.

Anaesthesia for Thoracic Surgery

Location (Hospital/Trust): SJUH

Duration of placement: 6 months

SIA supervisor and email: Dr Natalie Drury – ndrury@nhs.net

Structure and Delivery of the SIA:

6 month dedicated block

Opportunities available:

The SIA gives you an opportunity to gain skills, experience and confidence with all aspects of thoracic anaesthesia with the ultimate aim of being ready to step into a consultant post with thoracic sessions with confidence once completed. Leeds offers exposure to VATS, open, robotic, mediastinal and bronchoscopic work, both elective and acute. As well as experience of contributing to the high risk thoracic MDT, the rib fracture analgesia service and gaining experience with regional anaesthesia techniques relevant to thoracic anaesthesia.

Competitiveness/early application advised:

We can accommodate a maximum of 2 senior residents at any one time

Anaesthesia for Vascular Surgery

Location (Hospital/Trust): LGI

Duration of placement: 6 months

SIA supervisor and email: Dr Paul Warman – paul.warman1@nhs.net

Structure and Delivery of the SIA:

To be discussed with SIA lead and college tutors. Minimum 6 months.

Opportunities available:

Daily vascular lists with opportunities to work in vascular IR. There are also opportunities to attend the aortic MDT, vascular pre-op assessment clinics and CPEX, vascular M+M.

Lists include open and endovascular aneurysm repairs and carotid endarterectomy. Plenty of regional experience for both general vascular procedures and also for carotids done under LA.

Competitiveness/early application advised:

Likely a maximum of 2 residents at a time.

Education and Training

Location (Hospital/Trust): Pan Deanery

Duration of placement: Variable – discuss with college tutor

SIA supervisor and email: Tom Lawrence – Thomas.lawrence@nhs.net

Resident contact: Mike Bentley - michael.bentley4@nhs.net

Structure and Delivery of the SIA:

Usually delivered as a single day a week over the course of 12 months but is flexible. Classic block style SIA not usually practical as projects will take several months to come to fruition.

Opportunities available:

Wide range of project opportunities that can be directed by the resident. Support from Education leads across the deanery.

Competitiveness/early application advised:

Competitive application, please declare interest 12 months before planning to commence SIA

Resident feedback: Education and Training SIA

Resident contact: Mike Bentley - michael.bentley4@nhs.net

I am currently an ST6 anaesthetic registrar based in West Yorkshire and undertaking an SIA in Education & Training. This is a new SIA that has been set up by the deanery, giving trainees the opportunity to develop non-clinical skills in organisation and delivery of educational resources from courses and exam preparation through to website development and conferences. Education has always been something I have been passionate about, and this SIA is giving me the opportunity to work with educational leads across the region to help develop current resources and introduce new elements, which will be extremely useful both for trainees and my own learning.

The process involved a competitive application and interview, followed by planning with TPDs to work out how it will fit with my clinical time and other SIAs. Over the course of a year, it equates to 3 months of non-clinical time dedicated to developing and delivering content. My focus areas for the year are to continue to build on the ST4 interview preparation course that has been running successfully for several years now, and help to develop YAIRN Core regional teaching after the recent introduction of YAIRN Advanced, aided by the opportunity to work with supportive and experienced educational

If anybody would like any advice about the process or role please feel free to contact me.

Obstetric Anaesthesia – Bradford

Location (Hospital/Trust): Bradford Teaching Hospitals NHS Foundation Trust

Duration of placement: 6 months

SIA supervisor and email: Dr Deborah Horner - deborah.horner@bthft.nhs.uk

Structure and Delivery of the SIA:

This block is usually delivered over a 6 month period with flexibility dependent on competencies and logbook case mix, WTE.

The overall objective is to achieve competence in the provision of analgesia and anaesthesia to the variety of obstetric patients normally encountered so that the resident can take up a post with a special interest. This may be in a major centre or to be equipped to assume the role of lead clinician in obstetric anaesthesia in a smaller unit.

To be competent for independent consultant practice in a post with obstetric anaesthesia as a special interest.

To be able to assess pregnant patients for anaesthesia for elective and emergency procedures.

To be able to assess the need for, and advise on, analgesia during labour in a range of situations.

To be technically proficient in a range of regional anaesthetic techniques for analgesia and anaesthesia.

To perform general anaesthesia safely and appropriately for obstetric patients.

To recognise and treat complications of regional and general anaesthesia in obstetrics.

To recognise and treat obstetric complications and emergencies.

To gain experience in caring for sick obstetric patients including those receiving EMC and MCC

To be able to communicate effectively with pregnant women, their relatives, midwives, obstetricians and other staff.

To act as an effective member of a multidisciplinary team.

To act as an effective teacher of obstetric analgesia and anaesthesia.

To be able to critically assess evidence from research related to obstetric analgesia and anaesthesia.

Opportunities available:

Bradford has a busy obstetric unit with around 6000 births per year with a diverse population and complex health needs. Bradford participates actively in national obstetric research projects and has many local, regional and national research and QI opportunities available for resident doctors interested in obstetric anaesthesia and maternal critical care.

The Yorkshire and Humber Maternal Enhanced and Critical Care programme is hosted in the Bradford Improvement Academy and the unit has close links with national groups including MatNeoSIP, NHSE, MBRRACE, MNSI providing opportunities for innovation and research.

Competitiveness/early application advised:

Bradford routinely accommodates one resident at a time to undertake this SIA. Early expression of interest is advised. There is no formal application process currently but may be introduced should demand exceed capacity.

Obstetric Anaesthesia – LTHT

Location (Hospital/Trust): LGI and SJUH

Duration of placement: 6 months

SIA supervisor and email: Hazem Elahmedawy - hazem.elahmedawy@nhs.net

Resident contact: James Lalloo – james.lalloo@nhs.net

Resident feedback: Obstetric Anaesthesia – LTHT

Resident contact : James Laloo - james.laloo@nhs.net

Sign off: Mathias Chinyandura

6 months - 3 months SJUH, 3 months LGI

Clinical Work

Standard Days: Labour ward cover, elective LSCS, high risk obstetric clinics.

On Calls: LGI or SJUH SR

The obstetric SIA in LTHT offers opportunity for involvement in the management of high risk obstetric patients in a busy tertiary centre. You undertake 3 months at LGI which offers management of patients with cardiac pathology and their peri-partum anaesthetic management and 3 months at SJUH which offers opportunity of the management of patients with invasive placental disorders. There is good opportunity to be involved in clinics on both sides of the city- there is a weekly cardiac clinic on Mondays at LGI, and a fortnightly high risk obstetric clinic either side of the city.

There are 2-3 elective lists each side of the city a week and there is opportunity to lead the anaesthetic management for these lists.

On labour ward there are opportunities to “act up” as the labour ward consultant including the supervision of junior trainees undertaking their IAOC. You will undertake your on calls as SR at either LGI or SJUH meaning that you only have 12 weeks of standard days across the 6 month block- this can mean that you need to be opportunistic with getting experience whilst on labour ward however also means you can keep your other anaesthetic skills up to date during the SIA.

Extra Curricular

There is ample opportunity for medical student, anaesthetic trainee and MDT teaching including acting as a facilitator on prompt.

There are multiple ongoing QIPs to get involved and new projects that can be addressed on both sides of the city

Any questions please email me on the address above .

Paediatric Anaesthesia

Location (Hospital/Trust): LGI

Duration of placement: 6 – 12 months

SIA supervisor and email: Rory Colhoun - r.colhoun@nhs.net

Resident contact: 12 months – Ben Tulip-Green - benjamin.tulip-green@nhs.net

6 months – Sean Howells - sean.howells1@nhs.net

Resident feedback: Paediatric Anaesthesia – 12 Months – LGI

Resident Contact: Ben Tulip-Green - benjamin.tulip-green@nhs.net

- Module lead (at time of writing) – Dr Wendy Lim/Dr Sophie Earl
- Leeds Paediatric Operating Theatres look after children of all ages from premature neonates to adult sized 16-year-olds. They offer an extensive range of surgical specialties, including liver transplant and cardiac surgery.
- It is the only hospital in West Yorkshire which offers tertiary paediatrics
- A 12-month SIA is generally undertaken with a view to practicing tertiary paediatrics, or regular paediatric practice in a non-tertiary setting.
- The year would typically include the following specialty rotations and approximate durations.

General/Urology	2 months
ENT/OMFS/Dental	2 months
Cardiac/Neurosurgery	2 months
T&O/Plastics/Pain	1.5 months
HPB/IR/Oncology/Ophthalmology	1.5 months
PICU	3 months

- There are eight operating theatres, as well as lists in MRI, IR, radiotherapy, cardiac cath lab, day oncology and acute pain
- There is a high level of supervision within the SIA. The development of independent practice is also supported with solo lists which generally involve older children, progressing to younger children throughout the SIA.
- The on-call commitment involves covering the paediatric acute operating theatre (unless rotating through PICU). There is one registrar covering paediatrics out of hours with support from the on-call consultant as well as on-site registrars in adult theatres.
- Opportunities to develop the following skills in children of all ages:
 - Gaseous/IV induction
 - Airway management
 - Peripheral IV access including the use of US
 - Central venous access
 - Arterial access
 - Regional anaesthesia
 - TIVA
 - Non-technical skills to enhance the experience of children presenting for surgery
- Teaching occurs through a nationally organised teaching programme run remotely over the year, hosted by different Children’s Hospitals.
- There are plenty of courses/conferences which are relevant to the SIA, including:
 - APLS/EPALS

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- POEMS
 - MEPA
 - APAGBI
 - ESPA
-
- There are a wide variety of projects in a number of areas of paediatric anaesthetic practice going on and these can be tailored to specific interests you have. Some examples include neonatal anaesthesia, tea trolley teaching, app development and equipment trials.
 - From a management perspective, there is the opportunity to write the resident paediatric anaesthetic rota.

I am approximately three quarters of the way through my SIA. During this time my confidence in anaesthetising paediatric patients has dramatically improved. There has been an excellent case mix available to develop the variety of skills needed for paediatric anaesthesia. Leeds has been an excellent department to work in. I would recommend this SIA and if anyone wishes to contact me for any queries please don't hesitate to do so.

Perioperative Medicine – Harrogate

Location (Hospital/Trust): Harrogate District Hospital

Duration of placement: 6 months

SIA supervisor and email: Tom Knapp – Thomas.knapp3@nhs.net

Structure and Delivery of the SIA:

Dedicated 6 month block

Opportunities available:

Major general surgery lists
High risk anaesthetic clinic
Paediatric periop clinic
High risk obstetric clinic
CPET clinic
Acute pain rounds
Involvement in Prehabilitation at Active Against Cancer
Development of periop ward rounds
Multiple QIP opportunities

Competitiveness/early application advised:

1 resident at a time

Perioperative Medicine – Bradford

Location (Hospital/Trust): Bradford Teaching Hospitals

Duration of placement: 6 months

SIA supervisor and email: Omar Jundi – omar.jundi@bthft.nhs.uk

Opportunities available:

Pre-assessment clinics

CPET

Major surgery (vascular, head and neck, upper and lower GI)

Shadowing pre-assessment nurses

Observing MDT clinics

Competitiveness/early application advised:

Can probably accommodate 2 residents simultaneously. Plan in good time.

Perioperative Medicine – LTHT

Location (Hospital/Trust): LTHT

Duration of placement: Variable – contact SIA lead

SIA supervisor and email: Carl Ilyas – carl.ilyas@nhs.net

Structure and Delivery of the SIA:

Can be tailored to suit the resident - often works well when anaesthetising for complex major cases

Opportunities available:

Pre-assessment clinics, CPEX, MDTs, NELA MDT ward rounds, sub specialty MDT (eg high risk thoracic, transplant)

Competitiveness/early application advised:

Can usually accommodate, not overly competitive

Regional Anaesthesia – Harrogate

Location (Hospital/Trust): Harrogate & District NHS Foundation trust

Duration of placement: 6 – 12 months

SIA supervisor and email: Dr Abhinav Kant - abhinavkant@nhs.net

Resident contact: New SIA opportunity so no resident has completed this SIA at Harrogate yet

Structure and Delivery of the SIA:

Dedicated block for 6 months with flexibility to extend to a 12 months if required/desired.

Opportunities available:

A. Tailored RA techniques for day surgery

High-volume Day Surgery Unit lists
Regular use of peripheral nerve blocks
Day-case prilocaine spinals

B. Safe perioperative RA and analgesia management in all settings

Fascia Iliaca Block (FIB) pathways
Daily acute pain rounds
Trauma lists with surgeons who actively encourage the use of nerve blocks
ESP block service with catheter insertion techniques

C. Ultrasound-guided chest wall RA (ESP block)

ESP block service with strong training focus
Acute pain rounds with resident prioritisation

D. Ultrasound-guided abdominal wall RA

Acute emergency laparotomy and colorectal lists

Occasional GA caesarean sections
Evidence supported by courses and e-learning (TAP, rectus sheath)

E. Ultrasound-guided lower limb RA

Elective knee, foot & ankle surgery
Trauma theatre opportunities

F. Ultrasound-guided brachial plexus RA

Extensive upper limb elective and trauma case mix
Excellent exposure across blocks

G. Service development opportunities.

Dedicated supervisor who also has a role as Innovation Champion at the trust as well as the department representative for Research.
The supervisor will actively encourage participation in audit, QIP or research or innovation in the field of regional anaesthesia

Why choose Harrogate for RA training?

Comprehensive block exposure across trauma, elective and day surgery
Dedicated ESP block service for Stage 3 experience
Protected lists & acute pain exposure to ensure evidence can be gathered
Opportunity to participate in service development projects
Opportunity to lead certain block lists and train junior residents if appropriate
Opportunity to assist in the Harrogate Regional Anaesthesia Course which runs every 6 months by Dr Kant
Supportive consultants committed to helping you achieve sign-off

If you're aiming to complete Stage 3 Regional Anaesthesia, HDFT offers the right balance of case mix, supervision, and training focus to make it happen.

Competitiveness/early application advised:

We expect this SIA to be extremely popular. Due to the size of our hospital and the need to provide training to stage 1,2 and 3 we can only accommodate one SIA resident at any time.

Resident feedback: Regional Anaesthesia - Mid Yorkshire and LTHT

Resident contact – Hisham Riad - hisham.riad@nhs.net

I completed the majority of my regional SIA at Mid Yorkshire Teaching Trust, with a few months spent at Leeds Teaching Hospitals Trust.

Module Lead (at time of writing): Dr Sameer Bhandari

Upper Limb

- There is a daily plastics trauma list at Pinderfields General Hospital (PGH), where most procedures are performed under regional anaesthesia alone.
 - This provides an excellent opportunity to develop skills in brachial plexus blocks (supraclavicular or axillary, depending on operator preference) as well as forearm blocks.
- Upper limb trauma lists also run frequently at PGH.
- Elective shoulder lists take place approximately twice weekly at Pontefract Hospital, offering regular experience with interscalene blocks.

Lower Limb

- Two trauma theatres run simultaneously:
 - One list is predominantly for neck of femur fractures, providing experience in femoral nerve, fascia iliaca, and occasional PENG blocks.
 - The second list is a mix of upper and lower limb cases. Lower limb cases are often ankle fractures, offering good opportunities to perform popliteal and adductor canal blocks.

Thoracic Wall

- Frequent breast surgery lists provide opportunities to perform interpectoral (formerly PECS I) and pecto-serratus (formerly PECS II) blocks.

Abdominal Wall

- Gaining experience in abdominal wall blocks can be more challenging and often relies on opportunistic cases in acute theatres, particularly for rectus sheath and TAP blocks.

Courses

- You will be encouraged to attend the Mid Yorkshire Regional Anaesthesia Group (MYRAG) course, which I would highly recommend.

Summary

- I thoroughly enjoyed my time at Mid Yorkshire. It offers a wide range of opportunities to perform regional blocks, supported by enthusiastic consultants who encourage deeper thinking about regional anaesthesia.
- While most block techniques can be learned here, I would recommend supplementing your experience with thoracic lists at another centre to gain exposure to ESP and paravertebral blocks.

Resident feedback: Regional Anaesthesia – LTHT

Resident Contact: Colin Coulter – colin.coulter3@nhs.net

I completed a regional SIA at Leeds General Infirmary/St James University Hospital between February 2026 and August 2026. The base hospital is LGI but in agreement with the rota coordinators you can request to have standard days at specific theatres at SJUH (breast, thoracic) and Chapel Allerton Hospital (elective orthopaedic).

All your “block opportunities” will have to be on your standard days. Your on-call commitments as a registrar are as the general anaesthetic S/R at the LGI but there will be lots of opportunities to do vascular blocks (popliteal sciatic, adductor canal, ankle) on these lists. As a senior registrar, you will often be covering trauma lists by yourself which may sometimes restrict the amount of days you can spend with a consultant at SJUH or CHOC.

Over the six months, you can expect to get lots of experience doing the following:

- Interscalene brachial plexus block
- Axillary brachial plexus block
- Erector Spinae (if you volunteer) – let A&E know you’re about and keen
- Transversus Abdominal Plane
- Femoral nerve
- Suprainguinal/infrainguinal fascia iliaca compartment
- Popliteal Sciatic
- Adductor Canal

Blocks

In addition to the standard blocks you will get done in trauma theatres, vascular lists and the hand unit, there are a few other nice blocks you can try and get practice with. Below is a list of consultants who can help teach specific blocks which are sometimes trickier to find. I have not worked with all of them but building up a broad suite of block techniques is really useful for your career. Email the consultants, find out which day (they often do alternate weeks) and **plan your rota well in advance.**

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Name	Block	Hospital	Day of the week*
Paul Warman	Interscalene (in plane)	CHOC	?
Heidi Hackney	Interscalene (out of plane)	CHOC	?
John Stones	PEC 1 & 2	SJUH	Wednesday
Michael Adlam	PEC 1 & 2	SJUH	Friday
Simon Flood	Paravertebral	SJUH	Monday
Carl Ilyas	Paravertebral	SJUH	Tuesdays
Anurag Vats	Paravertebral	LGI	N/A
N/A	ESP catheters	LGI Theatre 16	Any

I am also very keen to get involved in any teaching, particularly with any newer blocks. I may not have much direct experience of doing all of them (yet) but am happy to organize US teaching and practice getting the sonoanatomy for the following blocks:

1. PENG
2. Quadratus Lumborum
3. iPACK
4. Genicular Blocks
5. Supraclavicular/Infraclavicular
6. Hopefully lots more!

European Diploma of Regional Anaesthesia

At the time of writing, I have sat the European Diploma of Regional Anaesthesia Part 1 and 2a. I am happy to give advice about these if people are interested. I'd recommend doing it since it helps differentiate you a bit from colleagues who "do a bit of regional".

Courses (based on my experience)

When doing courses (cadaveric or ultrasound only, check they are RA-UK or ESRA accredited because you need three of these before you can sit the exam and they set a minimum standard)

Yorkshire-Based

1. Mid Yorkshire Regional Anaesthesia Group (MYRAG)

2. Hull Ultrasound Masterclass
3. Yorkshire Ultrasound-Guided Cadaver Regional Anaesthesia Course (Leeds)

National/International

1. The RAfT (Regional Anaesthesia for Trauma) – Royal London Hospital
2. Yorkshire Ultrasound-Guided Cadaver Regional Anaesthesia Course
3. Newcastle Ultrasound Guided Regional Anaesthesia Course & Cadaveric Workshop (NUSGRA)
4. Vesalius Regional Anaesthesia Cadaver Workshop – Leuven, Belgium

I'd also recommend attending/joining RA-UK to show your interest and the conferences are great fun. ESRA is also great but a more expensive to get to and you will probably not get it funded.

Self-education

The YouTube videos these days are the best teaching you will get. Personally, I recommend always starting with these, watch two or three of the following popular channels showing the same block to really embed the core knowledge and sono-anatomy for each block. These creators are industry experts and the videos are excellent quality.

1. [Jeff Gadsen. Duke Anaesthesiology](#)
2. [Ki-Jinn Chin](#)
3. [Amit Pawa](#)

Happy to be contacted for any advice/recommendations/general chat. I'd also strongly suggest you consider an abroad fellowship as an OOP-T in one of the real centres of excellence.

Colin Coulter – ST8 Anaesthesia SpR
colin.coulter3@nhs.net
28th April 2026

Research and Managing Data

Location (Hospital/Trust): LTHT

Duration of placement: Variable – see below for further details

SIA supervisor and email: Anurag Vats – anuragvats@nhs.net

Resident contact: Tom Arjomandi - tom.arjomandi2@nhs.net

Resident feedback: Research and Managing Data - LGI

Resident contact: Tom Arjomandi - tom.arjomandi2@nhs.net

In August 2025 I started a 12-month fellowship with the Future Leaders Programme. This is usually an OOPE, but as I was ST6 and Stage 3 I was able to count the last 3 months as OOPT and towards an SIA in 'Management and Professional and Regulatory Requirements'. I believe I'm the first trainee in Yorkshire to undertake the SIA, so can't provide any real guidance for how this SIA would work outside of the FLP fellowship. I'm therefore doing it as an 'extra' 3-month SIA; I am still doing two 6-month clinical SIAs.

However I do massively recommend it - it has been so useful to get more experience of governance, leadership and project management. Importantly, I have dedicated time for these aspects rather than having to cram it in around my clinical work, meaning when I return to clinical training I can just focus on that having signed off almost all of the non-clinical domains.

Trauma and Stabilisation

Location (Hospital/Trust): LGI

Duration of placement: 6 months dedicated time

SIA supervisor and email: Jonny Moore – Jonathan.moore4@nhs.net

Resident contact: No resident has completed this SIA in this deanery

Structure and Delivery of the SIA:

Dedicated 6 months. SR on calls. Trauma lists & outside areas

Opportunities available:

3 x daily trauma lists. Major trauma, NOF and semi elective ortho. Majority solo working
Rib fracture management, working with the acute pain team to deliver pain blocks in
outside areas.

Weekly major trauma M&M MDT meeting.

Resus attendance solo and supervision of junior residents.

Faculty on region wide trauma course

Faculty on in-house trauma sim

Many QI opportunities available. Rib fractures, wound catheters, general pain
management, theatre efficiency.

Competitiveness/early application advised:

2 residents allowed per rotation.

Not competitive.