

A newsletter for anaesthetists in Scotland

July 2019



Dr Sarah Ramsay

The three articles in this newsletter discuss some of the activities that anaesthetists in Scotland are undertaking to improve the health of the patients we care for, which reflects our widening remit of perioperative care.

We hear from Dr Kerry Russell, Programme Director of the [Scottish Access Collaborative](#), which is a wide-ranging NHS Scotland programme to improve elective care and the patient's overall experience of this.

Dr Laura McGarrity looks at a specific aspect of the Access Collaborative which is particularly important to us, namely enhanced recovery. There are a number of other elements of the collaboration which may be of interest, such as the 'flying finish' work where senior NHS staff may wish to change the nature of the work they undertake to keep them involved within the health service in the later years of their careers.

Dr Daphne Varveris describes some of the work done by the [Scottish Academy's health improvement workstream](#), where many of the primary healthcare problems we see as anaesthetists can be addressed.

With all best wishes,

Dr Sarah Ramsay
Chair, RCoA Scottish Board



Scottish Access Collaborative

[The Scottish Access Collaborative \(SAC\)](#) is a Scottish government initiative that started at the end of 2017. The focus of this ambitious programme is to seek a sustainable balance between demand and capacity in the NHS by safely reducing demand, developing new models of care and increasing capacity within existing resources. Involving a wide range of health and care partners including NHS, patients, professional organisations and third sector representatives the SAC seeks to maximise the connections between existing initiatives as well as develop new links to support the nine current challenge areas:

- Active Clinical Referral Triage (ACRT)
- Enhanced Recovery After Surgery (ERAS)
- waiting list validation
- Effective and Quality Interventions Pathways (EQulP)
- Flying Finish
- Accelerating the Development of Enhanced Practitioners (ADEPt)
- clinical pathways infrastructure
- virtual attendance
- team service planning.

A series of workshops through 2018 and early 2019 focused on specialty and clinical pathway issues for a range of clinical areas which have been summarised in a suite of [Specialty Group Reports](#).

We welcome interest from anyone who wants to help us take this programme forward, or who just want to find out more about the initiatives being developed.

Contact us by email to scottishaccesscollaborative@gov.scot or on Twitter [@AccessCollab](https://twitter.com/AccessCollab) or look on the [website](#) to read more.

Dr Kerry Russell

Access Collaborative Programme Director, Directorate for Health Performance and Delivery,
Scottish Government, Edinburgh

National Enhanced Recovery Colorectal Initiative

The [National Enhanced Recovery Colorectal Initiative](#) (NERCI) is a Scottish Enhanced Recovery After Surgery pathway, which focuses on identifying key elements to improve perioperative outcomes. It is led by the Scottish government via their [Quality and Efficiency Support Team](#) (QuEST) and forms a key part of the recently introduced Scottish Access Collaborative. All health boards in Scotland have participated and all but one continue to do so.

In 2016 it commenced by collecting data on laparoscopic colorectal procedures. Focus was placed on adherence to a perioperative care bundle to reduce variation, incorporating: early return to oral diet; prompt discontinuation of intravenous fluids; timely removal of urinary catheter and early mobilisation. The aim is to achieve the bundle by midday on postoperative day one and has become known as 'Living the wee DREaM'.

By 2018 median length of stay (mLoS) across Scotland had reduced to five days, but more importantly the data showed the effect of the bundle: the more elements successfully achieved leading to a statistically significant reduction in mLoS, readmission and mortality ($p < 0.05$) and a clear and easy way to improve outcome.

The same bundle applied within a shorter time scale of 12 hours after caesarean section has shown a similar relationship within the Enhanced Recovery for Obstetric Surgery Scotland pathway.

NERCI has now been expanded to include [all surgical approaches](#) for colonic resection and has collected data on more than 4,500 cases to date.

By looking at best, evidence based practice and implementing it across different health boards, these improvements can be seen on a larger scale. One tool to assess the degree of variation across health boards is the [NHS Scotland Scottish Atlas of Healthcare Variation](#) which has some interesting information on surgical practice across the country.

Dr Laura McGarrity

Consultant Anaesthetist, Cross House Hospital, Kilmarnock

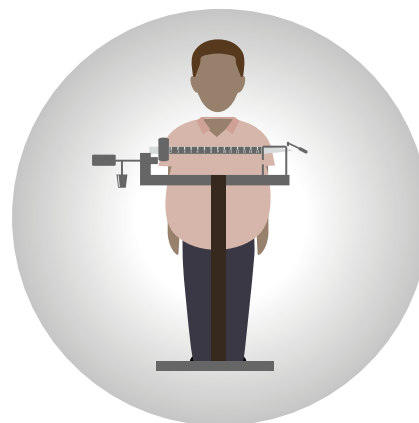
The Scottish Academy's health improvement work

Anaesthesia and intensive care medicine is not only the largest clinical specialty in NHS Scotland but it makes a valuable contribution to realising the Scottish government's strategic purpose of achieving 'better quality health and social care for everyone in Scotland'.

Enhanced recovery, prehabilitation, and the College's recently published toolkit [Fitter, Better, Sooner](#) all imbue the idea of health and fitness to improve recovery. Through wider health improvement initiatives, we aim to contribute to reducing harm caused by alcohol, smoking, poor diet and obesity.

As part of the Scottish Academy health improvement work, the Scottish Board provides clinical guidance and support to [Obesity Action Scotland](#) which aims to influence policy on obesity prevention, promoting healthy weight and wellbeing. Similarly, through representation on the [Scottish Health Action on Alcohol Problems](#) (SHAAP) group, clinical advice is given to reduce the impact of alcohol related harm on health and wellbeing. Recognised as proponents of minimum unit of alcohol pricing as an effective way to reduce the damage from alcohol consumption, SHAAP has more recently offered sponsorship to Scottish Women's Football following their decision to not accept sponsorship from gambling and alcohol companies. This partnership is the first Scottish football sponsorship specifically aimed at tackling Scotland's alcohol problems.

Dr Daphne Varveris
 Consultant Anaesthetist, Queen Elizabeth University
 Hospital, Glasgow



Fitter Better Sooner

Endorsed by



www.rcoa.ac.uk/fitterbettersooner

Lifelong Learning: don't forget to download your e-Portfolio

The final anaesthetists in training will be moved over to the Lifelong Learning platform this August. Therefore, the Lifelong Learning team advises all anaesthetists in training to [download their e-Portfolio onto a few different devices](#), as the training e-Portfolio will be decommissioned at the end of August 2019.

If you have previously used the e-Portfolio as an anaesthetist in training, please also ensure you download an offline version of your e-Portfolio record from the 'View Portfolio' section. The College will not hold a copy of the e-Portfolio after the August 2019 date and will be unable to retrieve entries after this, so please do ensure that you download the necessary materials.

**The e-Portfolio
will close in
August 2019.**

**Don't forget
to download your
portfolio
before then**





ANAESTHESIA

2020



18–20 May 2020
Old Trafford, the Home of Manchester United
www.rcoa.ac.uk/anaesthesia

SAVE 10%

Limited early bird places
available – quote

EARLY10

when booking

Co-badged with:



College of Anaesthesiologists of Ireland

CAI
SALUS DUM VIGILAMUS



Book your place at: www.rcoa.ac.uk/anaesthesia