Participant Information Sheet

2024 Cohort Study

Study Title: **2024 Cohort Study of Anaesthetic Trainees from start to finish.**

You are being invited to participate in the above research project. Before you decide whether to take part, it is important for you to understand why the research is being undertaken and what it will involve. Please take time to read the following information carefully and discuss it with others, if you wish. If anything is unclear, please use the contact details below to discuss with a member of our team.

Thank you.

1. What is the purpose of this research project?

This cohort study is being undertaken to help the College better understand: the background of people entering anaesthetic training, how their route through training compares to the "expected" pathway, and what factors play a positive or negative impact on their health and wellbeing during training.

Having a better understanding of what happens to our trainees will help inform future changes to the anaesthetic training program and ensure we are adequately supporting those people who represent the future of our profession. With that in mind, you may be invited to future works, such as interviews or focus groups, undertaken to further explore subsets of this study population. Your participation, or lack thereof, in these subsequent groups will be consented for separately, is entirely voluntary and will not impact on your participation in this study.

2. Why have I been invited to take part?

You have been invited because you are starting your anaesthetic training, either Core Anaesthetics CT1 or ACCS CT2, in August of 2024. This study will exclusively involve your cohort of trainees.

3. Do I have to take part?

No, your participation in this study and any further studies related to it, is entirely voluntary and it is up to you to decide whether to take part. It is hoped that the data you provide will help improve the training program for you and those who come after you. If you decide to take part, you will be asked to complete a consent form prior to commencing the survey. You are free to withdraw your consent to participate in the study at any time, without giving a reason, even after completing consent.

If you decide not to take part, you can use the survey link to express your wish to withdraw from the study. You do not have to explain your reasons. If you do not respond to this initial survey, it may not be possible to be recruited at a later date. Any individual's involvement, or lack thereof, in this research project will not impact on your education or progression through training.

4. What will taking part involve?

You will be asked to confirm your consent to take part and then complete an online questionnaire which will take approximately 25 minutes.

This questionnaire asks questions in relation to demographics, the application process, career intentions and health and wellbeing. In no way are the answers

given in this survey binding, irreversible or forming any kind of obligation to undertake a behaviour or not (for example, indicating you are considering less than full time training in no way commits you to this choice, nor will it have any impact on your application to train less than full time).
A shorter questionnaire will be sent out on an annual basis, however the design of this will involve significantly less background data, as this information about the cohort only needs to be collected once. This annual questionnaire will be repeated until one of the following endpoints have been reached; You achieve your CCT, you have completed your training via an alternative route, you withdraw your consent from the study, you tell us you are leaving anaesthetics with no intention to return, a period of 10 years has passed.

5. Why do you need my GMC Number?
Your GMC number will be used as a unique study identifier to link your responses to the survey from one year to the next, reducing the number of times demographic information needs to be collected and allowing longitudinal subgroup analysis. Your GMC number will be removed from the dataset before analysis, the research group will not use your GMC number to make any results personally identifiable and no identifiable responses will be shared with any 3rd parties.
The only time your GMC number may be used to identify you is for the purpose of inviting you to take part in follow up questionnaires, interviews or focus groups. This invitation may be sent by the college communications team, but they will not have access to the results you give in the survey.

6. Will I be paid for taking part?
No, you will not be paid for taking part. Q7 gives more details of the benefits to you, your colleagues and future colleagues from taking part in this survey.

7. What are the possible benefits of taking part?
Your contribution will help inform the college of the challenges faced during training to allow better support to be established where possible. Results will be fed back to various levels of the College, including but not limited to, Recruitment, Education, Training and Exams committees, who may wish to implement changes based on these results.
Your participation in this study can be used as evidence in your portfolio towards some of the non-clinical domains of the 2021 curriculum. This can be done by uploading your participation certificate, sent following completion of the survey, as a personal activity on the lifelong learning platform.
For your stage of training (Stage 1), linking may be done with the following domains:
Professional behaviours and communication – A: Demonstrates the personal and professional values and behaviours set out in Good Medical Practice
G: Participates in GMC National Training Survey and other quality control, management and assurance processes as required by the regulator
Research and managing data – A: Demonstrates knowledge of different research approaches in scientific enquiry

8. What are the possible risks of taking part?
Due to the subject matter of this study being sensitive, participation in the survey has the potential to cause mild distress. You have the option to close the survey at any stage without giving any reason. Section 13 of this participant information sheet includes details of whom to contact in the event of distress or upset by any aspect of the research.

9. Will my taking part in this research project be kept confidential?
All information collected from (or about) you during the research project will be kept confidential and any personal information you provide will be managed in accordance with data protection legislation. Please see 'What will happen to my Personal Data?' (below) for further information. Access to your personal data will be strictly limited to those who have right and proper business in connection with the study and all those accessing data will be strictly bound by confidentiality. Data used for the purposes of contacting you about the study will be stored separately to the responses you provide, with access limited to those who it is strictly necessary.
There may be exceptional situations where researchers may be legally and/or professionally required to override confidentiality and disclose information from you (or about) you to statutory bodies/relevant agencies. For example, this might arise where the research team has reason to believe that there is a risk to your safety, or the safety of others. Where appropriate, the research team will aim to notify you of the need to break confidentiality (but this may not be appropriate in all cases).
Individual data will **not** be shared with individuals responsible for your training, including your educational supervisor, college tutor, training program director, head of school, ARCP panel, interview panel or examination board.
All open-comment responses to the survey will be anonymised such that no one individual should be able to be identified within any reports/publications. All information will be kept confidential.
All data will be stored securely, treated as strictly confidential and will be completely de-identified by the study group when it comes to any subsequent reporting.
In accordance with RCoA guidance, we will keep the data for a minimum of seven years post training. It will then be destroyed.

10. What will happen to my Personal Data?
Personal data, according to the General Data Protection Regulation (GDPR) means any information relating to an identifiable living person who can be directly or indirectly identified in particular by reference to an identifier. This may include information such as an individual's name, address, email address or date of birth. To safeguard your rights, we will use the minimum personally identifiable information possible. In this study, the only identifier collected will be GMC number, used expressly for the purposes indicated in Section 5 "Why do you need my GMC number?".
This research will collect special categories of personal data. This includes data regarding your age, LGBTQIA+ identity, gender and ethnicity.
The Royal College of Anaesthetists is the Data Controller and is committed to respecting and protecting your personal data in accordance with your expectations

and Data Protection legislation. Further information about Data Protection & Privacy can be found here: https://www.rcoa.ac.uk/data-protection & https://www.rcoa.ac.uk/privacy.
Your data **will not** be shared with any third parties.

11. What happens to the data at the end of the research project?
Only anonymised data will be retained, this is to support future research into the trainee experience.

12. What will happen to the results of the research project?
Data from the questionnaire will be statistically analysed, with open-comment data thematically analysed.
It is our intention to publish the results of this study in full after the last participant has reached the study end point, however interim analysis will be undertaken on a yearly basis, which may also form the basis for RCoA reports, academic journal articles and presentation of findings at meetings and conferences. Participants will not be identified in any report, publication or presentation. However, verbatim quotes from the questionnaire could be used as part of the report, publication or presentation. These will be entirely anonymised.

13. What if there is a problem?
If there is a problem, or if you wish to raise a complaint or have grounds for concern about any aspect of the way you have been approached or treated during the conduct of this research, please contact the study lead using the details below:
Name: Dr Lewis Hendon-John
Email: lhendon-john@rcoa.ac.uk

If your complaint is not managed to your satisfaction, please contact the Chair of Education, Training and Examinations Board, whose details can be found on the RCoA Website: https://www.rcoa.ac.uk/about-us/how-college-governed/boards-committees.
There are no compensation arrangements for this project. If you believe that you have been harmed by this project due to our negligence, we advise you to take legal advice. This advice will be at your own cost.
Due to the subject matter of the research question being sensitive (particularly in the current socio-political climate) participation in the survey may have the potential to cause distress to participants.

In the event of distress or upset caused by any aspect of the research, it is important to know that the research team possess no appropriate counselling skills. We would like to signpost you to the following services:

- NHS Staff Support Services: https://www.england.nhs.uk/supporting-our-nhs-people/support-now/
- The RCoA Wellbeing Hub: https://www.rcoa.ac.uk/membership/resources/wellbeing-hub

- BMA advice and support: https://www.bma.org.uk/advice-and-support/your-wellbeing – a range of support services available to all doctors

14. Who is organising and funding this research project?
The research is organised by Dr Chris Carey (Elected RCoA Council Member and Education, Training & Exams Board Chair) & Dr Lewis Hendon-John (Anaesthetic SpR and RCoA Education Fellow). The research is being conducted on behalf of the RCoA and has no external funding attached.

15. Who has reviewed this research project?
This research project has been reviewed and given a favourable opinion by the RCoA Education, Training and Examinations Board, and is being undertaken by a specially formed study group in conjunction with representatives from anaesthetists in training, the AAGBI and COPMeD. The study has been evaluated by the Ethics team at the University Hospitals Sussex NHS Foundation Trust who confirmed specific ethical approval was not necessary.

16. Further information and contact details
Should you have any questions relating to this research project please contact Dr Lewis Hendon-John (lhendon-john@rcoa.ac.uk) or the study team (2024cohort@rcoa.ac.uk).

Thank you for considering taking part in this research.