

# Introducing a departmental checklist for trainees returning after maternity leave.

Dr Jessica de Bois, Dr Samira Fatehi, Dr Sioned Phillips, Frimley Park Hospital

## Introduction

The anaesthetic female workforce is rapidly expanding. Currently 38% of consultant anaesthetists are female, and 47% of anaesthetists in training and non consultant roles, (1).

This will result in an increasing number of trainees taking maternity leave. Anecdotal evidence still suggests great disparity in the support provided in returning to work, despite the establishment of the Health Education England SuppoRTT programme.

## Methods

We created a digital survey, consisting of 9 questions covering trainee awareness of breastfeeding risk assessments, rota adjustments, SuppoRTT funding, and KIT days.

We also asked trainees if their department provided a “checklist” for return and if this would be helpful.

The surgery was initially distributed to all trainees within our trust via email. However, the response rate was poor, and thus we reevaluated and redistributed the survey via medical mum support groups in the region.

## Key Messages

We consider it the joint responsibility of trainee and department to be aware of the support available.

We used the data to develop a checklist for supervisors and trainees at our trust to ensure all aspects of a return to work were optimised, and feedback from trainees is positive.

## References

The Anaesthetic Workforce: UK state of the nation report. RCOA, 2022

## Contact Information

Dr Jessica de Bois  
ST5 Anesthetics Resident, KSS Deanery

jdebois@doctors.org.uk

## Key Results

**9% of respondents were currently on maternity leave, and 71% had previously returned to work from maternity leave during training.**

**None had ever been provided with a checklist but 76% thought it would be useful.**

**40% were unaware of how to access SuppoRTT funding prior to absence.**

**Only 30% were made aware of how to request temporary rota adjustments or a supernumerary period on return to work.**

**Only 50% had been made aware of how to access “keeping in touch days”**

**Only 15% knew how to access a breastfeeding risk assessment.**