

Aim

- To support East of England anaesthetic trainees with Final FRCA SOE preparation
- Provide a safe space to consistently practice viva skills and receive individual feedback



Background

- Peer practice and support can be an important component of viva preparation
- **60%** of participants struggled to access regular SOE practice/feedback outside of the programme
- Organising peer practice may be a challenge:
 - in departments with few trainees sitting the exam
 - when rotating between placements/hospitals



Programme

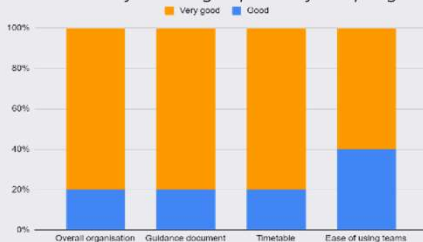
- “Blended Buddy” – a virtual viva matching programme
- 4 weeks of 1-to-1 virtual viva practice between trainees across the East of England
- Eight participants enrolled in Nov 2023 pilot, all completed the programme
- Aimed to be inclusive of participants’ personal and work commitments
 - Three fixed 1-hour slots a day (am, pm, evening), timings voted on via a pre-course survey
 - Timetable tailored to participants’ availability, up to 16 hours of viva practice each
 - Provision of Microsoft Teams link for each session, which allowed for auditing of attendance
- Programme guidance included ground rules, weekly topic suggestions and viva Q&A resources



Feedback results

Figure 1: Participant responses

Please rate the following aspects of the programme:



Did you find this programme a useful addition to your exam preparation?:

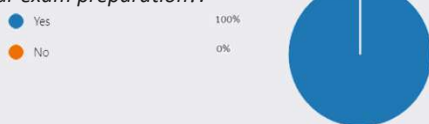


Figure 2: Free-text feedback comments

“I think this was **great idea** and was **really useful**. I think it would have particularly been useful a **bit earlier** in my practice”

“the program was **very useful**. Thank you so much.”

“...in case a candidate gets very few sessions, it’s worth [letting them know about] **other preferred time slots** to add ... many thanks to you. It was a **very good program**”

“**Excellent programme and so well run** given that it was the first time ever! Didn’t expect **so many sessions** but they broke up revision nicely and was **good to meet new trainees**. Thank you”



Future

Improvements made to next round (May/June 2024), based on course feedback and attendance

- advertised more widely → 13 participants
- set up a Buddies Whatsapp group for further peer support and facilitating communication
- programme guidance updated to clarify slot booking procedures → higher slot uptake



Conclusion

- The programme was a useful addition to regional Final FRCA SOE preparation for trainees
- Participant engagement and feedback-led improvement is vital to peer revision programmes
- An improved second round for June SOE is running, and further feedback will be collected
 - increased (13) participants, requested increased average hours of practice

