

North West SAS Doctors Newsletter

Issue 7 – April 2022

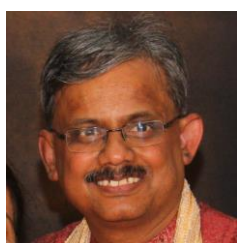


Welcome to the latest edition of the NW SAS Doctors Newsletter. We hope that 2022 has been going well for you so far and that you have been able to enjoy the recent sunny spring weather.

This edition includes:

- **Introducing our new SAS Development Programme Lead, Madapura Shashidhara**
- **A review of the recent SAS Conference and 2022 SAS Awards**
- **Looking ahead to our next SAS Training Needs Survey**
- **Forthcoming development opportunities**
- **A reminder about how to apply to the SAS Development Fund**
- **SAS Career Stories – Janine Griffiths and Ibi Erekosima**
- **Important document links**

Introducing our new SAS Development Programme Lead, Madapura Shashidhara



A warm welcome to Madapura Shashidhara (Shashi) who took up the post of SAS Development Programme Lead for HEENW in March 2022. Shashi is an Associate Specialist in Anaesthetics at Stockport NHS Foundation Trust and has extensive experience of supporting SAS doctor development through his role as SAS Tutor for his trust as well as involvement in regional workstreams such as the SAS Funding Panel and CESR Champions Forum. Shashi will work 2 sessions per week for HEENW and will be working closely with the other members of the HEENW SAS Development team, trust SAS Tutors/ Leads, SAS Specialty Leads, CESR Champions and others to maximise the opportunities for SAS doctor development within the region.

Annual SAS Conference and 2022 SAS Awards

Our 9th Annual SAS Conference was held on 23rd March 2022, with the theme being “Spotlight on SAS”. Delegates were able to enjoy a varied programme of plenary sessions, short oral presentations and workshops, as well as viewing the excellent posters. Highlights included:

- Dr Waleed Ahmed speaking about the Academy of Medical Royal College’s role in the development and recognition of SAS as a viable career
- Mr Amit Kochhar giving an update on the new SAS contract
- Presentations on the introduction of a prescribing huddle, medical on-call cases and a SAS doctor’s career journey
- Workshops on quality improvement projects, patient safety, GMC update, leadership through the lens of health and wellbeing, adaptive working under pressure and appreciative inquiry.

The prize for best poster was awarded to Ali Faiz and Aaron Smith from Manchester Foundation Trust for their submission, “Quality Improvement Project to improve patient flow”. Mrs P. Barbosa and Mr A. Sachdev from East Cheshire NHS Trust were highly commended for their poster on “Scoring a Bull’s Eye – Audit cycle on visual screening for hydroxychloroquine.”

A massive thank you to all our speakers, workshop leads and poster presenters, as well as to The Conference Zone who provided the online platform and ensured the event ran smoothly. Also thanks to the organisations who provided sponsorship and information stands.

Towards the end of the day, we were delighted to announce our SAS Award winners for 2022 and to celebrate their achievements. There were more than 50 nominations across the 10 categories. As in previous years, the high standard of entries was extremely high and it was very difficult to choose the winners. Congratulations to all who were nominated and thank you for all your hard work.

	Winner	Highly commended
SAS Clinical Achievement Award	Emmanuel Azie, Wirral Fariha Rahim, LTHTR	Nabeel Afzal, Blackpool Kalpesh Solanki, LSCFT
SAS Quality Improvement Award	Muhammad Aziz, WHH Kaira Pearson, East Cheshire	Susan Cureton, Wirral St John’s Hospice
SAS Undergraduate Educator Award	Helen Foster, UHMB	
SAS Postgraduate Educator Award	Qutub Jamali, LSCFT Jay Dasgupta, WHH	Kapil Shirodkar, UHMB
SAS Leadership Award	Ahmed Abdulgahil, Arijit Banerjee & Vivekanand Chetty, WHH	Simon Parker, LTHTR Sayed Ahmed, Mersey Care
SAS Lifetime Achievement Award	Niamh Collins, SRFT	Amit Kochhar, UHMB Giridhar Hebbar, WHH

CESR Achievement Award	Sharmila Bandyopadhyay, LTHTR	Silpa Kadiyala, UHMB
SAS Tutor/ Lead of the Year	Mudiyur Gopi, East Cheshire	John Mulinga, LSCFT
SAS Administrator of the Year	Natalie Suffield, LTHTR	Louise Calvert, LSCFT
SAS Champion Award	Bhaskar Ayinaparthi, East Cheshire Jacqueline Welding, LSCFT	

SAS Doctors Training Needs Survey

We will be running our second regional SAS Doctors Training Needs Survey in May 2022, so please look out for further details which will be sent by email in the next couple of weeks. It would be greatly appreciated if you can find the time to complete the survey, as it will help to inform the provision of courses over the next year. Survey respondents will be given priority access for bookings on the courses organised by HEENW.

Forthcoming Development Opportunities

Advanced Communication Skills training

We have funded a limited number of places for SAS doctors to attend the Advanced Communication Skills courses run by the Maguire Unit of the Christie School of Oncology. If you would like to be considered for one of these places, please complete the attached application form and return it to SASDoctors.NW@hee.nhs.uk by Monday 30th May 2022.

Workshops on “Wellbeing and Self-Care in a post-pandemic world”

On 8th June 2022, Chris Oxborrow of Beyond Counselling will be leading two online workshops for SAS doctors on “Wellbeing and Self-Care in a post-pandemic world”. Chris has already worked with a number of different groups of doctors in the North West and we are delighted that she has agreed to deliver some sessions specifically for SAS doctors. For further details and booking information, please see attached flyer.

SAS Development Fund

If you wish to apply for funding from the SAS Development Fund for any courses to support your personal development, application forms and full guidance can be found at <https://www.nwpgmd.nhs.uk/sas-doctors/applying-sas-development-fund>.

Applications are reviewed by the Funding Panel on a monthly basis and the submission deadlines are on the webpage. Please ensure you apply well in advance of the course date to allow time for your application to be processed.

SAS Career Stories

We are delighted to share two inspiring career stories in this edition of the SAS Newsletter. We would love this to be a regular item in the newsletter, so if you are willing to write a short article about your career journey please contact SASDoctors.NW@hee.nhs.uk.

Professor Ibi Erekosima MMedSc, SFHEA, FRCP -- Specialist Grade in Renal Medicine and SAS Tutor Salford Care Organisation - Northern Care Alliance NHS Foundation Trust



I came to the UK in 2000 to do a master's degree program in Nephrology as part of my senior residency training with the National Postgraduate Medical College in Nigeria at the Sheffield Kidney Institute University of Sheffield. On finishing the master's degree in 2001, I was appointed a clinical research fellow to pursue a 2-year MD program before returning to Nigeria to take up a consultant post. However early in the program, I had a major setback with a life changing ill-health affecting my eldest child. This meant that I could no longer continue with the MD program and return to Nigeria.

Consequently, it became clear that taking up a training job to advance my career in the UK was going to be challenging and difficult due to my family circumstance, hence the option to take up an alternative path which was following the SAS career path because of its flexibility and opportunity to still follow my various interests in education, research, and leadership to fulfil my career and look after my family.

I joined the renal department of the Pennine Acute NHS trust as a staff grade in 2004 and later became an associate specialist in 2008. I later transferred my service to Salford Royal renal department in 2010 following the merger of the renal services in the 2 trusts. Initially, my role was mainly service-related, but with support from my consultant colleagues, I was encouraged to take more clinical and leadership responsibility and carrying out educational activities for medical students and trainees. At this stage I intensified my focus to pursuing a portfolio career including medical education, international renal projects, research, leadership, and management. During this period, I have had 4 clinical excellence awards and has now been appointed to the new specialist grade in 2021.

Over the last decade I have established a national profile in the field of clinical teaching and medical education in both undergraduate and postgraduate medical training. I have an honorary contract with the University of Manchester Medical School as a Senior Clinical Lecturer/Teaching fellow, OSCE Examiner and Lead for assessment Year 4 Salford Royal Hospital site. In 2020, I was awarded the internationally renowned Senior Fellowship of the Higher Education Academy (SFHEA) UK in recognition of my strategic influence as a leader in medical education in the UK and internationally. I was appointed a PLAB examiner with the General Medical Council UK in 2020 and in July 2021 became SAS Tutor for Salford Royal Hospital – a role I took on to improve education, training to SAS doctors and support them to fulfil their potential.

I have supported the development of sustainable renal care and training in Africa in the last 8 years through the global advancement of nephrology program of the International Society of Nephrology (ISN). This program is to support the teaching and training of nephrologists in low- and middle-income countries and pioneered the International Society of Nephrology Sister Renal Unit program and partnership as liaison officer between the Salford Royal Hospital UK and University Teaching Hospital Port Harcourt Nigeria Renal Unit since 2016. I am currently leading in 2 important research projects on Peritoneal dialysis and Acute kidney injury in Nigeria with grants from the ISN.

In the last 3 years I have been involved in faculty development of medical education at the University of Port Harcourt medical school Nigeria. The university has now graduated its first master's degree students in medical education. In recognition of my contribution to research, education and training I was appointed visiting Honorary Professor of Medicine and Medical Education to University of Port Harcourt in December 2021.

There is no doubt in the past there has been unconscious bias about the role of SAS doctors, and it is often assumed that we are service provision only doctors, and I think that attitude is common across the country. However, the role of SAS doctors is changing from what it has been in the past as we can now be educators and examiners and can take leadership roles within our NHS organisations. My advice to SAS doctors is to pursue a portfolio career including medical education, research, leadership, and management but also remember that pursuing a CESR up to a consultant post is just one path to fulfilling your career objectives as a SAS doctor. There are other options you can explore in pursuing a fulfilling career. In the last couple of years, the SAS role is increasingly getting recognised as a viable career in the Royal Colleges, HEE, GMC, and the Department of Health.

Remember we have come a long way as SAS doctors and there is still more work to be done. Continue to persevere with what you are doing; hard work ultimately pays off, as there are several routes to a fulfilling SAS career.

Dr Janine Griffiths Specialty Doctor Perinatal Psychiatry, Mersey care NHS Foundation Trust, SAS Lead for Mersey care, Perinatal SAS Rep Royal College of Psychiatry

My name is Dr Janine Griffiths and I am a SAS doctor by choice.

I have been asked to do a blog about myself to share with you my story and show that being a SAS doctor is a positive and fulfilling life choice.

I have no idea where to start so I'll start at the beginning. I am a working-class girl from Liverpool and for as long as I can remember I wanted to be a doctor. I didn't have a clue what that entailed other than lots of studying and going to university

I was delighted to get a place at Newcastle University and after 5 years of studying (and enjoying myself) I qualified in 1997. As a junior doctor I was unlucky enough to be a part of the cohort who worked more than 100 hours some weeks, with the expectation that you just accepted it, I can honestly say those first few years nearly turned me away from medicine. Fortunately, as part of my GP training I did a six-month placement in Psychiatry. At last I'd found a specialty that suited

me. For a few years I progressed in my psychiatry training, but ill health meant I needed to reduce my work and train less than full time. It was all progressing as the system tells you to, I was completing placements, doing on calls and passing exams.

I was then lucky enough to give birth to twins and 17 months later another beautiful baby. This was the second turning point in my career. What do I do? I had three babies and a demanding career. How can I possibly manage on calls and changing job locations every six months or so? After much deliberation I realised I wanted to be a hands-on Mum. I wanted to enjoy my children and be present in their lives, but I was a doctor and I wanted a career. I'd worked hard for this. Many people told me this wasn't possible, but they were wrong.

I spoke with supervisors, management and other doctors and I realised there was the option of becoming an SAS doctor, I applied for a job in the Early Intervention team as a part time SAS. This was the best career decision I have ever made.

Being an SAS doctor has meant I have had a fulfilling career, working less than full time, with no on calls. I have had many opportunities for personal development. I have been the LNC representative, SAS Lead, an appraiser, and now SAS rep for Perinatal Psychiatry for the Royal College.

My work has fitted around my life. I have been able to enjoy all 4 of my children (yes, I had another one) I am a present parent and a doctor who loves her job. I get real personal satisfaction from my work and from being a parent.

I reckon the working-class girl from Liverpool has managed to have it all thanks to SAS by choice.

This blog was first published on the RCPsych website <https://www.rcpsych.ac.uk/news-and-features/blogs/detail/careers-in-psychiatry-blog/2021/12/08/dr-janine-griffiths-finds-fulfilment-in-being-sas-by-choice>

Your News and Views



Your news and views wanted

We hope you have enjoyed this edition of the NW SAS Doctor newsletter.

We would welcome your feedback on how we can make each edition better for all our SAS Doctors across the North West. Please send any news articles, updates, career stories, achievements and announcements to SASDoctors.NW@hee.nhs.uk

Dr Aruna Hodgson, Associate Dean
Dr Madapura Shashidhara, SAS Development Programme Lead
Stephanie Parry, Programme Support Administrator

Important document links

SAS contract reform 2021

1. [Specialist grade \(England\) 2021 contract.](#)
2. [The new specialist grade for SAS 2021](#)
3. [Specialist vs Other grades Video](#)
4. [Pay progression in the new contract](#)

Education and leadership for SAS Doctors

1. [SAS as Educators.](#)
2. [Maximising the Potential: essential measures to support SAS doctors\(HEE\)](#)
3. [SAS - A viable career choice](#)
4. [SAS workforce and mentorship](#)

SAS Development documents

1. [SAS-Charter-for-SAS-Doctors.pdf \(nhsemployers.org\)](#)
2. [Implementation of SAS Charter Video](#)
3. [SAS Doctors Development](#)
4. [Accountable Clinicians June and Informed Patients](#)

HEENW SAS Fund

1. [SAS Development Fund Principles and Guidance](#)
2. [Process of approval and reimbursement process of SAS Development Fund](#)
3. [Form A: Use this form to run a course for SAS doctors in the local trust](#)
4. [Form B: Applying as an Individual to attend a short course or conference](#)
5. [Form C: Applications for individuals to undertake a postgraduate university qualification](#)