

## Thinking of Anaesthesia?

Anaesthetists are specialist doctors with a major role in the perioperative care of patients. Core anaesthesia practice involves assessing patients thoroughly and applying both physiological and pharmacological knowledge to best care for them through surgery and other procedures. Associated areas include caring for the very sick in intensive care medicine (critical care), the management of acute and chronic pain (pain medicine), and resuscitation of acutely ill or shocked patients. Anaesthetists in New Zealand work in a range of clinical environments from rural practice to large metropolitan teaching hospitals in both public and private practice and in the defence forces.

## Overview of Anaesthesia

Relief of pain and suffering is central to the practice of anaesthesia – to facilitate surgery and uncomfortable procedures, to aid with recovery after surgery, to administer pain relief in childbirth, and to care for those with acute and chronic pain. Close and empathetic patient contact and interaction is integral to anaesthesia practice.

Clinical anaesthesia practice is built on knowledge of physiology and pharmacology, and understanding how patient responses are altered by their state of health as well as the various manipulations that are part of the anaesthetist's and surgeon's work. There are also many opportunities for teaching and research.

In recent years, advances in anaesthesia have made more complex surgery possible. Anaesthesia has become safer and more sophisticated with technological developments to assist in monitoring the patient through surgery, and the advent of drugs with fewer side effects. Anaesthetists are continually improving their skills to respond to challenges such as the ageing population, where patients present with medical conditions of increasing incidence and severity, and the growing obesity problem. Such developments mean that anaesthesia practice is constantly evolving to present new challenges and opportunities throughout a career.

Anaesthetists may develop special interests in areas such as anaesthesia for paediatrics, obstetrics, orthopaedics, otorhinolaryngology, gynaecology, neurosurgery, cardiovascular and thoracic surgery, trauma management, respiratory medicine, hyperbaric medicine, intensive care medicine, pain medicine, ophthalmology, urology, and vascular and plastic surgery.

By necessity, anaesthesia is a team-focused specialty. Anaesthetists work with other specialist doctors, as well as nursing and allied health practitioners. As team members, anaesthetists have an essential role in promoting the effective coordination and utilisation of medical, nursing and technical resources, especially during the perioperative period. Anaesthetists collaborate with colleagues to ensure the best possible outcomes for patients.

Anaesthesia can be demanding, both during the training period and the subsequent years as a specialist. However, work patterns and training programmes can be adapted to suit the needs of practitioners throughout their personal and professional lives.

## Anaesthesia Training

### **Prevocational training requirements:**

2 years of general medical experience prior to application to include at least 12 months of general training in areas of practice other than anaesthesia, intensive care medicine and pain medicine.

### **Duration of vocational training: minimum 5 years**

This includes advanced, clinically based training, with specialised study units (cardiac surgery and interventional cardiology, general surgical, urological, gynaecological and endoscopic procedures, head and neck, ear nose and throat, dental surgery and electroconvulsive therapy, intensive care, neurosurgery and neuroradiology, obstetric anaesthesia and analgesia, ophthalmic procedures, orthopaedic surgery,

paediatric anaesthesia, plastic, reconstructive and burns surgery, thoracic surgery, vascular surgery and interventional radiology).

- 6 months introductory training
  - 18 months basic training
  - 24 months advanced training
  - 12 months provisional fellowship training
- Training in anaesthesia can be concurrent with training in pain medicine. Within the College, the Faculty of Pain Medicine is responsible for specialist training in pain medicine.

**It is highly likely that you need to complete placements in multiple DHBs whilst completing vocational training**

## Personal qualities required to be an Anaesthetist

- demonstrate
  - safe, effective and efficient patient-centred care
  - cultural awareness and sensitivity with patients and colleagues
- a commitment to their patients, profession, and society through ethical practice, advocate for patients and colleagues
- recognise the limits of their expertise and experience
- develop rapport, trust and ethical therapeutic relationships
- effectively work with other health professionals to prevent and resolve conflict
- accurately elicit and synthesise, convey and explain relevant information
- critically evaluate information and its sources, and apply this appropriately to practice decisions

### Entry requirement and Application Process

- There is no opening date for application.
- Application with the College may occur at any time after the completion of 52 weeks of prevocational medical education and training. It may occur prior to applying for an anaesthesia training position in an ANZCA-accredited hospital or other training site.
- Registration with the College occurs once the trainee has been successful in their application for a training position in an ANZCA-accredited hospital or other training site. It may be initiated by contacting the College, following confirmation of selection and prior to anaesthesia training commencing.
- Completion of the application stage prior to the registration stage is desirable; however both stages may be completed concurrently.

For more detailed information about application and registration in the programme please visit:

[Application and registration - ANZCA](#)

### Selection criteria

ANZCA does not select trainees. DHBs employ registrars (or equivalent) in anaesthesia training positions in ANZCA-accredited training departments.

## Specialty Training Programme Information

### Medical College

Australian and New Zealand College of Anaesthetists (ANZCA) – [ANZCA](#)

### Fellowship/Qualification

Fellow of the Australian and New Zealand College of Anaesthetists (FANZCA)

## Recognition of Prior Learning

Please contact ANZCA directly

For further information on type of work involved see [Anaesthesia: A rewarding and challenging career](#)

For more [detailed information about application and registration](#)

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## Examination requirements

- There are two examination requirements in the ANZCA training programme.
- The primary examination is completed during the basic training component of the training programme, and the final examination is completed during advanced training. Other assessments include the introductory assessment of anaesthetic competence that trainees must complete during the first 26 weeks of training before being eligible to move into basic training.
- There are also regular workplace-based assessments, clinical placement reviews during each placement, and core unit reviews at the end of each training period.

## Transferability of registration to other countries/across training sites

You can move to any accredited ANZCA training site within New Zealand or Australia, depending on the availability of suitable training positions. You can also undertake periods of overseas training.

## Resident Medical Officer (RMO) Information

### Demand for vocational Training Posts

Year	Number of applications for training year	Number of applicants for training year selected
2015	40	31

### RMO training registrar positions contracted

Northern	Midland	Central	South Island	Total
71	34	45	38.7	188.7

(September 2016 RMO census)

## Regions

### **Northern:**

Northland, Waitemata, Auckland, Counties Manukau DHBs

### **Midland:**

Lakes, Tairāwhiti, Bay of Plenty, Waikato, Taranaki DHBs

### **Central:**

Hawke's Bay, Wanganui, MidCentral, Wairarapa, Capital and Coast, Hutt Valley DHBs

### **South Island:**

Nelson Marlborough, Canterbury, South Canterbury, Southern, West Coast DHBs

## Senior Medical Officer (SMO) Information

Year	Number of NZ New Fellows
2015	49
2014	33
2013	37
2012	36
2011	44
2010	43
2009	21

Average Age of SMOs	Number registered with the Medical Council	% of international medical graduates in the workforce
49	779	46

### Number of Anaesthetists by Region (September 2016 SMO census)

Northern		Midland		Central		South Island		Total	
FTE	Headcount	FTE	Headcount	FTE	Headcount	FTE	Headcount	FTE	Headcount
228.6	263	98.5	114	113.8	128	120.4	149	561.4	654