



## SO YOU WANT TO BE A...

# ANAESTHETIST

### What do you love most about your job?

Anaesthesia has an awesome mix of procedural skills, pharmacology and physiology. It's high paced, action-reaction medicine.

### Remembering back to your first few weeks working in the hospital, what was it like? Did it meet your expectations?

I was really nervous and anxious. I had (and to a certain degree still have) a bad case of imposter syndrome. I was uncertain that I had the skills to make it through. Very quickly you realise you do have the training and you do have something to contribute. Very quickly you build up confidence and become more and more self-aware of the strengths you bring to the role. It quickly becomes a very satisfying job with lots of great interactions with patients.

### Why did you pick the specialty you did & what's it like being part of the training programme?

The anaesthesia training program is very well supported. It's transparent, difficult but rewarding. I chose it by a process of elimination and once I started knew it was the right fit for me.

### Any other helpful information for someone considering your specialty?

Absolutely get in touch with your local theatre department and try to get some experience in theatre with the anaesthetic teams. Although it's difficult to emulate what it will be like once training you get to see the skills and knowledge we use.

### Can you recommend good runs to do as a House Officer to help my application to this training programme?

Experience is experience. Whether that is medicine, surgery, psychiatry or ED. You will learn all the skills you need during training so don't feel like you need to be able to intubate someone before you apply. Teamwork, leadership, attention to detail, intuition are all important skills that you can bring from lots of different places. I never did ED or ICU runs but I think they would be helpful. Any role which allows you to take on more responsibility will stand you in good stead!