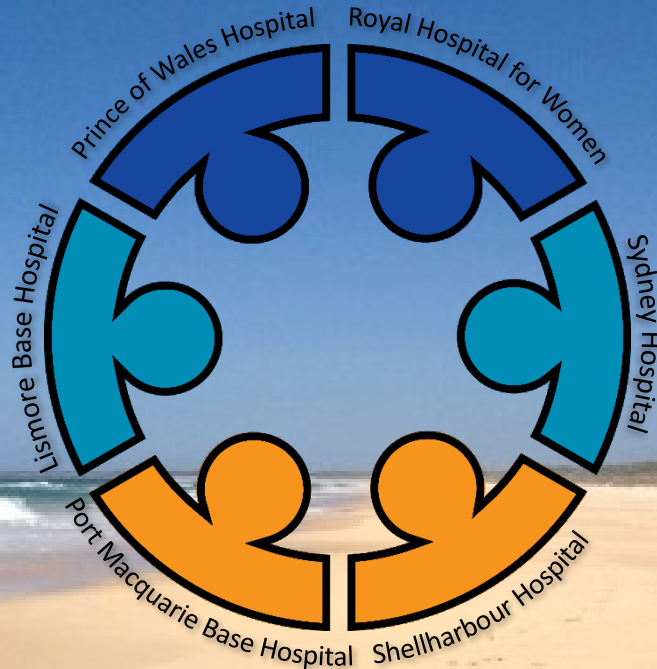


East Coast Medical Network Basic Physician Training 2018-19



Dr Paul Hamor

Network Director of Physician Training, East Coast Medical Network
Respiratory and Sleep Physician, Prince of Wales Hospital

Overview

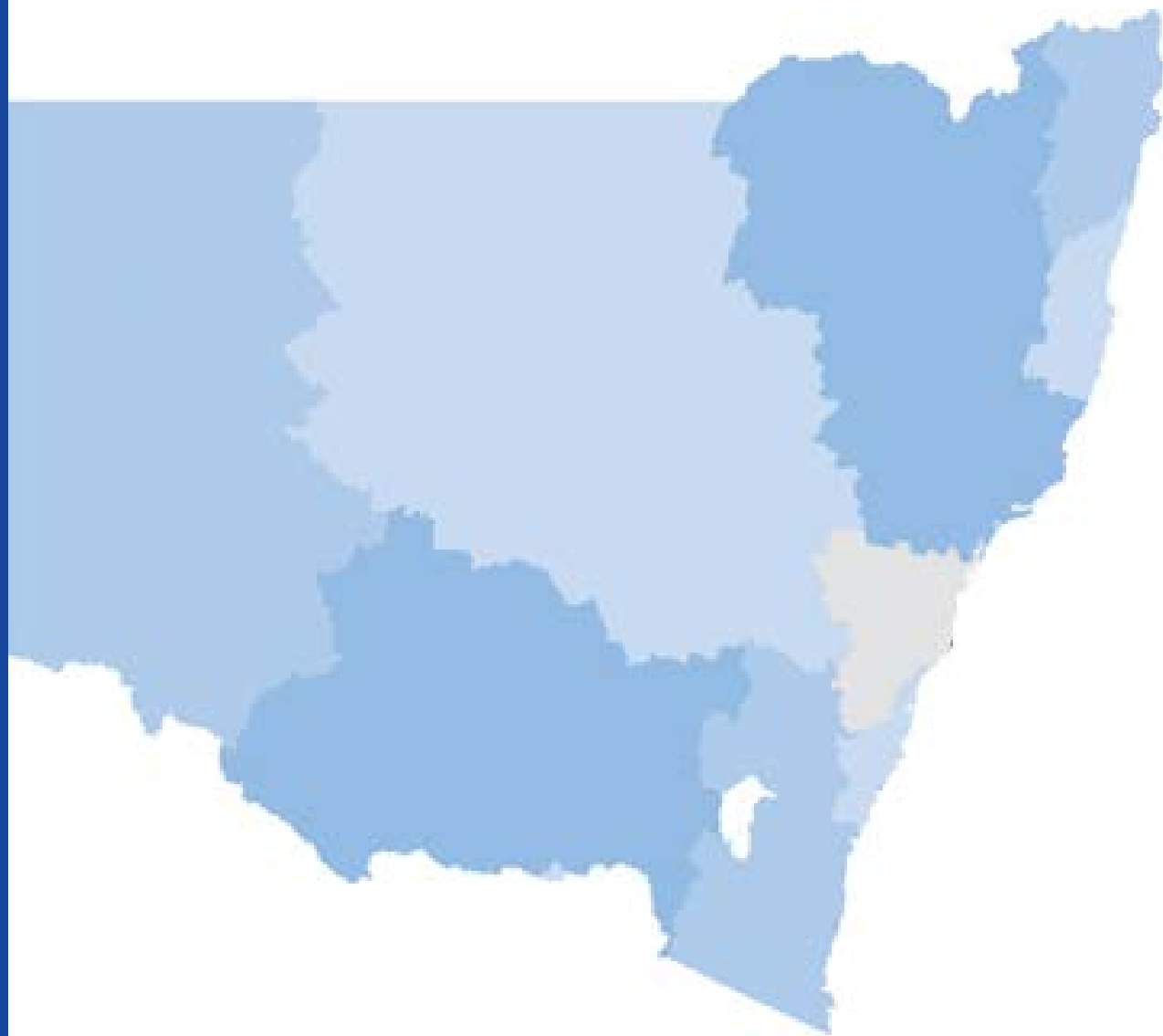
- East Coast Medical Network
 - Philosophy
 - Our Training Sites
 - Relief
 - Leave
- Our Training Program
 - Resident to Physician-Registrar Education Program (RiPE)
 - Procedural Skills Development
 - Written Examination Preparation
 - Clinical Examination Preparation
 - Professional Development Support Program
 - ECMN Annual Dinner
- FAQs



Our Philosophy

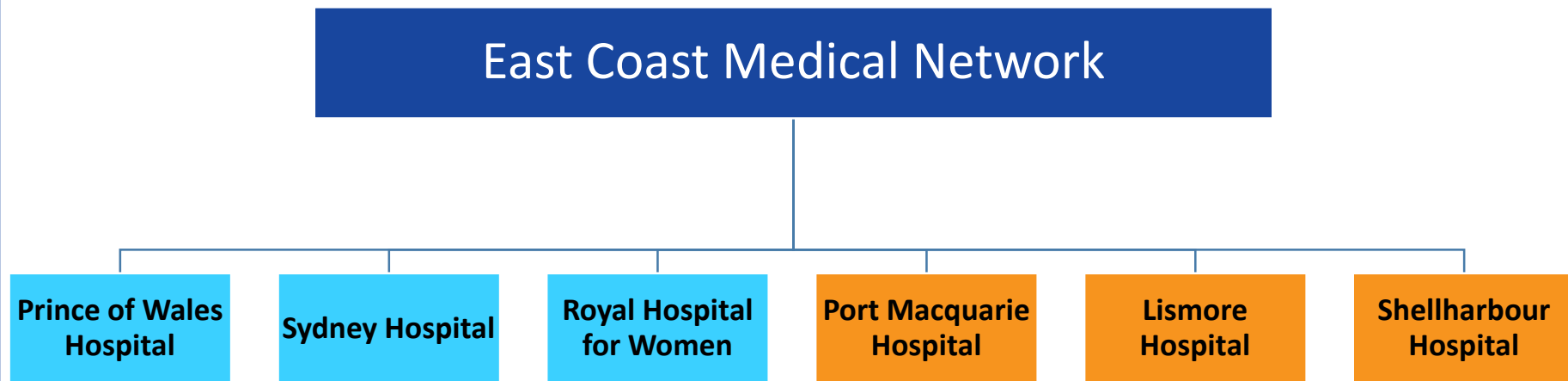
- Basic Physician Training are your formative years,
- Clinical experiences and knowledge acquired during this time help shape your career path and future life as a physician.
- Our aim is to guide you to become confident and competent advanced trainees and future physicians.
- Being a confident and competent registrar underpins success in the RACP Examinations.







Our Structure



Our Network - 2018

Hospital	Positions
Prince of Wales Hospital	24
Royal Hospital for Women	1
Sydney Hospital	1
Port Macquarie Base Hospital	6
Lismore Base Hospital (shared site with Northern Sydney Coastal)	2
Shellharbour Hospital (shared site with Illawarra Medical Network)	2
Total	36



The 2018 ECMN Team

Dr Paul Hamor

Network Director of Physician Training
Respiratory & Sleep Physician



Ms Regina Böhler

Network Training and Education Manager



Port Macquarie Base Hospital

DPE: Dr Leigh Dahlenburg, Gastroenterologist

Terms:

General Medicine (4 positions)

Gastroenterology (1 position)

Cardiology (1 position)



Shellharbour Hospital

DPE: Dr Andrew Jones,

Respiratory Physician

AMA Supervisor of the Year 2014 nominee

Terms: General Medicine (2 positions)

Shared site with Illawarra Medical Network



Lismore Base Hospital

DPE: Dr Adam Blenkhorn, Cardiologist

Terms:

- **Medical Oncology/Haematology**
- **Renal**

Shared site with Northern Sydney Coastal Physician Training Network



Sydney Hospital

DPE: Dr Greg Kaufman, Respiratory & General Physician

Terms:

General Medicine (1 position)



Royal Hospital for Women

Terms:

Obstetric Medicine & Endocrinology (1 position)



Prince of Wales Hospital



Prince of Wales Hospital Team



A/Prof. Jeffrey Post

POWH Director of Physician Education
Infectious Diseases Physician
2014 AMA Supervisor of the Year Nominee



Dr Kate Webber

Clinical Superintendent &
Medical Oncologist



Adele Roberts

Administrative Officer
Assistant to the DPE



Prince of Wales - Terms

- Cardiology
- Endocrine/Obstetric Medicine
- Geriatrics
- Gastroenterology
- Haematology
- Infectious Diseases / Immunology
- Intensive Care Unit
- Medical Oncology
- Neurology
- Palliative Care
- Respiratory
- Renal



Relief Term

- Is ***not*** a term of nights or evenings
- Aim to give you “pods” of specialty experiences during relief term



Leave

- 4 weeks of annual leave / year
- 7 days of study leave / year = 14 days over 2 years of training
 - 2 weeks (10 days) in 2017, for use during the revision courses
 - 1 week (5 days) in 2018 clinical year, usually before the written exam



Preferences

- Preferences for 2019 are submitted in October and include
 - Specialty Term preferences
 - Regional site preferences
 - Annual Leave preferences
 - Study Course preferences
- Over the 2 year program (8 terms), all ECMN trainees will be required to complete a minimum of 3 terms away from Sydney.



ECMN Training Program



Our 3-year Support Program

	Term 1	Term 2	Term 3	Term 4
BPT 1 (2018)				Resident to Physician- Registrar Education Program (RiPE)
BPT 2 (2019)	P S D P	Videoconferenced Written Examination Preparation Program	Written Examination Preparation Program	
BPT 3 (2020)	★	Clinical Examination Preparation Program	★	Professional Development and Support Program

Written Exam

Clinical Exam



	Term 1	Term 2	Term 3	Term 4
BPT 1				RiPE Program
BPT 2	P D S P	Videoconferenced Written Examination Preparation Program		Written Examination Preparation Program
BPT 3		Clinical Examination Preparation Program	☆	Professional Development and Support Program ☆

RiPE Program

Resident to Physician-Registrar Education Program

(Previously the Registrar Transition Support Program)



Starting as a Registrar...



ECMN Registrar Transition Support Program

- Web Based Tuition Program
- Structured preparation program aimed at BPT1s
- Run by ECMN for BPT1s
 - from October-December
 - for all future ECMN trainees
- Online case-discussion for 1 week
- Web-cast lecture at the end of the week
 - Any device, Anywhere.



RTSP – 2018 Program

Date	Specialty	Topic 1	Topic 2
17/10/2018	Respiratory	Pneumonia, COPD & Asthma	Preparing to be a BPT
24/10/2018	Respiratory	Respiratory Failure & NIV	Leading a Team
3/11/2018	Cardiology	Acute Coronary Syndromes	Time Management & Organising your Day
10/11/2018	Cardiology	Arrhythmias	Difficult patient conversations
17/11/2018	Neurology	Stroke	How to Debrief
24/11/2018	Neurology	Seizure Disorders	Looking after yourself & keeping healthy
28/11/2018	Gastro	Upper GI Bleeding; Liver Patients	Looking out for your peers – warning signs & getting help
5/12/2018	Endocrinology	Diabetes	Making the most of a Mentor
12/12/2018	Endocrinology	Adrenal & Thyroid Crises	Managing conflict in the workplace
19/12/2018	Geriatrics	Delirium & Dementia	Planning the 2 years ahead

Navigation

Home

■ Dashboard

► Site pages

▼ My courses

▼ RiPE

► Participants

🏆 Badges

🏆 Competencies

📅 Grades

► General

► Week 1: Respiratory: Pneumonia

► Week 2: Respiratory: COPD & Respiratory Failure

► Week 3: Cardiology: Acute Coronary Syndromes

► Week 4: Cardiology: Arrhythmias

► Week 5: Neurology: Stroke

► Week 6: Neurology: Seizure Disorders

► Week 7: Gastroenterology: Haematemesis & Live...







► Week 8: Infectious Diseases: Sepsis of unclear Ori...

► Week 9: Geriatrics: Delirium & Dementia




► Week 10: Endocrinology

► Final: RiPE Post Program Survey

Your progress ?

-  Welcome to ECMN & RiPE ☒
-  Pre-RiPE Survey ☒
-  BPT Club-Lounge ChatForum
-  BPT Library ChatForum
-  2018 Letter to Self & Goals ☐
-  Webinar Testing Room

Week 1: Respiratory: Pneumonia

-  RiPE Discussion - Preparing to be a Medical Registrar ☒
-  Respiratory Case 1 - Part 1 ☒
-  Respiratory Case 1 - Part 2 ☒

Restricted Not available unless: The activity **Respiratory Case 1 - Part 1** is marked complete

Week 1 Web Conference

Topics to discuss:

- Management of Pneumonias and Chest Infections

-  Pneumonia Resources ☐

Restricted Available from **17 October 2017, 5:00 PM**

	Term 1	Term 2	Term 3	Term 4
BPT 1				Resident to Physician-Registrar Education Program (RiPE)
BPT 2	P S D P	Videoconferenced Written Examination Preparation Program	Written Examination Preparation Program	
BPT 3	☆	Clinical Examination Preparation Program	☆	Professional Development and Support Program

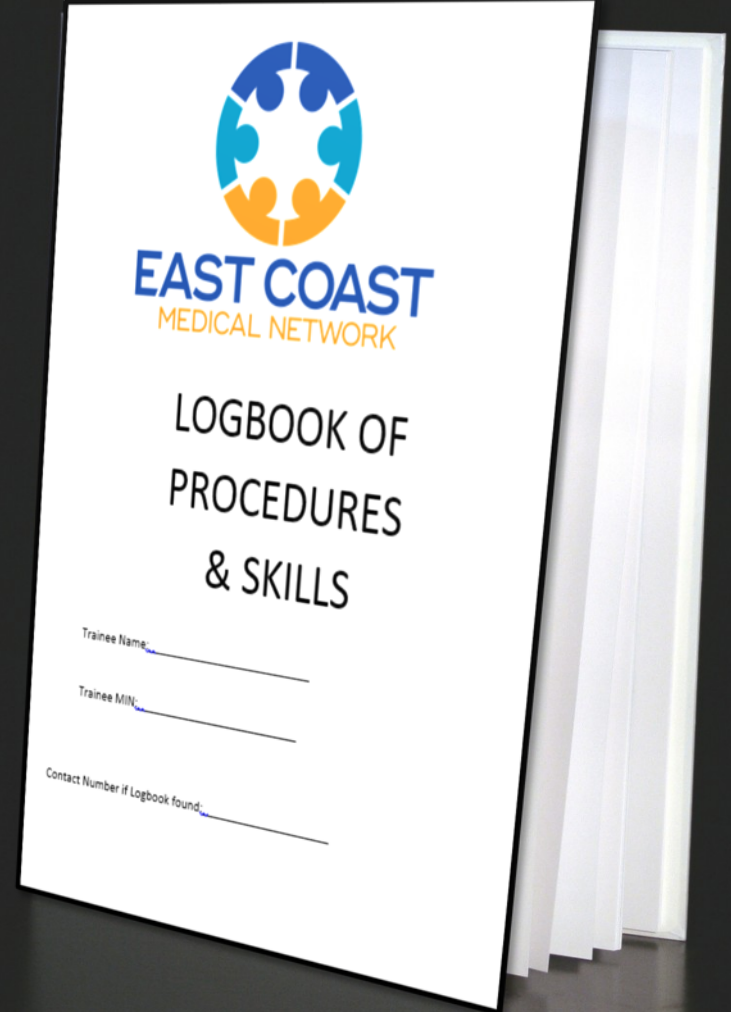
Procedural Skills Development



Procedural Skills Development



- Central Lines
- Arterial Lines
- Paracentesis
- Thoracocentesis
- Chest Drains
- Lumbar Puncture
- Joint Aspiration
- Non-Invasive Ventilation
- Tracheostomy Care



Thoracocentesis / Pleural Tap

Procedure / Skill	Pleural Aspiration
Minimum level of skill by end of BPT	Ability to safely perform an pleural aspiration Level A
Knowledge	Anatomical Landmarks Use of Ultrasound to confirm fluid Safe Approach Indications and potential complications
Minimum Skills	Aseptic Technique Punctures the pleural space Withdraws fluid Sends for appropriate investigations Post procedure care
Advanced Skills	Ability to withdraw large amounts of fluid for drainage by connection to a drainage bag and three way tap
Assessment Criteria	Safe and successful aspiration of pleural fluid

Suggested Resources:

watched/read date .

- NEJM Video in Clinical Medicine: ☐ <http://www.nejm.org/doi/full/10.1056/NEJMVcm053812>
- BTS Guidelines: ☐ <https://www.brit-thoracic.org.uk/guidelines-and-quality-standards/pleural-disease-guideline/>
- Qld Health informed consent guide: ☐ http://health.qld.gov.au/consent/documents/thoracics_07.pdf

Theoretical Knowledge Assessment:

Assessor _____ Signature _____

Position _____ Date: _____

Observation of Pleural Tap, with instructor demonstrating technique:

Assessor _____ Signature _____

Position _____ Date: _____

Thoracocentesis / Pleural Tap

Date & MRN	Indication & Role of the Trainee	Outcome / Complications	Competency Level (see below):	Signature, Supervisor & Position								

Guide for Level of Competency Attained:

- A. Performed to the standard of an independent practitioner on a patient
- B. Performed under supervision on a patient to an adequate level of competency, with occasional guidance needed;
- C. Performed under supervision in a simulated environment only;
- D. Assisted an experienced practitioner performing the task.
- E. Has completed theoretical knowledge

	Term 1	Term 2	Term 3	Term 4
BPT 1				Registrar Transition Support Program
BPT 2	P S D P	Videoconferenced Written Exam Program		Written Examination Prep Program
BPT 3	☆	Clinical Examination Preparation Program		Professional Development and Support Program

Written Examination Preparation Program



Written Exam Preparation Program

- Network-wide Protected Teaching Time
- Program *parallels and augments* the RACP's PEP lecture series
- Mixture of interactive sessions, MCQs, workshops & lectures



Lecture Program - example

PEP Lecture Series - Cardiology

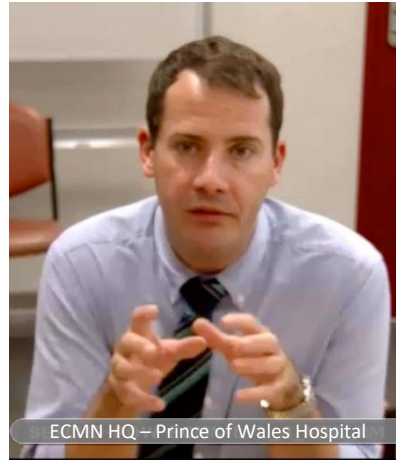
- Ischemic heart disease
- Cardiomyopathies & Cardiac genetic testing for channelopathies and
- Valvular Heart Disease
- Pacemakers and ICD
- Heart failure and transplantation
- Cardiac CT and MRI

ECMN Teaching Program - Cardiology

- ECG interpretation Workshop
- Congenital Heart Diseases
- Arrhythmias on the Ward
- Cardiology MCQ Session
- Basic Sciences of Cardiology
- Meet the Expert Q&A



Weekly Video-conference:



Monday Clinical Pearls Program

- Hot topics are covered during this meeting
- Eg:
 - Pulmonary Function Testing
 - Tumour Markers – the when and why
 - Syphilis – understanding the serology
 - Assessing & Understanding performance status
 - Interpreting Chest imaging - like a pro!
 - Assessing the undifferentiated patient



Tuesday BPT Case Conference

- 30 minutes case discussion and presentation
- Rostered structured presentation of one of your inpatients
 - 10 minute presentation
 - Discussion of diagnostic and management issues
 - Review of investigations, their meaning and interpretation



Hospital Wide Education Opportunities

Mon	0800	BPT Clinical Pearls Tutorial
	1515	Nephrology Clinical Meeting
	1600	Neurology Grand Rounds
Tues	0800	BPT Case Conference
	0800	Cardiology Dept. Clinical Meeting
	1200	Sleep Clinical Meeting
	1230	Haematology Seminar
	1300	Respiratory Radiology Meeting
Wed	0800	Medical Grand Rounds
	1500	BPT Protected Teaching

Thu	0800	Respiratory Dept. Clinical Meeting
	0800	Oncology Grand Rounds
	0800	Cardiology Meeting
	0800	Infectious Diseases Dept. Clinical Meeting
	0815	Bone Marrow Morphology Session
	1215	Haematology Journal Club
	1300	Infectious Diseases Radiology Meeting
Fri	1200	Respiratory Pathophysiology Meeting
	1500	Rheumatology Clinical Meeting

	Term 1	Term 2	Term 3	Term 4
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BPT 3	★	Clinical Examination Prep Program	★	Professional Development and Support Program

Clinical Examination Program



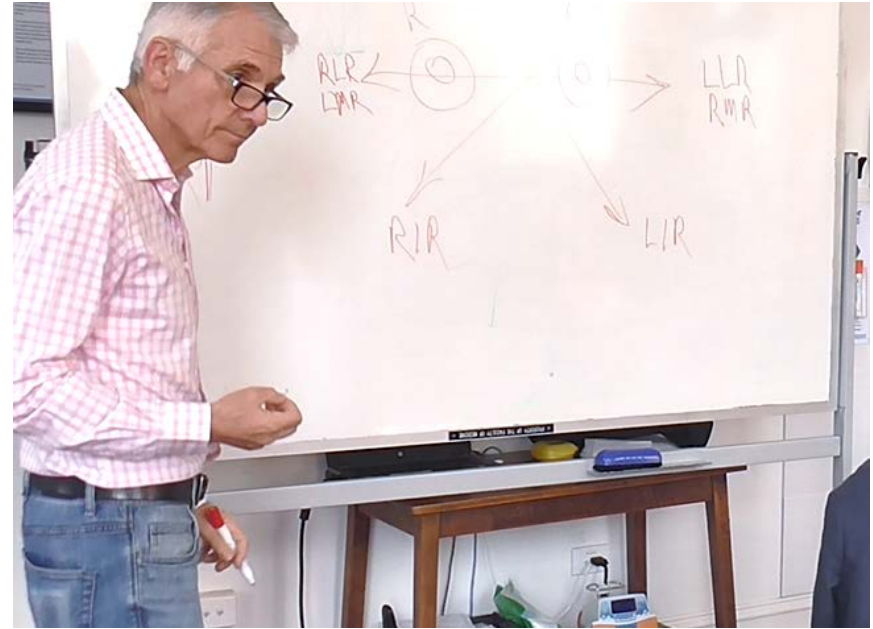
Clinical Examination Program

- Long case masterclasses
- Short case masterclasses
- Rostered short cases and long cases
- Dedicated Weekly Neurology short-case teaching
- Neuro-ophthalmology
- Radiology teaching
- ECG sessions
- Group long cases
- Specialty short case days
- Saturday Morning Exam-style Short & Long Cases
- Regional Trial Exams



Long Case Masterclasses

- How to do a long case
- Reinterpreting the narrative
- The social history
- Deriving the issues list
- Discussing management
- Discussing prognosis
- Answering questions



Rostered Practice Cases

- Weekly Consultant long cases
- Short cases with Advanced Trainees



Saturday Cases



Regional Trial Exams



Group long cases

- Multiple Sclerosis
- Haemoglobinopathy
- Rheumatoid Arthritis
- Renal Transplantation
- SLE / Autoimmune
- Cystic Fibrosis
- Coronary Diseases



Specialty short case days

- Cardiology
- Rheumatology
- Neurology
- Respiratory

Outpatients brought in
Mimics exam conditions
Consultant & AT examiners



ECG Teaching

- 4 dedicated ECG teaching sessions for short-case discussions

Radiology Teaching

- CT Head
- MRI Head
- Abdomen
- Musculoskeletal imaging
- Chest imaging
- Radiology Review session



Neurology Program

- Weekly neurological examination teaching
 - Prof Paul Spira, Dr Sean Watson & Dr Will Huynh
- Weekly Neurology Grand Rounds
- Neurology Short Case Time Trials



Putting it all together

Mon	16-May	8.00am	clinical exam tute		Library meeting room
Mon	16-May	4.00pm	Neurology Grand Rounds		John Dwyer Lecture Theatre, EBB
Mon	16-May	5.00pm	Haemoglobinopathy Group long (Michael Krigstein)	Dr G. Kidson-Gerber	Cardiology Conference Room
Tue	17-May				
Wed	18-May	4.00pm	Coronary Disease Group Long (Sarah Zardawi)	Dr Virag Kushwaha	Orange Tutorial Room, Cardio Dept
Thur	19-May	5.30 pm	Neurology short case series		Parkes 8 Seminar room
Fri	20-May	8.00am	RA Group Long (Sarah So)	Dr Amel Katrib	Cardiology Conference Room
Sat	21-May	10.30am	Neuro-Ophthalmology tutorial	Prof Ian Francis	Chatswood
Sun	22-May	8.30am	Statewide Long Case Masterclass	Various Speakers	Garvan Institute, 384 Victoria St, Darlinghurst, Sydney
Mon	23-May	8.00am	Hand Exam Revision	Dr Annmarie Bosco	Library meeting room
Mon	23-May	4.00pm	Neurology Grand Rounds		John Dwyer Lecture Theatre, EBB
Tue	24-May	5.15pm	RHEUMATOLOGY SPECIALTY EVENING		Adult Outpatients (B), Campus Centre
Wed	25-May	3.00pm	Renal Transplantation Group Long (Karan Makhija)	Dr Grant Luxton	Library meeting room (EBB)
Wed	25-May	4.00pm			
Thur	26-May	5.30 pm	Neurology short case series		Parkes 8 Seminar room
Fri	27-May				
Sat	28-May	7.30am	SATURDAY TRIAL EXAM		Parkes 8 & 9 Meeting Room
Mon	30-May	8.00am	clinical exam tute		Library meeting room
Mon	30-May	4.00pm	Neurology Grand Rounds		John Dwyer Lecture Theatre, EBB
Mon	30-May	5.30 pm	Neurology short case series		Parkes 8 Seminar room
Tue	31-May	5.00pm	Radiology series - Chest	Dr Dean Rabinowitz	Medical Imaging Department, Library Meeting Room
Wed	1-Jun	3.00pm			
Wed	1-Jun	4.00pm	ECG shortcase series	Dr Virag Kushwaha	Orange Tutorial Room, Cardio Dept
Thur	2-Jun				
Fri	3-Jun	8.00am	SLE - Group Long (Deniz Durmush)	Dr Jim Bertouch	Cardiology Conference room
Sat	4-Jun	7.30am	SATURDAY TRIAL EXAM		7.30am)

	Term 1	Term 2	Term 3	Term 4
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BPT 3	☆	Clinical Examination Preparation Program	☆	Professional Development Support Program

Professional Development Support Program



Professional Development:

- Curriculum Vitae writing
- Job Interview Skills
- Research opportunities
- Teaching & Presentation skills refresher



Social Events:

ECMN Annual Dinner



ECMN Dinner

- 3-cohorts of BPTs together
- Held at a prestigious venue
 - 2018 – The Blue Room, Bondi Beach
 - 2017 – Dunbar House, Watson's Bay
 - 2016 – Establishment, Sydney
 - 2015 – Manta, Woolloomooloo
 - 2014 – Zest, Point Piper Yacht Club
 - 2013 – Pink Salt, Double Bay
- Invited speakers
- Sponsored for BPTs



Frequently asked questions



“Are there opportunities
for teaching?”

YES





UNSW Medicine
named in the
top 50 medical
schools

[Find out more](#)



UNSW Rural Clinical School PMBH

Teaching is an expectation

All our hospitals are teaching hospitals
affiliated with Medical Schools – UNSW

Conjoint Lecturer Status @ UNSW



“Can I become involved in
Research next year?”

YES



Recent publications from our BPTs:

Liam Back, Vinayak Nagaraja, Amit Kapur, Guy D. Eslick

Role of decompressive hemicraniectomy in extensive middle cerebral artery strokes: a meta-analysis of randomized trials.

Internal Medical Journal

Volume 45, Issue 7, pages 711-717, 2015

Sonya Jung, Vinayak Nagaraja, Amit Kapur, Guy D. Eslick

Associated between vitamin B12 deficiency and long-term use of acid-lowering agents: a systematic review and meta-analysis.

Internal Medical Journal

Volume 45, Issue 4, pages 409-416, 2015

Kiran Sarathy, Vinayak Nagaraja, Amit Kapur, Richard Szirt, Jwalant Raval, Guy D. Eslick

Target-vessel versus multivessel revascularization in ST-elevation myocardial infarction: a systematic review and meta-analysis.

Heart, Lung and Circulation

Volume 24, Issue 4, pages 327-334, 2015



Research – some tips for success

- Sept 2018 – Job offers released
- Oct 2018 –
 - Contact your BPT Network and ask for contacts in your preferred specialty
 - Introduce yourself to the specialty and offer to assist with papers
 - Ask if there are any short-term projects you could work on
- Nov 2018 – Jan 2019
 - Do any research at your chosen hospital
- Feb – August 2019
 - Do research and start to write up any papers
- August 2019+
 - Finish writing and submit papers



“How else can I become involved”

Well...



How else can I get involved?

- ECMN Governance Committee
- POW Clinical Examination Project
- JMO Handover Education
- Intern Buddy Program
- JMO Research Committee
- POWH Education Strategy
- Medication Safety Committee
- And much more!!!



“What are ECMN’s pass rates
in the RACP Exam”

Written

88%

Clinical

93%



Examination Results

	Written	Clinical
2011	95 %	83 %
2012	90 %	100 %
2013	82 %	88 %
2014	82 %	95 %
2015	84 %	94 %
2016	82 %	95 %
2017	88 %	94%
2018	100 %	??
AVG:	88 %	93 %



“How many positions
are on offer for 2019?”

18

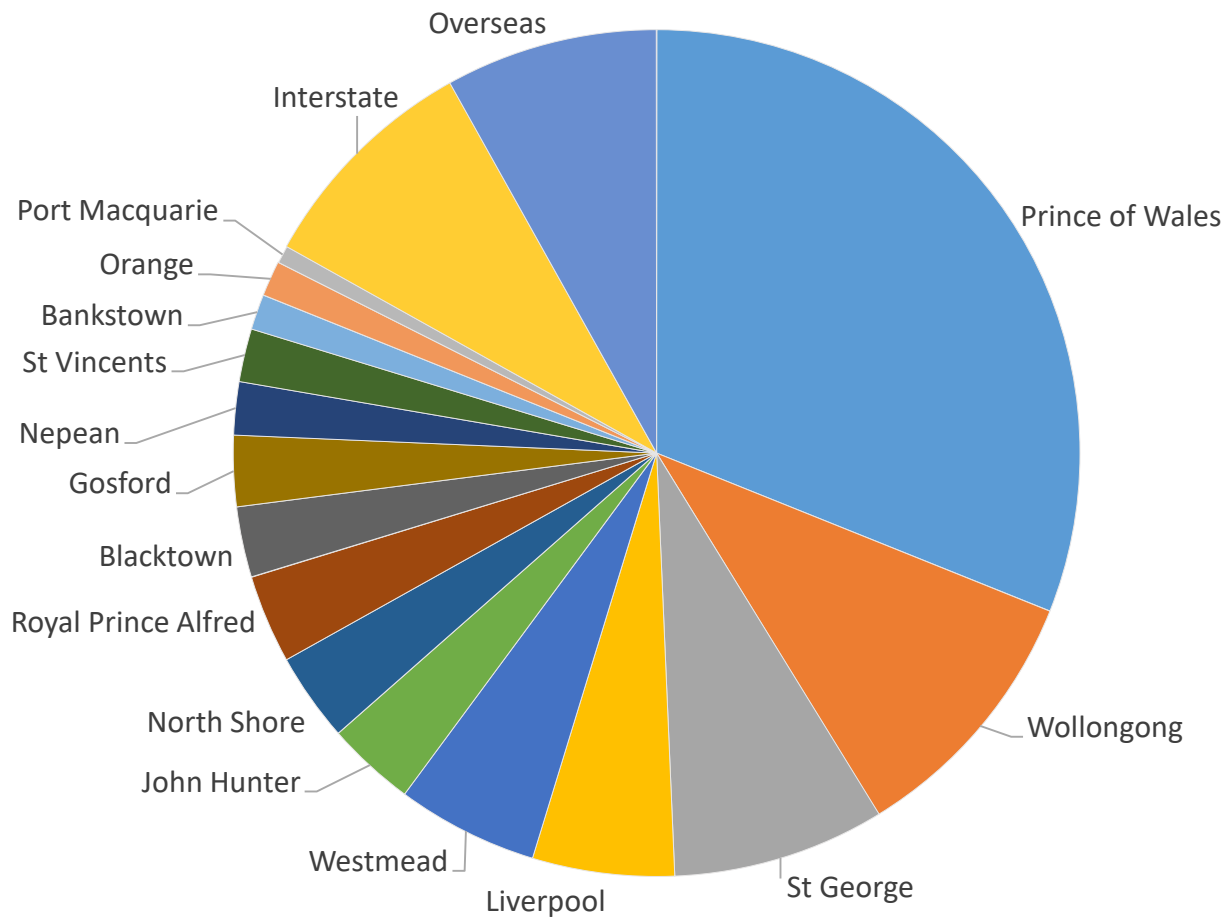


“Do you reserve BPT places for
Residents from ECMN Sites?”

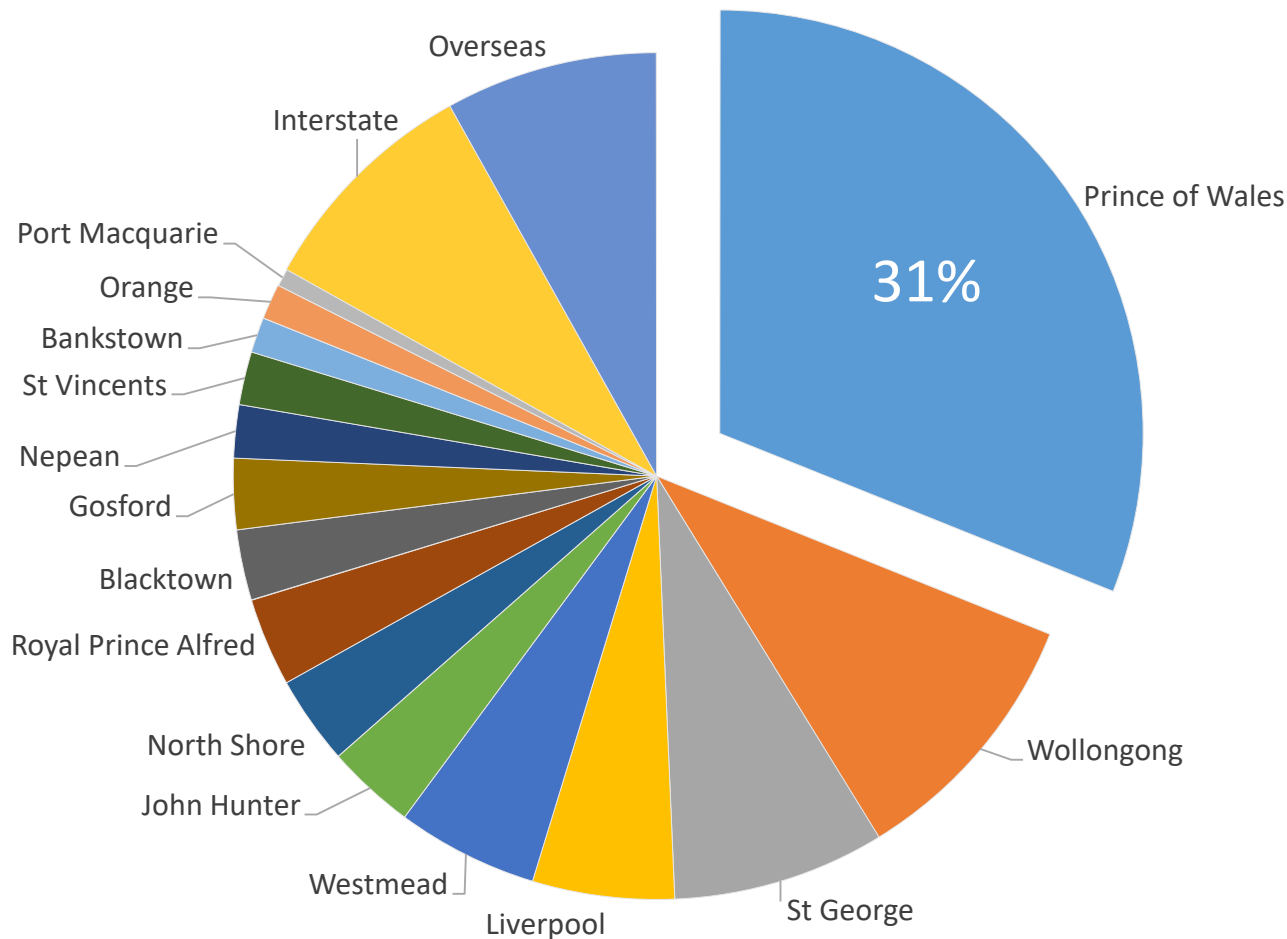
NO




ECMN Trainee's Hospital of Origin 2012-2018



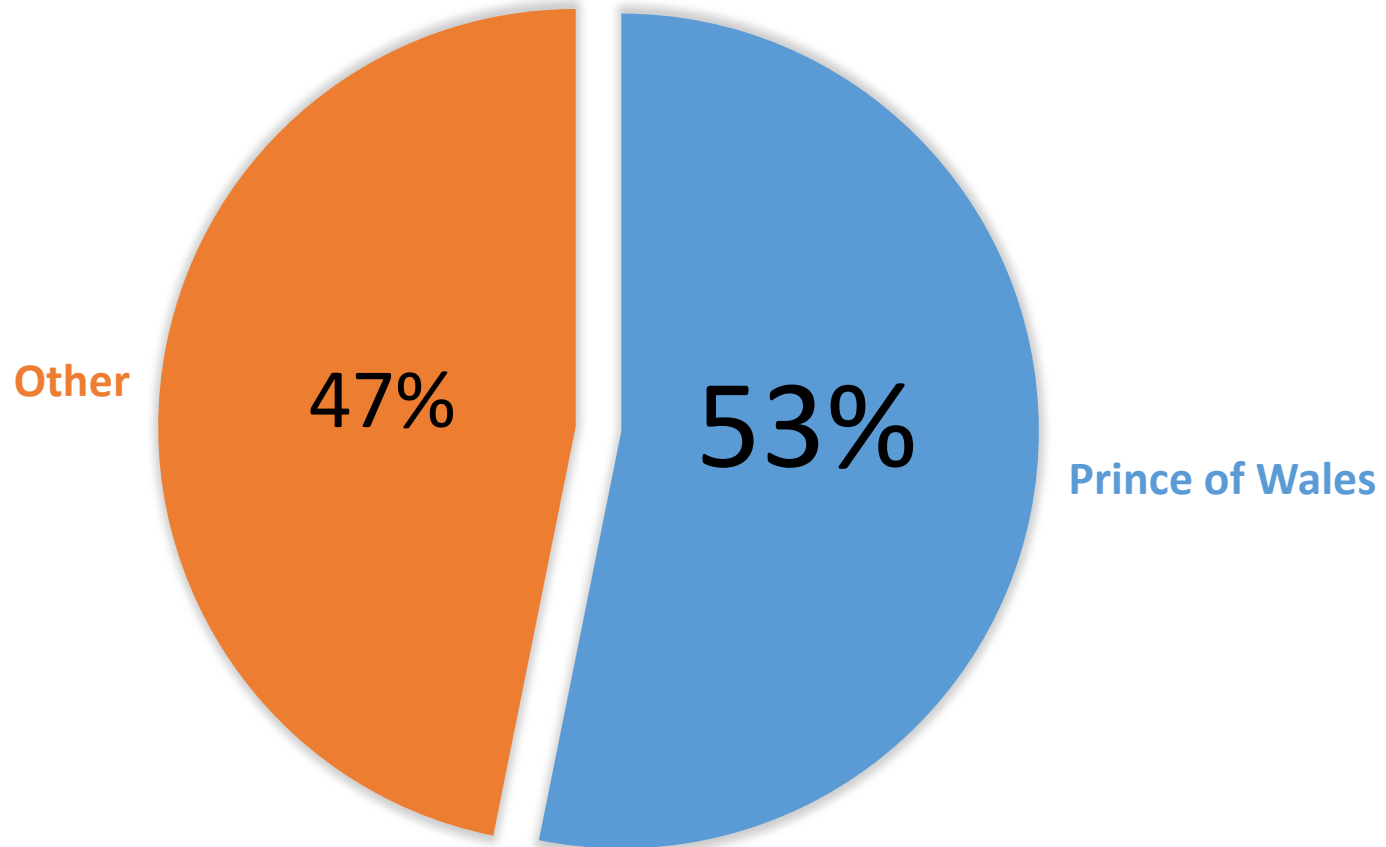
ECMN Trainee's Hospital of Origin 2012-2018



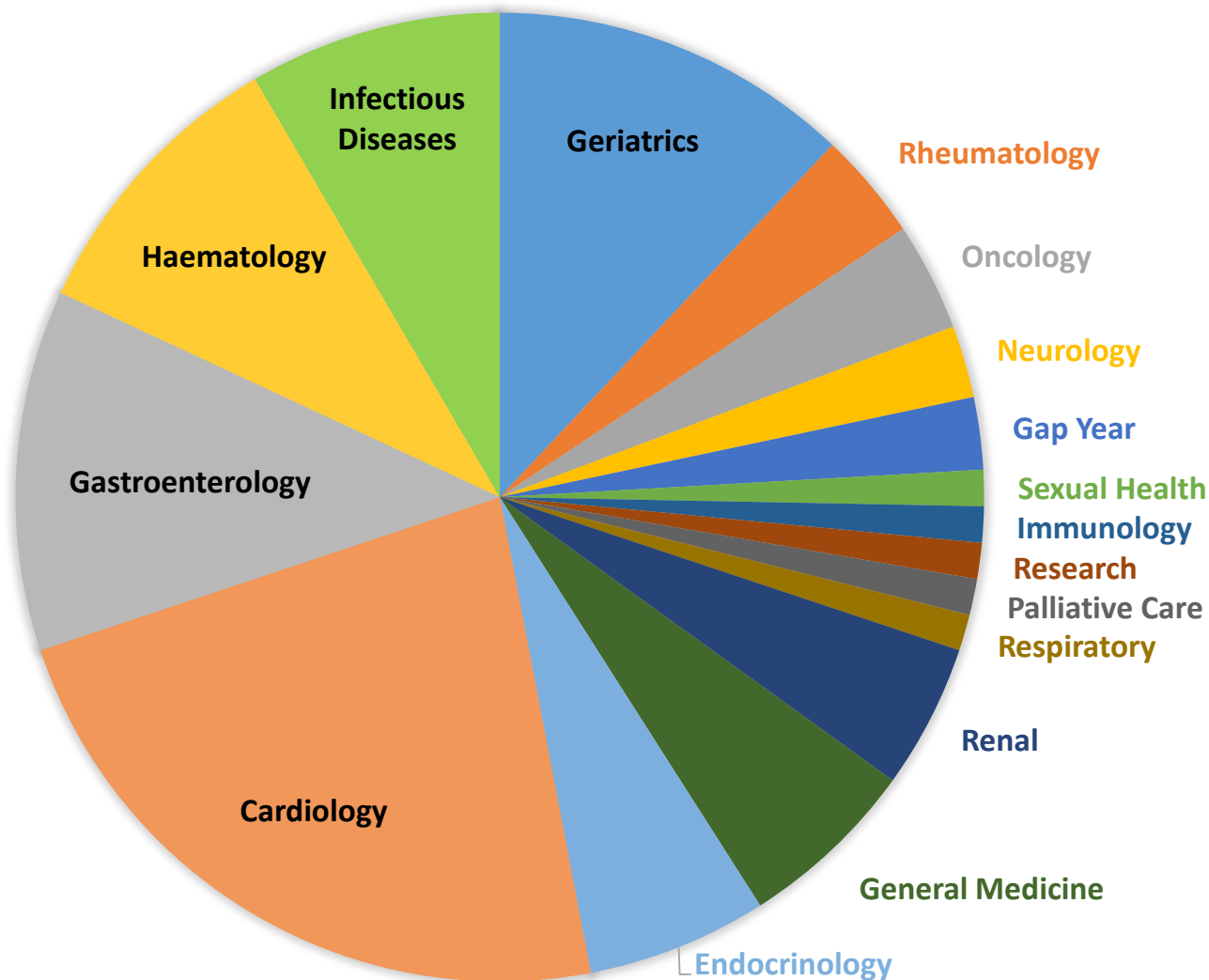


“How many BPTs are subsequently employed as Advanced Trainees?”

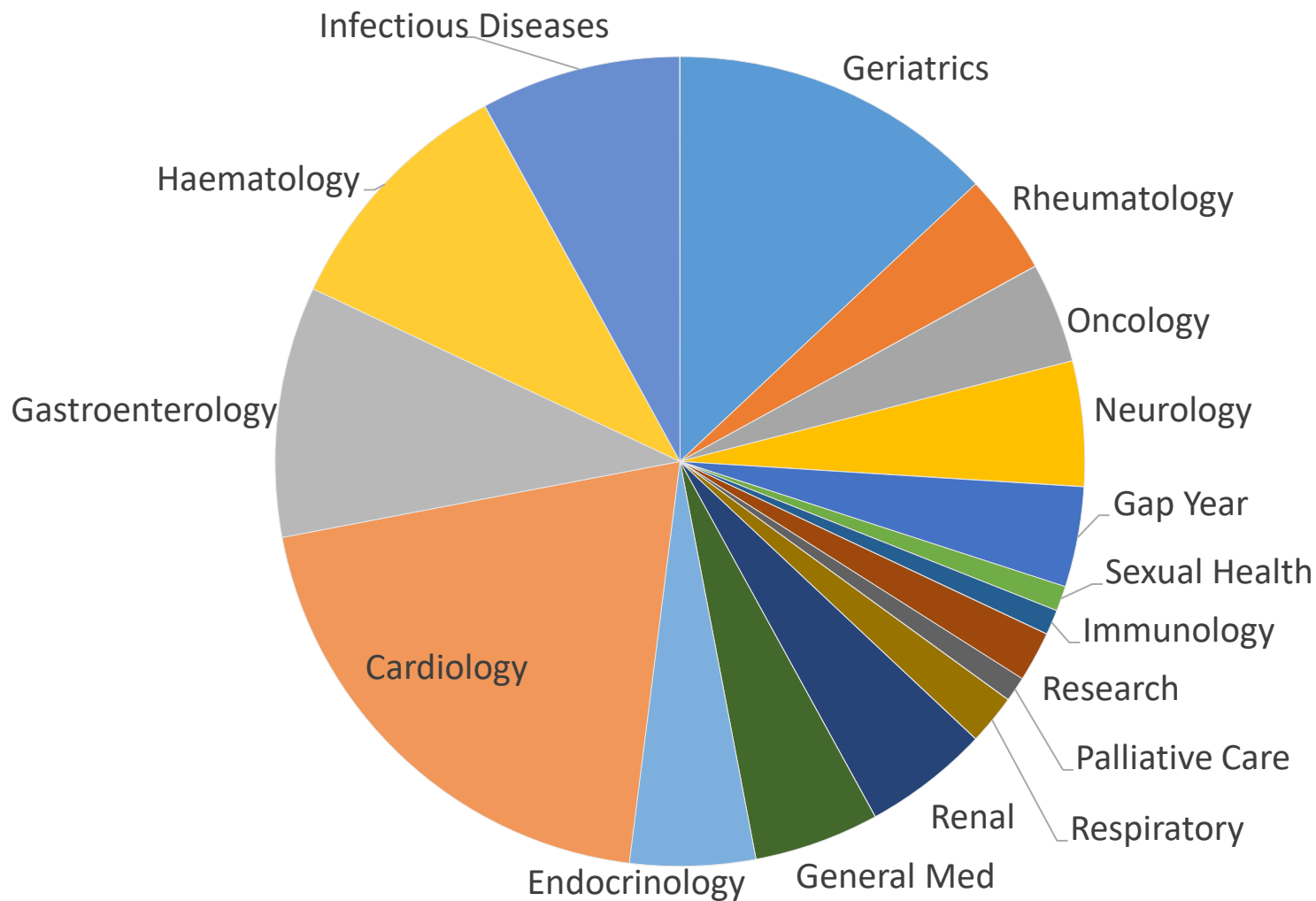
ECMN Graduates who were subsequently employed at POWH 2012-2017



ECMN Alumni by Specialty (2012-2017)



ECMN Alumni by Specialty (2012-2018)



AT positions (POWH & related Networks), Fellowship, PhD

Cardiology (⊙network)	3 ATs, 1 Interventional Fellow, 1 Cardiac Imaging Fellow, 3 Masters, 2 PhD
Endocrinology	2 ATs
Gastroenterology	2 ATs, 1-3 Clinical Research Fellows
Geriatrics	6 ATs
Haematology (⊙network)	3 ATs 6 PhD @ Lowy Research Institute
Infectious Diseases	2 ATs 1 HIV Clinical Fellow, Dual Microbiology training
Medical Oncology (⊙network)	2 ATs 1 Fellow position
Neurology	1 AT 1 Clinical Neurophysiology Fellow, 1 Epilepsy Fellow
Palliative Care	1 AT
Renal medicine (⊙network)	2 ATs 3 PhD
Rheumatology	1 AT 1 Fellow
Respiratory, Sleep medicine	3 ATs 1 PhD



“What qualities do you
look for in a trainee”

Pro-active
Engaged
Caring
Enthusiastic
Involved
Leader
Opportunistic
Empathic
Humble
Team Player
Affable
Competent



“Is there anything I can improve on
before starting next year”



*I highly recommended the ALS 2 Course
prior to starting as a Medical Registrar*



“What happens if I fail my exams?”



Tuition Program

- Mentoring
- Analysis of weak areas
- Assistance with Study Timetable
- Private Tuition with ATs and Consultants
- Timed practice exams with analysis and feedback
- MCQ sessions and review



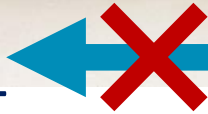
“I can't decide what network to choose!
Do you have any advice?”



1 - Workload



Too
Light



Too
Busy

ECMN



[illegible]

“How do you select people to be employed in ECMN?”



Positions



How to get an interview with ECMN

- Things we do **NOT** use
 - If you had a pre-meet / tour or not
 - If you attended our information night or not
 - If you were a JMO at Prince of Wales
- Things we **DO** look at:
 - How you answer the Selection Criteria
 - Your curriculum vitae.



How to do *well* at interview

- The interview essentially determines the ECMN preference ranking
- Practice
- Ask about previous questions
- Consider your responses
- Answer the question,
the whole question,
and nothing but the question !



Matching

<http://www.nrmp.org/match-process/match-algorithm/>

- Based on the National Resident Matching Algorithm
 - was the basis for awarding the **2012 Nobel Prize in Economic Sciences**
- “Applicant-Proposing” system
 - preferences & rank order expressed by ***applicants*** initiate placement to programs
 - Program preferences are secondary in the process to applicant preferences
 - No applicant could obtain a better outcome than that produced by the algorithm



The Match Algorithm

- The program attempts to match an applicant with their #1 preference
- A Match occurs if
 - The program has unfilled positions OR
 - The program is tentatively filled,
but the applicant is ranked higher than other applicants.
- If a match to the #1 preference cannot occur, their #2 preference is checked etc...



Applicant Preferences

Dawson	Chen	Perez	Patel
1. Memorial	1. Pikesville	1. Pikesville	1. Albany
2. Albany	2. Albany	2. Albany	
3. Pikesville	3. Memorial		

Program Preferences

Pikesville (1 position)	Memorial (2 positions)	Albany (2 positions)
1. Perez	1. Perez	1. Chen
2. Patel	2. Dawson	2. Dawson
3. Chen	3. Patel	3. Perez
		4. Patel

MATCHES

Pikesville (1 position)	Memorial (2 positions)	Albany (2 positions)
1.	1.	1.
	2.	2.



Preference Match - Summary

- Preference in the order of WHERE you would like to work,
 - (NOT where the most positions are)
 - Your likelihood of getting a position is NOT influenced by the number of positions available.
 - Don't rank "safe choices" higher than your preferred choice.
- The algorithm will maximise YOUR preferences
- You cannot 'game' the system
- <http://www.nrmp.org/match-process/match-algorithm/>



EAST COAST MEDICAL NETWORK



Great variety of training locations & clinical rotations



Comprehensive training program, with excellent results



Balanced training experience, with broad clinical exposure



An enthusiastic team, ready to support YOU

PRINCE OF WALES • PORT MACQUARIE • LISMORE
SHELLHARBOUR • ROYAL HOSPITAL FOR WOMEN • SYDNEY



Join the ECMN
team for 2019!





EAST COAST
MEDICAL NETWORK

Training the physicians of tomorrow