

## Fellowship Report for Website: Becky Sandford 2014

I spent 6 months at St Thomas' Hospital during my BSET Fellowship Dec 2013-May 2014.

I applied for the fellowship at the end of my 5<sup>th</sup> year in SpR training. I then took 12 months 'out of programme' to complete this and one other fellowship. I chose to work at St Thomas' particularly because of the exposure to thoracic work. My primary fellowship objective was to learn to plan and deploy infra-renal EVAR grafts independently, however by choosing to go to a tertiary referral centre, I hoped to gain an understanding of more complex aortic work including TAAA and dissections.

When I first arrived at St Thomas', I was a little overwhelmed! This is an extremely busy unit, full of extremely bright people, and I wasn't sure I was up to the job. Fortunately, they are a wonderful and supportive team who made me very welcome. I was allocated to the hybrid operating theatre with no other clinical commitment. As time went on, I developed a timetable for the week, that is shown below. This model suited me, my stage of training and my objectives, but there is flexibility to adapt the timetable to suit the individual involved. I have also given my logbook numbers below.

The fellowship exceeded my expectations in all regards. I had outstanding exposure to operative techniques and complex cases, challenging and rewarding exposure to out of hours clinical work, opportunities to get involved with academic and service development work, and unquestioning support from a fabulous and fun team. The fellowship has been highly beneficial in building both confidence and, I hope, competence to take forward with me.

I am now back in my training centre with a couple of months before my CCT. This has been an invaluable experience and I could not recommend the St Thomas' unit more highly.

Table 1: Timetable

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
AM	Hybrid	Hybrid	MDT	Planning	Hybrid
PM	Hybrid	Hybrid	Hybrid	Planning	Hybrid

Table 2: Logbook Summary

<u>Procedure</u>	<u>Performed</u>	<u>Assisted</u>	<u>Total</u>
Infrarenal EVAR	19	21	40
Complex EVAR	4	16	20
CFA endarterectomy	22	4	26
Lower limb angioplasty	20	23	43
Arch de-branching	5	0	5
Open cases	11	10	21