

FICM Career Event

Delegate Handbook

The Faculty of
Intensive Care Medicine

FICM
careers

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FICM Careers Event Agenda

1. Welcome and introductions
2. Aims and Objectives
3. So you want to do ICM?
4. Core Training in ICM
5. Specialty Training in ICM
 - a. Single CCT, Dual CCT
 - b. LTFT training, career breaks etc
6. How to prepare for an ICM Interview
7. What to expect at an ICM interview
8. Summary and discussion

So you want to do ICM?

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Aims

- This presentation will cover:
 - What is an intensivist?
 - What conditions do they help manage?
 - What skills do they have and what procedures do they perform?
 - What makes ICM unique?
 - The challenges of a career in ICM
 - The rewards and benefits of a career in ICM
 - What intensivists are made of!

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A career in ICM

- ICM specialists are involved in all aspects of the care of critically ill patients
- Intensivists provide organ support along with investigations, diagnostics and treatment of acute illness.
- We are very involved with patient safety, ethics, end of life care and the support of patients and families through their stay in ICU and beyond.



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Intensivists manage:

- Heart failure
- Renal failure
- Liver failure
- Brain injury
- Sepsis
- Respiratory failure
- Multi-trauma
- Acute intoxication and poisoning
- Post-major surgery organ support

Everything!

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Intensivists perform:

- Emergency intubation
- Mechanical ventilation
- Invasive cardiovascular monitoring
- Percutaneous tracheostomy
- Point of care ultrasound
- Renal replacement therapy
- Bronchoscopy
- Transfer of the critically ill patient

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What makes ICM unique?

- We don't just deal with one organ system
- ICM encompasses the entire spectrum of medical and surgical pathology.
- The ICU functions as a team within the hospital: intensivists, visiting specialists, nursing staff, ACCPs, pharmacists, physiotherapists, microbiologists, speech and language therapists...
- Intensivists work with virtually every staff group in the hospital.

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Challenges of a career in ICM

- If you choose to train in ICM with another specialty (Dual CCT) this lengthens training
- ICM training means an extra set of professional exams
- A considerable proportion of clinical work is out-of-hours.
- There is a very high level of consultant led care
- The emotional burden of managing critically ill patients can put intensivists at risk of burnout

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Benefits of a career in ICM

- Multi-specialty case mix
- Multi-disciplinary team working
- Practical procedures
- Physiology and pharmacology in action
- Challenging but very rewarding decision making

... there is always someone there to work with and chat to!

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What are intensivists made of?

- Clinical curiosity and attention to detail
- The ability to remain calm in critical situations
- The ability to work with and lead the MDT
- The ability to communicate with other specialties constructively
- The ability to communicate with patients and families clearly and compassionately

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Any questions?



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Summary

- Intensive care medicine is an immensely rewarding specialty
- ICM is a 'multi-faceted' specialty which interacts with the rest of the hospital
- Intensivists work closely with other specialists and the multidisciplinary ICU team
- At times ICM can be challenging and demanding
- A career in ICM can suit a wide variety of personalities and there is no such thing as a 'typical' intensivist



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Core Training

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Aims

- We will briefly explore
 - Routes into ICM specialty training
 - Enjoying your ICM placement
 - Targeting your portfolio for ICM



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Routes into ICM training

- At present there is no core training in ICM
- Currently you can enter ICM specialty training through:
 - ACCS
 - Core Medical Training (IM stage 1 training from 2019)
 - Core Anaesthetic Training

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Routes into ICM training: ACCS

- This will be badged as ACCS (Acute Medicine), ACCS (Anaesthesia) or ACCS (Emergency Medicine)
- ACCS training lasts for an indicative 3 years
- All trainees rotate through Acute Medicine, Emergency Medicine, Anaesthesia and ICM
- To successfully complete an ACCS training programme you must achieve the appropriate assessments and specialty examination (ie MRCP/MRCEM/FRCA Primary)

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Routes into ICM training: Medicine

- Traditionally this has been from 'Core Medical Training' (CMT)
- This will become 'Internal Medicine (Stage 1) Training' (IMT) from Aug 2019
- IMT programmes are for an indicative 3 years
- All IMT trainees will rotate through ICM
- Expected to complete MRCP(UK)

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Routes into ICM training: Anaesthesia

- Core training in anaesthesia (CAT) lasts an indicative 2 years
- All trainees do at least 3 months of ICM
- Expected to complete Primary FRCA

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Tips for A Core Training ICM Module

- Core training is a good time to help you decide if you want to pursue ICM as a career
- You may start consider if you would prefer to train in ICM alone or with another specialty (single or dual specialty training)
- Remember: dual specialty training means extra exams!
- Treat every rotation in core training as your only job so you can get the best out of it

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What can ICM teach me?

- Take this opportunity to learn to manage sick patients
- Learn to work with the MDT in ICM
- Explore physiology at the bedside
- Learn how to have end of life discussions with patients and families

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How can ICM placement help me?

- Find a mentor
- Ideal chance to score portfolio points
 - There are always audits and QI projects available
 - Present posters, go to conferences, do resuscitation courses

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Any questions?

Summary

- We have discussed:
 - The different routes into ICM specialty training
 - How to enjoying and make the most of an ICM placement
 - How an ICM placement can help you prepare your your portfolio for a career in ICM



Overview

- Routes
 - Single CCT
 - Dual with
 - Anaesthesia
 - Emergency Medicine
 - Acute Internal Medicine
 - Renal Medicine
 - Respiratory Medicine
- Assessment and examinations
- Less than full-time training
- Out of programme experience/training

Entry Requirements

- Completion of
 - FRCA (Primary)
 - MRCPUK (full)
 - MCEM (full)
- National recruitment at ST3

ICM only (single) CCT 1

ICM only (single) CCT 2

Dual CCT: ICM & Anaesthesia

Dual CCT: ICM with EM

Dual CCT: ICM with Acute Medicine

Dual CCT: ICM & Respiratory or Renal Medicine

'Specialist' ICM within training

- Paediatric
- Neuro
- Cardiac
- General



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Special Skills Year

- During stage 2 training in ICM
- For those doing single CCT only
 - Academic ICM
 - Management
 - Pre-hospital medicine
 - Education
 - Echocardiography
- Dual trainees spend this time pursuing training in their partner specialty



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Assessments during ICM training

- Workplace based assessments
 - CBD
 - Mini-CEX
 - DOPS
- 30 Cases
- Logbooks
- Portfolios



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FFICM Examination

- Required for progression to Stage 3
- Written
 - 50 MCQs
 - 50 SBAs
- Structured Oral Examination
- OSCE



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Training extension

- Career breaks
 - Personal/professional reasons
- LTFT
 - Pro-rata basis
 - Local Educational Training Board
 - Liaise with RA/FT within your Deanery



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Out of programme training

- Training (OOPT)
 - Must have completed stage 1 in entirety
 - Must map to competencies in CCT programme
 - Must be prospectively approved by GMC, Postgraduate Dean, FICM and college
 - One year in total and includes a written report
- Experience (OOPE)
 - A clinical or research post which does not counting toward CCT
 - Must prospectively inform the FICM



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Any questions?



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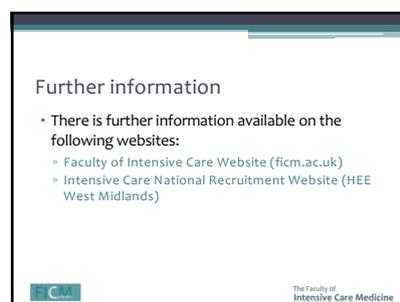
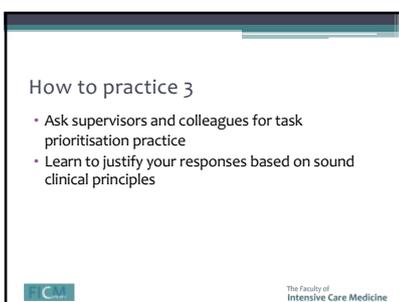
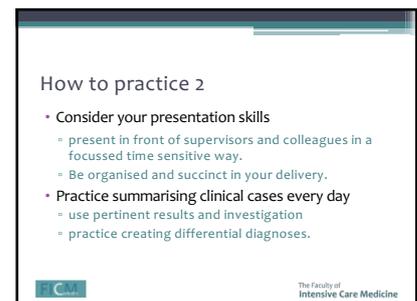
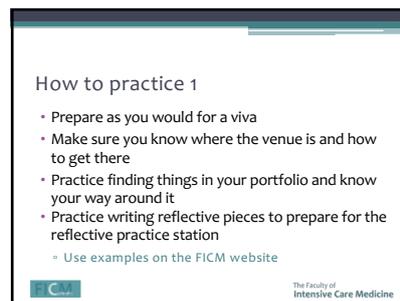
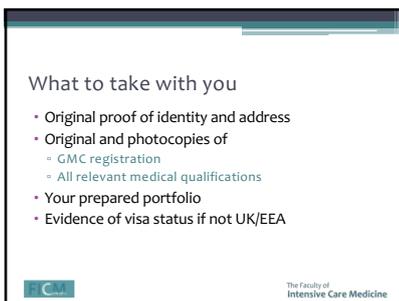
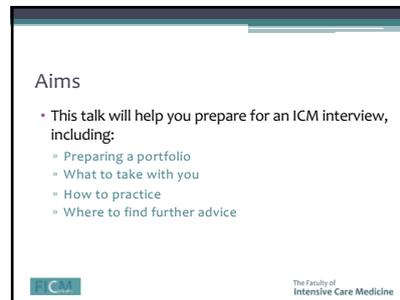
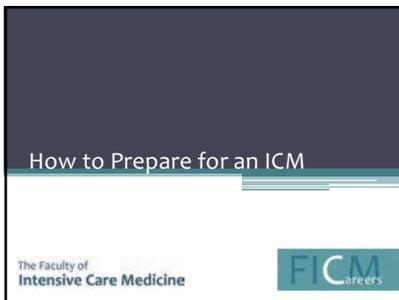
Summary

We have discussed:

- Training in ICM:
 - Single CCT
 - Dual with a partner specialty
- Assessment and examinations
- Less than full-time training
- Out of programme experience/training



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Summary

- We have outlined the importance of preparing for your interview
 - Preparing your portfolio
 - What to take with you
 - How to practice for the interview
 - Where to find further advice



What to expect at an ICM Interview

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Aims

- This talk will help you prepare for an ICM interview
 - It will describe the venues
 - It will describe the 'Selection Centre' process and what it includes
- It will give you further tips on how to make the best of yourself and your portfolio

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Venues

- The ICM selection centre is commonly held in a football stadium
- These venues are usually close to motorway networks, are easy to find and have good parking facilities
- ICM recruitment 2019 will be held at West Bromwich Albion home ground 'The Hawthorns'



The Hawthorns

West Bromwich Albion Football Club

Address: Hawthorns, Edgbaston, Birmingham, West Midlands, B11 1LF

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Venues

- When you arrive you should report to the FICM registration desk
- Staff will check your details and explain the process you will follow
- Spend at least 3 hours at the selection centre



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The ICM Selection Centre

- The 'Interviews' include five stations
 - Four of these are 'face to face' stations:
 - Portfolio
 - Presentation
 - Clinical
 - Task prioritisation
 - The face to face interviews are conducted in corporate 'boxes' at the stadium
 - You will be interviewed by a minimum of two FICM interviewers who are experienced in the process
 - There may also be observers in the room to ensure the fairness and quality assure the process, e.g. a lay representative



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The ICM Selection Centre

- In addition there is one written station
 - Reflective practice
- This is held in a larger room, and is conducted under examination conditions
- The written reports are then read and scored by a minimum of two FICM interviewers



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The ICM Selection Centre

- At the end of the process your scores from each station will be collated to provide an overall score
- Your scores are now entered collected & collated electronically to avoid transcription errors
- When the interview process is completed (after 3 or 4 days of interviews), candidates are ranked and job offers made where appropriate
- All interviewers are well briefed for the process to assure the fairness and quality of the selection centre



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Any questions?

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Summary

- ICM recruitment uses a five station 'selection centre':
 - Portfolio
 - Presentation
 - Clinical
 - Task prioritisation
 - Reflective practice (written)
- The interviews are conducted in a fair, transparent and quality assured way
- Further details and examples of questions can be found on the FICM website

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Notes

Notes

Notes

Notes

Careers Event: Feedback

What is your current role (please circle):

Medical Student Foundation Doctor Core Trainee Specialty Trainee Other (specify)

Why did you attend this event?

What did you find useful?

Were there other topics you would like to be included?

Was there anything we should leave out?

Please rank the following on a scale of 1 to 5 (1 being the lowest score and 5 the highest)

1. Organisation of event	1	2	3	4	5
2. Venue	1	2	3	4	5
3. Content of slides	1	2	3	4	5
4. Relevance to me	1	2	3	4	5
5. Overall	1	2	3	4	5

Do you have any other comments?