

Studying for the part two exam? Take a deep breath

Whereas most anaesthetists walk away from their fellowship exams with a brow wipe and a long, well deserved exhale, two enterprising doctors are taking a deep breath and diving back in.

DR KATHERINE STEELE and Dr Kate McCrossin, both consultant anaesthetists from Brisbane, have created a podcast designed to assist registrars preparing for their anaesthesia part two exams.

Available free and out now, the podcast explores exam relevant anaesthesia in bite-sized 20-minute chunks.

Existing episodes include interviews with a former examiner and discussions on topical subjects such as SGLT2 antagonists, regional anaesthesia for fractured ribs and awareness under anaesthesia.

Dr Steele said that the idea for the podcast came about due to their own experiences studying for the fellowship exam.

“Studying for the final exam can be a daunting and complex endeavour,” said Dr Steele. “Now that we’re ‘out the other side’ with some experience under our belts, we want to create a free learning tool that’s accessible to everyone, regardless of where they work or what their roster is. Podcasts are a great tool for auditory learners, and for people who want to utilise otherwise ‘dead’ time for a bit of incidental study.”

The podcast is already making waves. Word-of-mouth alone saw it receive hundreds of downloads in the first few days, even before the official launch, and the first five episodes have attracted more than 1500 downloads.

Co-host Dr McCrossin said that neither of them were prepared for the popularity of their project. “We knew there was a gap in specifically Australian anaesthesia exam podcast content. But we are finding that it’s not just anaesthesia registrars who are interested in the podcast – fellow consultants are listening in for CME, as well as anaesthetic technicians and nurses. We have listeners all over the world – Australia and New Zealand, of course, but also Singapore and America. I mean, how does someone in Ohio even find out about this?” she said with a laugh.

The podcast is available on iTunes, Spotify, and Google Play.

Episodes are designed to be easy to digest, for people to listen to while they’re doing other things – on their way to work, at the gym, or even when they’re just tired of didactic study or looking at a screen.

“Obviously the podcast is most relevant to registrars studying for their part two exam,” said Dr Steele. “But we hope it becomes a good resource for anyone interested in staying current. We invite all ANZCA *Bulletin* readers to take a deep breath and dive in.”

Dr Katherine Steele, FANZCA
Dr Kate McCrossin, FANZCA

You can find *Deep Breaths* at deepbreathspod.buzzsprout.com/ or by searching for “*Deep Breaths*” on most podcast sites. Season two of *Deep Breaths* has already started.

If you’d like to contribute to the podcast, *Deep Breaths* is always looking for experts on specialty anaesthesia and other exam related subjects! You can get in contact by emailing deepbreathspod@gmail.com.

