

**Kuwait Institute for
Medical Specialization
Ministry of Health, Kuwait**

Kuwait Institute for Medical Specialization (KIMS) is the authority of the Ministry of Health, State of Kuwait, that is responsible for planning all aspects of postgraduate training of medical and other health professionals in Kuwait. It organizes the internship training of recently qualified medical graduates, and specialty level and continuing education programs for all health professionals.

In fulfilling its aim of providing specialty level training in the different fields of medicine, KIMS has established a number of Faculties and Committees, which initiate and coordinate postgraduate training. They are in Internal Medicine, Surgery, Pediatrics, Obstetrics & Gynecology, Family Medicine, Laboratory Medicine, Radiology, Nuclear Medicine, Anesthesia, and Dentistry. This booklet gives an outline of the Postgraduate Training Program in Anesthesia. Registration in the programs is open to doctors practicing in Kuwait as well as those based in institutions in the other GCC countries subject to availability. Interested readers are requested to contact KIMS, for additional information on the program described here, or for details of other activities organized in the specialty.

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INTRODUCTION

The Postgraduate Training Program in Anesthesia is formulated according to the general guidelines for the establishment of postgraduate training programs recommended by the Kuwait Institute for Medical Specialization.

Resident education and training receives high priority in any specialty. The training of residents in the field of anesthesia stands out as significantly different among medical specialties. Few other specialties have the advantage of one to one instruction between faculty and residents.

Every effort will be made to ensure that the quality of the teaching program matches the exacting standards of patient care delivered on a daily basis. Each resident who completes the training program satisfactorily will become eligible to be appointed as a Senior Registrar in anesthesia, possessing the requisite technical abilities combined with sound clinical reasoning.

MISSION STATEMENT

The Postgraduate Training Program in Anesthesia (PGTP Anesthesia) is intended to match the overall health policy of the State of Kuwait and contribute to the enhancement of the quality of anesthesia services on a medium-term and long-term basis.

OVERALL AIMS

PGTP Anesthesia aims to:

1. Enhance the recruitment of Kuwaiti graduates into the specialty of Anesthesia.
2. Train Kuwaiti graduates in the areas of knowledge, skills and attitudes specific to Anesthesia, Intensive care medicine and Pain management to current international standards.

GENERAL OBJECTIVES

The program will ensure that the graduate is capable of giving the best care to patients during the peri-operative period as well as dealing with critical illness, emergencies and the management of acute and chronic pain.

On successful completion of the training program, the resident will:

- Be able to undertake pre-operative assessment, obtain consent for anesthetic procedures and prescribe premedication.
- Be able to undertake routine induction, maintenance and recovery from general anesthesia and the safe discharge of the patient from the recovery room.
- Be able to use anesthetic equipment in a safe manner, and understand the interpretation and limitations of monitoring equipment.
- Be able to recognize ASA III, IV, V patients, the potential for difficult intubation and the timing and need for assistance and consultation.
- Be able to assess, resuscitate and manage trauma patients, and stabilize them and prepare for transfer.
- Be able to resuscitate patients following respiratory or cardiac arrest.
- Be able to establish and manage different regional anesthetic techniques.
- Be able to understand the implications of pregnancy, childhood, old age and infectious diseases in the peri-operative period.
- Be able to diagnose and manage critically ill patients and perform practical invasive procedures.
- Possess the necessary knowledge, skills and attitudes relevant to pain management.
- Be able to use the knowledge of human physiology, anatomy, biochemistry, pharmacology, physics and clinical measurement in the clinical practice of Anesthesia, Intensive care medicine and Pain management.
- Be able to understand the statistical fundamentals upon which most clinical research is based.
- Possess attitudes, judgment and behavior appropriate to the specialty.

Curriculum and Program Content

A separate manual describing the curriculum and program content in detail is being prepared for use by the residents, tutors and examiners. A list of the broad areas and subjects that will be covered in this program is outlined in this document.

Structure of the Training Program

The training program will be of 5 years' duration. The resident will spend this period undergoing training as follows:

- 36 months in Anesthesia
- 12 months in Critical Care
- 6 months in Medicine
- 6 months in Pain Management

The five-year program is divided into two parts: Basic Training and Advanced Training.

Basic Training Program

The Basic Training Program will be of 30 months' duration. The trainee will be expected to develop the necessary skills, knowledge and attitudes relevant to Anesthesia in the following areas:

- Preoperative assessment.
- Premedication.
- Anesthesia, HDU and ICU equipment and safety.
- Induction of general anesthesia.
- Intraoperative care (including sedation).
- Postoperative and recovery room.
- Intensive care medicine and high dependency care.
- Regional anesthesia.
- Management of trauma, stabilization and transfer patients.
- Obstetric anesthesia and analgesia.
- Pediatric anesthesia.
- Anesthesia and elderly.
- Pain management.
- Infection control.
- Critical incidents.
- Management of respiratory and cardiac arrest.
- Anatomy.
- Physiology and biochemistry.
- Pharmacology.
- Physics and clinical measurement.
- Statistical methods.
- Attitudes towards patients and behavior in the workplace.

Advanced Training

The Advanced Training Program will be of 30 months' duration. The trainee should develop competency in the following areas:

Key Units of Training

- Cardiac and Thoracic Anesthesia
- Intensive care medicine
- Neuroanesthesia
- Obstetrics anesthesia
- Pediatric anesthesia
- Pain management both acute and chronic
- Anesthesia for vascular surgery

Units of General Training

- Day surgery
- Ear, Nose and Throat surgery
- General surgery/gynecology/urology/transplantation
- Orthopedics
- Regional anesthesia
- Trauma and accidents

Additional Units of Training

- Diagnostic imaging, anesthesia and sedation
- Maxillo-facial/dental surgery
- Ophthalmic anesthesia
- Plastic surgery/Burns

Applied Basic Sciences

- Applied physiology
- Applied clinical pharmacology
- Statistical basis of clinical trial management and Clinical measurement

TRAINING CENTERS AND RESOURCE PERSONNEL

The training of the residents will be undertaken at the following hospitals of the Ministry of Health:

Farwania Hospital
Mubarak-Al-Kabeer Hospital
Al-Amiri Hospital
Sabah Area Hospitals

Consultants working in these hospitals who possess the necessary qualifications and teaching experience will act as tutors and trainee coordinators for the PGTP Anesthesia.

SELECTION OF CANDIDATES

To be admitted into the training program, applicants must fulfill the following requirements:

- Possess a basic medical degree from Kuwait University or equivalent.
- Successfully completed internship.
- Be registered with the Kuwait Institute for Medical Specialization.

The applicants should submit three Letters of Recommendation from referees who have supervised the candidate in their departments.

The selection will be based on the grades given in the medical school and the result of a mandatory interview.

Kuwaiti nationals who have graduated from Kuwait University or other recognized universities will be given priority in the selection.

A maximum number of 4 applicants will be selected to enter the program every year.

The Selection Committee will consist of the following members:

- Chairman, Faculty of Anesthesia, KIMS
- Chairman, Council for Anesthesia and Intensive Care
- Dean, Faculty of Medicine, Kuwait University
- Secretary-General, KIMS
- Program Director

METHOD OF EVALUATION

A regular continuous assessment and evaluation of the progress of the candidate will be carried out in the following manner:

- At the end of each training rotation, the clinical tutors will discuss with the trainee his or her evaluation report and then submit it to the Program Director.

- At the end of the year, the performance of each trainee will be reported to the Board Committee for consideration of advancement to the following year.

EXAMINATION AND CERTIFICATION

The board examination consists of two parts:

Primary Examination

The Primary Examination will be held once a year. It consists of:

- Multiple-choice questions.
- Two oral examinations.
- OSCE (Objective Structured Clinical Examination).

Trainees are eligible to sit the examination after 18 months of basic training.

Final Examination

The Final Examination will be held once a year. The examination consists of:

- Multiple-choice questions.
- Two oral examinations
- Clinical examination.

Trainees are eligible to sit the examination after completion of the advanced training.

Certification

Trainees who have satisfactorily completed the rotation program and have passed the Final Examination will be awarded the Board Certification by the Kuwait Board in Anesthesia (KBA) under the Kuwait Institute of Medical Specialization. This will grant them the privileges of a Specialist in Anesthesia.

LEARNING RESOURCES

The residents will have access to the libraries at the training hospitals, Faculty of Medicine and KIMS. These libraries are equipped with books and journals in the specialty in addition

to material available via the electronic media.

Clinical Material

All the training hospitals have an adequate number of patients for the resident to receive optimum opportunities for learning. The minimum number of cases and the period of rotation will be specified to ensure comprehensiveness of content covered.

Computer Facilities and Internet Access

The program will provide computer and internet access for the residents to enable them to prepare presentations, write reports, referral letters and have online access to learning material and communication. Steps will also be taken to provide training in basic computer skills to those who do not possess them at the time of enrollment.

Research Facilities and Training in Research

During the training program, the trainee will have the opportunity to undertake a research project under the guidance of his tutor. He/She will also be provided specific training in critical review of research and research publications.

ADMINISTRATIVE SET-UP

The PGTP Anesthesia will be conducted under the administrative control and supervision of the Program Director, who will be assisted by four Assistant Directors, one from each of the training hospitals.

Further details may be obtained from:

Program Director
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P.O. Box 1793, Safat, 13018, Kuwait