



Domain		Scores
1. Additional Degrees	I have no additional degrees or qualifications	0
and qualifications	I have	1
	a 2:2 or 3 rd class BSc (or BA) prior to starting medicine.	
	OR an additional degree in a non-science related subject prior to starting medicine.	
	I have	2
	a 1 st class or 2:1 BSc (or BA) prior to starting medicine.	
	OR a postgraduate certificate in a relevant field (excluding education/teaching).	
	OR a part 1 of a postgraduate exam e.g. MRCP/MRCEMetc.	
	I have:	3
	a 1 st class BSc AND part 1 of a postgraduate exam e.g. MRCP/FRCEM etc.	
	OR a postgraduate diploma in a relevant field (excluding education/teaching).	
	OR all parts of the MRCEM	
	I have:	4
	an additional full postgraduate medical qualification e.g. MRCP/FRCEM etc.	
	OR a postgraduate masters/MSc in a relevant field (excluding education/teaching/leadership).	
	I have:	5
	an MD (Res).	
	OR a PhD in a subject not relevant to medicine.	
	I have a PhD in a subject related to medicine.	6





2. Additional	I have no additional awards.	0
Achievements Prizes	I have a prize or award from my foundation training or equivalent e.g. certificate of merit.	1
and Awards relative		
to medicine	I have a prize or an award from my hospital or Trust from my stage 1 training or equivalent e.g. Greatix award or learning from excellence award.	2
	I have a prize awarded at post graduate level awarded by a regional medical organisation.	3
	I have a prize awarded at postgraduate level by a national or international medical organisation. This includes prizes in the Primary FRCA.	4



Self-Assessment Criteria Anaesthetics ST4 (2025) For Aug 2025 & Feb 2026 start date



Domain	Descriptors	Scores
3. Postgraduate	No experience in a complementary specialty by time of appointment.	0
clinical experience in	At least 5 months experience in complementary specialties by time of appointment, without evidence of achievement of all	1
other specialties	expected outcomes, anywhere in the world.	
(excluding	5 to 12 months experience in an appropriate/relevant complementary specialty by the time of appointment, with evidence of	2
Foundation	achievement of all expected outcomes, anywhere in the world. This includes 6 months acute medicine and 6 months emergency	
Programmes,	medicine during ACCS training.	
Anaesthesia, research	OR more than 12 months experience without evidence of expected outcomes in complimentary specialities.	
and teaching)	More than 36 months in complementary specialties by time of appointment, with evidence of achievement of all expected	3
Complementary	outcomes, anywhere in the world.	
specialty to be	13 to 24 months experience in an appropriate/relevant complementary specialty by the time of appointment, with evidence of	3
defined in	achievement of all expected outcomes, anywhere in the world.	
guidance.	25 to 36 months experience in an appropriate/relevant complementary specialty by the time of appointment, with evidence of	4
Up to 1 year of	achievement of all expected outcomes, anywhere in the world.	
adult ICM can be included		



Self-Assessment Criteria Anaesthetics ST4 (2025) For Aug 2025 & Feb 2026 start date



4. Quality
Improvement Projects
(QuIP) - can include
audit as a tool to
demonstrate quality
improvement work in
this section and
trainee research
network projects

Do not include activity from an additional degree course

	I have not participated in any quality improvement learning events or projects.	0
ts	I have:	1
	Taken part in other people's postgraduate (non-anaesthetic) audits.	
	OR taken part in QuIP since starting anaesthetic training (i.e. data collection or made other minor contributions, but not led	
	or designed the project).	
n	OR completed bronze level QuIP or equivalent.	
	I have made a significant contribution to audit projects or quality improvement work as a postgraduate. This includes co-	2
	designing or joint leading a quality improvement or audit project and making recommendations for changes to practice based on	
	audit findings OR closing the audit loop.	
	I have made a significant contribution to quality improvement work since commencing my core or stage 1 anaesthetic training	3
	OR equivalent. This includes co-designing or joint leading a quality improvement or audit project at my hospital and making	
	recommendations for changes to practice based on findings OR closing the audit loop.	
	I have:	4
	Been the LEAD for one audit/QuIP since commencing my anaesthetic training. This includes making recommendations to	
	change /practice based on findings OR closing the audit loop.	
	OR led a regional TRN QuIP/ audit project.	
	I have:	5
	• been the LEAD for more than one audit/QuIP since commencing my anaesthetics training. This includes designing, leading	
	and managing QuIP and implementing changes to practice based on audit findings and closing the audit loops.	
	OR I have led a national TRN QuIP / audit project.	





Domain	Descriptors	Scores
5. Research (excluding	I have not been involved in research.	0
that completed during		
a PhD course or an	I have assisted with data collection for ongoing studies.	1
undergraduate BSc)		
	I have been involved with recruitment of participants to research projects (including TRN and NIHR CRN Portfolio studies).	2
	I have:	3
	completed an NIHR associate principal investigator scheme.	
	OR had personal and direct involvement (as a co-investigator) leading, planning or running a postgraduate research project	
	prior to anaesthetic training.	
	I have:	4
	• had personal and direct involvement (as a co-investigator) leading planning OR running a postgraduate research project since	
	starting anaesthetic training.	
	OR led a regional TRN research project (this cannot be the same project as Domain 4).	
	OR been the principle investigator of a funded study or co-applicant on a successful grant application.	
	I have:	5
	led a national TRN research project (this cannot be the same project as Domain 4).	
	OR been the chief investigator of a funded study or lead applicant on a successful grant application.	





6. Teaching	I have not contributed to formal teaching.	0
	I have:	1
	some experience in formal teaching for health professionals.	
	OR some experience of formal teaching health-related topics to a non-medical audience.	
	OR attended a teaching the teachers course, generic instructors course or similar.	
	I have:	2
	made a major contribution to a local teaching programme including developing/organising a programme.	
	OR instructed on an ALS /ATLS course, or similar.	
	OR organised a one-day teaching programme and delivered a topic(s) on it.	
	OR I have a leadership position in education eg teaching fellow	
	I have obtained a postgraduate certificate in education/teaching.	3
	I have made a major contribution to a regional or national teaching programme including developing/organising a programme as	4
	a postgraduate.	
	I have:	5
	made a major contribution to a regional or national teaching programme including developing/organising a programme	
	during my anaesthetic training.	
	OR obtained a postgraduate diploma in education/teaching.	
	I have undertaken a major dissertation and been awarded a Masters in medical/clinical education.	6





Domain	Descriptors	Scores
7. Academic	I have not published anything.	0
publications	I am a co-author of (PubMed listed OR peer reviewed):	1
	one or more case reports	
	one or more clinical / scientific abstracts	
	one or more letters	
	one or more editorials	
	I am first author of (PubMed listed OR peer reviewed):	2
	one or more case reports	
	one or more clinical / scientific abstracts	
	one or more letters	
	one or more editorials	
	I am a co-author of (PubMed listed OR peer reviewed):	3
	one or more pieces of original research	
	one or more narrative reviews	
	I am first author of (PubMed listed OR peer reviewed):	4
	one piece of original research	
	one or more narrative reviews	
	I am first author of (PubMed listed OR Peer reviewed) more than one piece of original research.	5





8. Presentations and
Poster Presentations
(see exclusions in
applicant guidance)

I have given no presentations nor presented any posters.	0
I have given one local/departmental presentation at any time during postgraduate training.	1
 I have: given more than one local/departmental presentation at any time during postgraduate training. OR given one local/departmental since commencing anaesthetic training. 	2
I have given more than one local/departmental presentation since commencing anaesthetic training.	3
 I have given a poster presentation at a regional, national or international meeting at any time during postgraduate training. OR an oral presentation prior to anaesthetic training at a regional, national or international meeting. OR an oral presentation at a regional meeting since starting anaesthetic training. 	4
I have given an oral presentation at a national or international meeting since commencing anaesthetic training.	5
I have given an oral presentation at more than one national or international meeting since commencing anaesthetic training.	6





9.	No evidence of CPD.	0
Continuing	I am able to demonstrate evidence of mandatory training /local online training.	1
Professional	I am able to provide evidence of mandatory training/local online training plus one educational event/CPD event of 1 day duration	2
Development in Stage	(see guidance document if no mandatory training evidence).	
1 Training or	I am able to provide evidence of mandatory training/local online training, plus 2 educational events/CPD of 1 day duration (see	3
Equivalent (CT1- CT3)	guidance document if no mandatory training evidence).	
	I am able to provide evidence of mandatory training/local online training plus 2 educational events. One of which is related to simulation or regional anaesthesia AND one of which is more than 1 day duration. (see guidance document if no mandatory training evidence).	4
	I am able to demonstrate evidence of mandatory training/local online training, plus 3 educational events. At least one should be related to regional anaesthesia or simulation, one is more than 1 day duration AND one includes a national; or international CPD event related to anaesthesia (see guidance document if no mandatory training evidence).	5





Domain	Descriptors	Scores
10. Activities	I have not been involved in significant activities outside of medicine and I have not had opportunity to demonstrate leadership	0
demonstrating	within my medical career to date.	
leadership and/ or		
management inside	I am an active member of a group, club or organisation promoting recreation, charity, community activities etc. and/OR I	1
or outside of work	demonstrate significant time management outside of work.	
	OR I can demonstrate significant leadership or management as an undergraduate locally	
Leadership during		
school years will not be	I can demonstrate significant leadership or management as an undergraduate regionally or nationally inside or outside of	2
counted in this section.	medicine.	
	OR I can demonstrate leadership in management or leadership as a postgraduate in my hospital	
	OR I have a leadership qualification eg PG certificate in medical leadership.	
	I can demonstrate significant leadership or management as a postgraduate regionally inside or outside of medicine	3
	I can demonstrate a national or international commitment to leadership or management inside or outside of medicine such as expedition leadership Duke of Edinburgh leader and/OR I sit/sat as trainee representative at a national committee/working party OR I have significant responsibility within e.g. BMA, GMC, RCoA.	4