

### Self-Assessment Criteria Anaesthetics ST4 (2026)



For Aug 2026 & Feb 2027 start date

Domain		Scores
1. Postgraduate	I have no additional degrees or qualifications.	0
Additional Degrees		_
and qualifications	I have	2
	a postgraduate certificate in a relevant field (excluding education/teaching).      DR a part 1 of a postgraduate even a g. MRCR/MRCF/Mate.	
	OR a part 1 of a postgraduate exam e.g. MRCP/MRCEMetc.	
	I have:	3
	<ul> <li>a postgraduate diploma in a relevant field (excluding education/teaching).</li> </ul>	
	OR MRCP part 1 and 2 written	
	OR 2 parts of any postgraduate exam	
	I have:	4
	an additional full postgraduate medical qualification e.g. MRCP/MRCEM etc.	
	OR a postgraduate masters/MSc in a relevant field (excluding education/teaching/leadership).	
	I have:	5
	an MD (Res) completed following my undergraduate medicine degree	
	OR a PhD in a subject not relevant to medicine completed following my undergraduate medicine degree	
	OR a PhD in a subject relevant to medicine completed before or during my undergraduate medicine degree	
	OR the Full FRCEM,FRCS or MRCPCH	
	I have a PhD in a subject related to medicine completed following my undergraduate medicine degree	6





2. Additional	I have no additional awards.	0
Postgraduate		
Achievements Prizes	I have a postgraduate prize or award from my hospital or Trust prior to starting anaesthetic training e.g. certificate of merit.	1
and Awards relative		
to medicine	I have a prize or an award from my hospital or Trust since commencing anaesthetic 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





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





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

	I have not participated in any quality improvement learning events or projects.	0
: .I	<ul> <li>I have:</li> <li>Taken part in other people's postgraduate (non-anaesthetic) audits.</li> <li>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).</li> <li>OR completed bronze level QuIP or equivalent.</li> </ul>	1
	I have made a significant contribution to audit projects or quality improvement work as a postgraduate. This includes codesigning or joint leading a quality improvement or audit project and making recommendations for changes to practice based on audit findings <b>OR</b> closing the audit loop.	2
	I have made a significant contribution to quality improvement work since commencing my core or stage 1 anaesthetic training 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.	3
	<ul> <li>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.</li> <li>OR led a regional TRN QuIP/ audit project.</li> </ul>	4
	<ul> <li>I have:</li> <li>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.</li> <li>OR I have led a national TRN QuIP / audit project.</li> </ul>	5



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





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 Teach 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 a postgraduate.	4
	I have:	5
	<ul> <li>made a major contribution to a regional or national teaching programme including developing/organising a programme during my anaesthetic training.</li> </ul>	
	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.	2
OR given one local/departmental presentation since commencing anaesthetic training.	
I have given more than one local/departmental presentation since commencing anaesthetic training.	3
<ul> <li>given a poster presentation at a regional, national or international meeting at any time during postgraduate training.</li> <li>OR an oral presentation prior to anaesthetic training at a regional, national or international meeting.</li> <li>OR an oral presentation at a regional meeting since starting anaesthetic training.</li> </ul>	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		
Professional	I am able to demonstrate evidence of mandatory training /local online training.	1
Development in Stage		
1 Training or	I am able to provide evidence of mandatory training/local online training plus one educational event/CPD event of 1 day duration	2
Equivalent (CT1- CT3)	(see guidance document if no mandatory training evidence).	
,		
	I am able to provide evidence of mandatory training/local online training, plus 2 educational events/CPD of 1 day duration (see	3
	guidance document if no mandatory training evidence).	
	Laws able to manife anidomes of manufatom training/lead online training about 2 advectional avents. One of which is related to	
	I am able to provide evidence of mandatory training/local online training plus 2 educational events. One of which is related to	4
	simulation or regional anaesthesia AND <b>one</b> of which is more than 1 day duration. (see guidance document if no mandatory training evidence).	
	training evidence).	
	I am able to demonstrate evidence of mandatory training/local online training, plus 3 educational events. At least one should be	5
	related to regional anaesthesia or simulation, <b>one</b> is more than 1 day duration AND <b>one</b> includes a national; or international CPD	3
	event related to anaesthesia (see guidance document if no mandatory training evidence).	



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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 <b>postgraduate</b> regionally inside or outside of medicine.	3
	I can demonstrate a national or international commitment to leadership or management inside or outside of medicine in the postgraduate period 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