



ANZCA
FPM

National Anaesthesia Day — getting involved

16 OCTOBER 2020



NATIONAL
ANAESTHESIA
DAY 2020

Anaesthetists:
Always Ready

Anaesthetists — Always Ready

This year's National Anaesthesia Day theme "Anaesthetists: Always Ready" is an opportunity for us to build on the momentum of our specialty's profile that has been gained as a result of the COVID-19 pandemic and the role you all played. It's a chance for us to share the "always ready" attributes of anaesthetists with patients and the wider community.

The years of training you do prepare you for any eventuality. These may include natural events (fires, floods, earthquakes) and human-made disasters (shootings, traffic accidents, building collapses) as well as medical emergencies (cardiac, paediatrics, obstetrics).

We'd like to ask for your help in creating a series of brief videos of anaesthetists across Australia and New Zealand talking to "camera" about your experiences and how you continue to be "always ready". We will compile your stories to create a short series of videos that reflect the breadth of anaesthesia practice and not only focus on COVID-19.

To join our "always ready" video campaign, please follow the guidelines and tips below. The videos will be edited and available to play on a loop via our website to celebrate National Anaesthesia Day on 16 October 2020.



Cover photo:
Dr Helen Roberts, Dr Nathaniel Hiscock, Dr David Chan and Dr Lekha Walallawita at Goulburn Valley Health in Shepparton. Photo: Penny Stephens.



Recent press clippings from left:
Dr Kanan Shah of Westmead Hospital, *Vogue*.
Dr Tanya Selak, *Illawarra Mercury*, *Wollongong*.
Dr Michelle Mulligan of Sydney's Royal North Shore Hospital, *The Australian Financial Review*.



Tell us your stories by making a video

Please start by introducing yourself — your name and how long you've been involved in anaesthesia and where you work. You could also include any sub-specialties (for example, paediatrics). Please also say “always ready” as part of your video.

You could then choose to answer any or all of these questions:

1.

What first-hand stories have you been involved in that illustrate how anaesthetists are always ready?

You could also include your experiences working as part of a team.

2.

What do you think are the qualities that make anaesthetists always ready to respond in unexpected situations?

For example, remaining calm under pressure while working in an emergency.

3.

What support does the college provide in ensuring you are always ready?

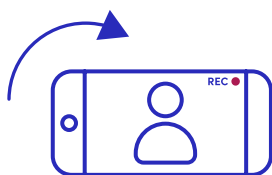
For example, your training, college courses, events and continuing professional development.

We greatly appreciate your time and willingness to be involved. Where possible we will look to include extracts from all submitted videos but due to content overlap or video quality, videos may be edited for length or clarity and some may not be included.

Please submit your video before **Monday 28 September** via [WeTransfer](#) and send it to communications@anzca.edu.au. It's free, secure and doesn't require you to create an account.

Tips on making a video

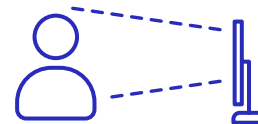
To get involved please shoot a short, 60 to 90-second “talking head” video on your smartphone, tablet or laptop. Most of these devices have inbuilt video cameras and microphones. Take a look at [the video](#) ANZCA Councillor Dr Tanya Selak has made for fellows and trainees on how to get involved. The following tips may help:



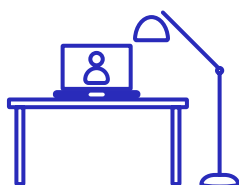
The landscape view looks better on screen. If you're using a phone, make sure the recording view can rotate and place your phone on its side.



Try not to use headphones if possible. Ear buds are a better option.



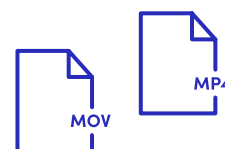
Ensure there is enough distance between you and the screen so that your head and shoulders, and possibly even your hands, can be seen in the shot.



Find a quiet and well-lit space. Try to minimise the amount of light coming from behind so you don't appear as a silhouette.



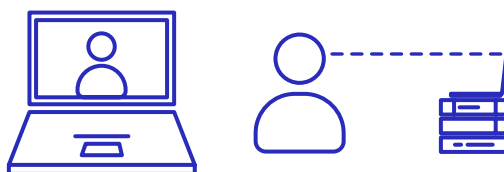
It's also a good idea to run through your script a few times before recording, and don't be disheartened if you need more than one take.



The .mp4 and .mov file formats are best.



You are welcome to wear scrubs. Otherwise the best clothing option for on-camera is a solid-colour long-sleeve shirt, jumper, or jacket. Choose a primary colour instead of patterns or prints. Stripes, in particular, have a tendency to strobe on camera.



Put your camera at eye level. You may need to raise your laptop by placing it on a stack of books. Looking down at the camera will make your chin and neck look disproportionate to your face. Frame yourself in the middle of the screen so that there is not too much space above your head (headroom). Make sure you are looking directly at the camera, not at some other part of the computer screen.

PLEASE FILL IN THIS RELEASE FORM GIVING ANZCA PERMISSION TO USE YOUR VIDEO.

National Anaesthesia Day video

I give permission for the video or part of the video I have submitted to be included in the promotion of National Anaesthesia Day 2020, on the ANZCA website and through ANZCA's social media channels. I also agree that the video or an extract from the video may remain on the college website and be used in social media in the coming year(s) as part of the ongoing promotion of our specialty.

I also give permission for a "still image" taken from the video to be used in ANZCA's printed communications, including the *ANZCA Bulletin*, along with written extracts from the video.

Name: _____

Signature: _____

Date: _____

If you would like us to tag you on Twitter please let us know your Twitter handle:

Consent can be withdrawn at any time by emailing us at communications@anzca.edu.au.