## A Cruide to the RCCOALOGOOK

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# Mhy write this guide?

- I found the logbook quite confusing to use and couldn't find a help manual that actually answered my questions
- This is my attempt to spare you at least some of the hours I spent fiddling with my logbook trying to make it do what I needed it to

#### Caveals

- This guide isn't perfect, I'm just a trainee who struggled with the logbook. Feel free to ignore any suggestions/make alterations to make the logbook work for you.
- I make no guarantees that what I've done is right! But I didn't get any complaints about my logbook at my ARCP so hopefully I'm not going too far wrong
- I'm just finishing CT2 ACCS anaesthesia and I thoroughly anticipate having to adjust how I keep my logbook as I go through training. However I hope that keeping a consistent logbook from the beginning will make integrating any changes later on much easier
- Just as there are many ways to give an anaesthetic there are many ways to keep a logbook. The most important thing is to actually keep one and to be consistent about it.
- A logbook is only as good as the data you put into it. Keep it up to date and keep a back up!

p.s. I use a mac, the logbook should be the same across operating systems (once its downloaded) but apologies to PC users if differences pop up.

### step 1 downloading

 Whilst other logbooks are available, the RCOA logbook is now recommended and its the RCOA logbook summary records that will be expected at ARCP

- o Download the Anaesthetic Logbook from www.logbook.org.uk
- o iPhone or iPad users will need to download FileMakerGo first

o There is an official help guide for this bit!

# INSCOLLING

o You should end up with Mac RCA Logs.

your desktop

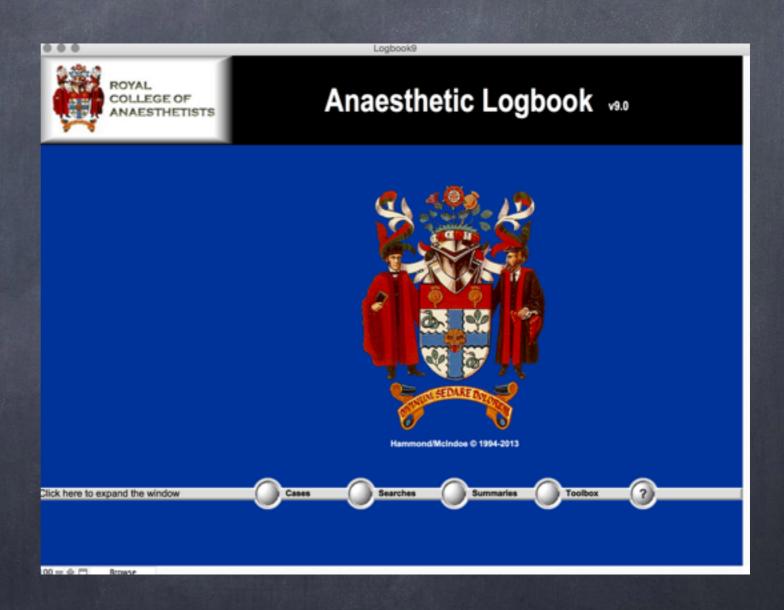


ON

o Click/double click to open

## Step 3 - navigating the front screen

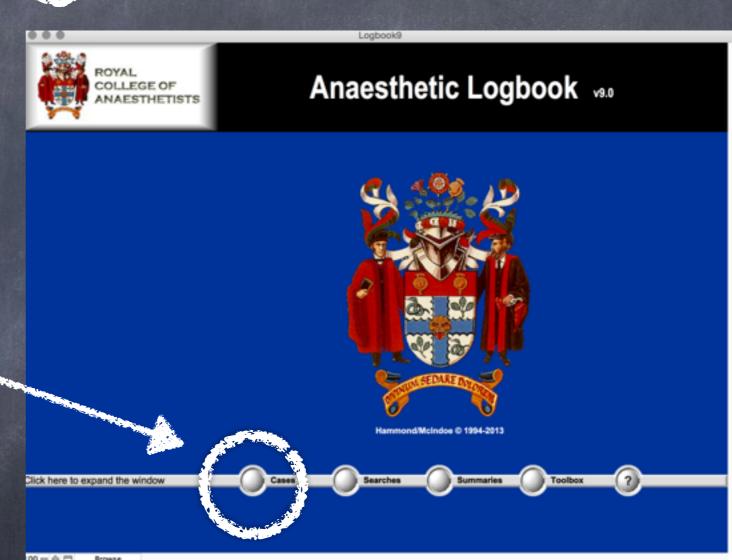
- This is the opening screen to the desktop logbook.
- Along the bottom are options to go to cases, searches, summaries, toolbox or help



## Step 3 - navigating the front screen

- CASES to view cases already in your logbook or to add new cases
- o SEARCHES to access search mode
- SUMMARIES to access the portfolio reports you'll need for ARCP. Summaries can be generated on your whole logbook or on a specified subsection
- TOOLBOX functions which can be used to clean up your logbook or import cases from other sources

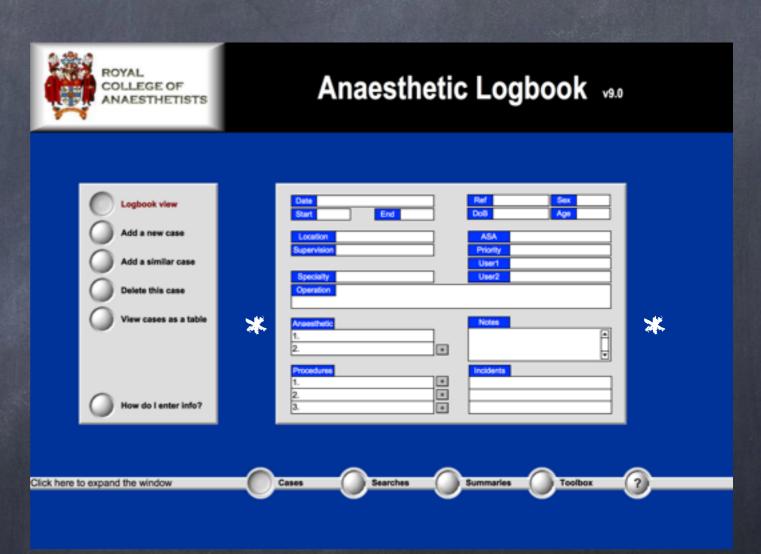
## SEEP 4 LOGGING A CASE



o Click on.

## CEP 4 LOGGING A CASE

Start filling in your data (see next page)



N.B Clicking to the left and right (\*) of the logbook screen will move you back and forward through your logbook. This can be irritating if you've only half completed the logbook entry and accidentally click here. More on this later

Dates need to be dd/mm/yyyy and times as hh:mm

Where were you?

I've kept it simple with just the hospital I was based at. Chat with your SpRs, this might change as you do specialty rotations

Fill in the specialty field to generate a list of operations (these two fields have drop down lists)

If the operation
you want isn't there
feel free to add
your own but be
consistent

Hospital number

I put my level of supervision here e.g. local, distant etc.

Ref Sex DoB Age End Location ASA Priority Supervision User1 Specialty Operation Anaesthetic + Procedures Incidents +

Select what anaesthetic you gave and what procedures you did (more on this later)

Did anything go wrong? Not just 'I had to give some metaraminal because they were mildly hypotensive', but something serious. If you're having to write in this box the case probably needs discussing with someone

Enter either age or DOB

Use the dropdown options to ensure consistency

Remember most of
what
is done in
'emergency theatre'
is actually 'urgent'
rather than
emergency

These are open fields.

Use as you want but

BE CONSISTENT! I use

'User 1' to log what

supervision I had e.g.

consultant, SpR

Anything interesting about the patient.

Difficult airways etc I make a note here

#### Step 4 -Logging a case - points to consider

- Patients should not be identifiable from logbook date but in reality hospital numbers are probably okay here as you would need to be able to log on to a hospital database to be able to use a hospital number
- If you enter a DOB it should calculate the age for you. If you don't put 19xx it will assume the patient was born in 20xx etc
- Remember there is a set definition for 'immediate', 'local', 'distant' supervision. It is normal to be heavily supervised, particularly in the beginning. Be honest with yourself.
- Have a good browse of the specialty lists at the beginning. For example there is significant overlap between 'trauma' and 'orthopaedics'. If your operation isn't in one, check the other. There also appear to be multiple different type of hip replacements etc. Whilst I do specify if we've done a semi v a DHS I don't tend to break it down any further (I may get into trouble for this later!) If you don't know what kind of hip etc you've just done either clarify or pick a generic hip off the list but be consistent!
- For cases that could be considered as two specialties e.g. paediatric dental, take your pick how you want to log it. I currently tend to put it into paediatrics but that's my choice and its something I might change in the future. If needed you can do searches by patient age. The key is being consistent! If you're consistent then its easier to go back and make wholesale changes.

#### Step 4 -Logging a case - points to consider

- Remember to log your extra 'cases' e.g. crash calls, transfer to CT/ICU etc. I didn't realise these were an option until later on and then had a very thin logbook for the transfer module.
- Procedures such as arterial and central lines and LPs done for the medics can also go on the logbook

Level of supervision. Was your consultant or supervising SpR....

IMMEDIATE	Immediately available. In theatre or theatre suite and without other responsibilities
LOCAL	On same geographical site and able to attend within 10 min
DISTANT	On a different geographical site or unable to attend within 10 min

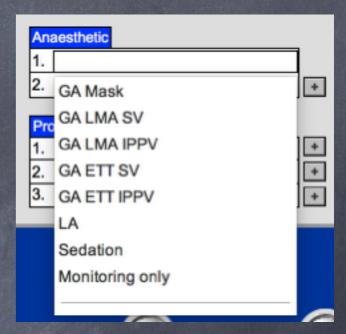
#### Step 4 -Logging a case - points to consider

#### ASA CLASSIFICATION

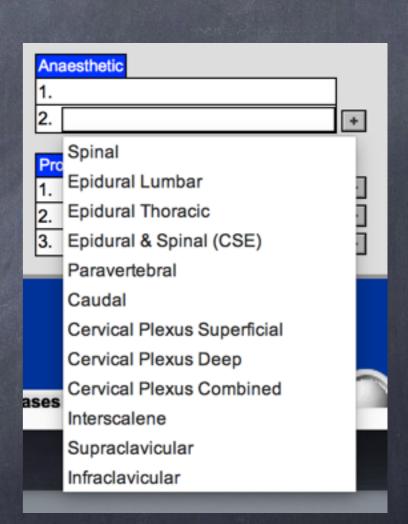
1	Normal healthy patient without clinically important co-morbidities
2	A patient with mild systemic disease
3	A patient with severe systemic disease
4	A patient with severe systemic disease that is a constant threat to life
5	A moribund patient who is not expected to survive without the operation
E	Suffix added for any emergency operation

ROUTINE	Surgical procedure planned in advance of routine admission to hospital
DAYCASE	As above with intention for patient discharge same day
URGENT	Within hours of decision to operate - acute onset or deterioration of conditions threatening life, limb or organ survival, # fixation, relief of distressing symptoms
EMERGENCY	Within minutes to operate. Next available operating theatre - immediate life or limb saving intervention. Resuscitation simultaneous with surgical treatment

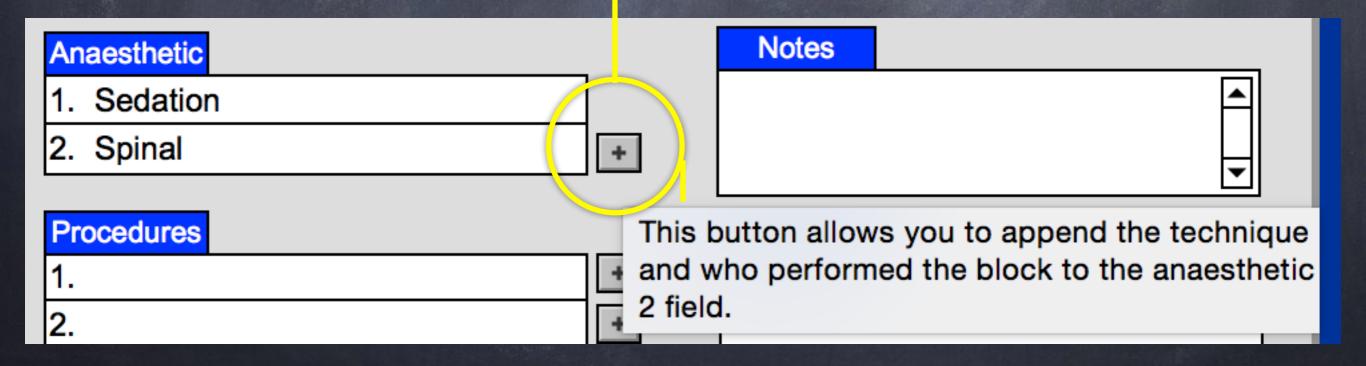
- o Select which anaesthetic you gave
- o If it was a spinal you could choose 'LA' or 'Sedation' or 'Monitoring only' depending on what actually happened. Just be consistent! I tend to choose sedation or monitoring and then input the spinal portion elsewhere



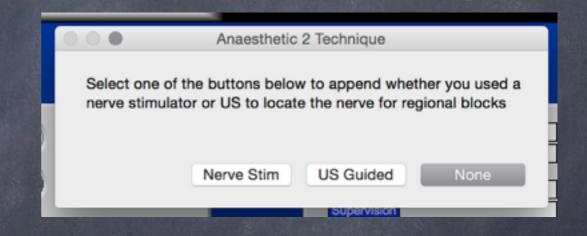
Spinals, epidurals and every type of regional block you can think of appears in 'Anaesthetic - line 2'. I put my spinals here.

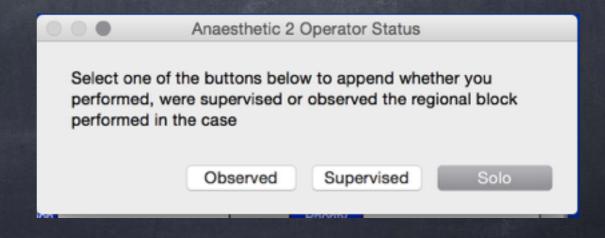


Tou might have noticed the small + buttons to the side of some boxes



- o If the button is there click and complete.
- Screen 1 asks if you used a nerve stimulator
   or USS or nothing
- Screen 2 asks if you observed the procedure, were supervised or completed it solo.





 Eventually you end up with something looking like this

Anaesthetic

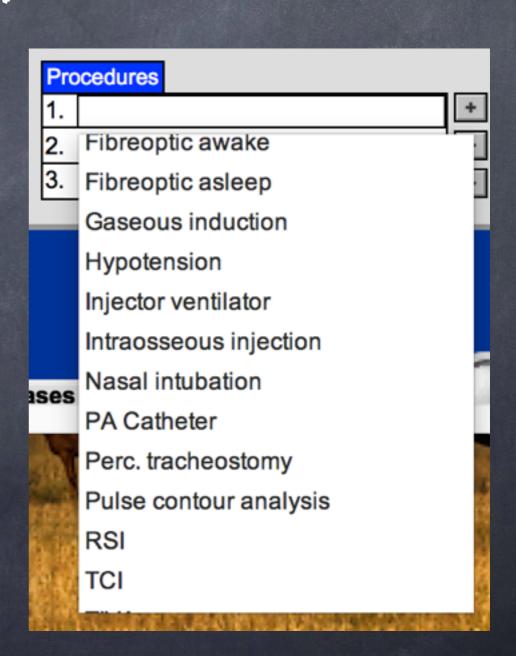
1. Sedation

2. Spinal - Solo

+

Try to remember to fill this in consistently every time. It makes generating your ARCP reports much easier.

- o Procedures are done in the same way.
- Don't forget to click on the + button. It may seem strange doing this for a RSI but this way you can document how many you've done solo. Just click 'none' when its asking about USS if its not relevant.
- Have a look through this list, it's surprising how many things are on it. Key 'procedures' include RSI, TIVA, gas inductions, nasal intubations, permissive hypotension
- There are three lines for procedures. Try to be consistent. For example if my case involved an RSI I always put this on line 1 before filling out the other lines with arterial lines etc



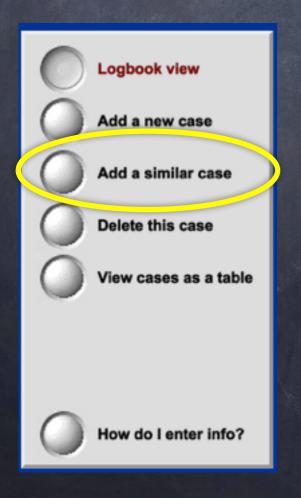
## Step 4 Logging a case

Once all your boxes are complete you end up with something a little like this

Date         Tuesday, Jul 12 2016           Start         13:15         End         15:00	Ref D12345 DoB 12/05/19	Sex   M
Location DRI	ASA 2	
Supervision Immediate	Priority Urge	ent
	User1 Cons	sultant supervision
Specialty Trauma	User2	
Anaesthetic  1. Sedation  2. Spinal - Solo  +	Notes	
Procedures 1.	Incidents	

### Logging another case

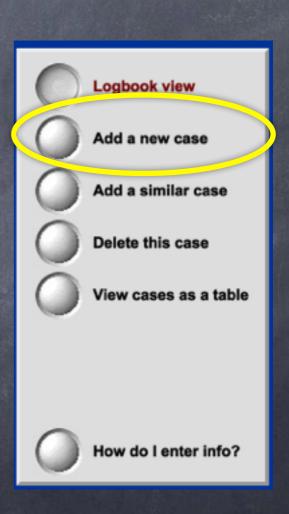
If you're inputting multiple similar cases e.g. from the same list click 'Add a similar case'. The log book will autofill the sections shown below. Check for accuracy and then fill the rest out



Date Monday, Jun 27 2016 Start End	Ref Sex DoB Age
Location Barnsley DGH	ASA
Supervision Distant	Priority Urgent
	User1
Specialty Gynae	User2
Operation	
Anaesthetic	Notes
1. 2. +	
Procedures 1. +	Incidents
2. +	

### Logging another case

If they're not similar cases click 'add new case' and you'll be given a completely blank logbook to fill in.

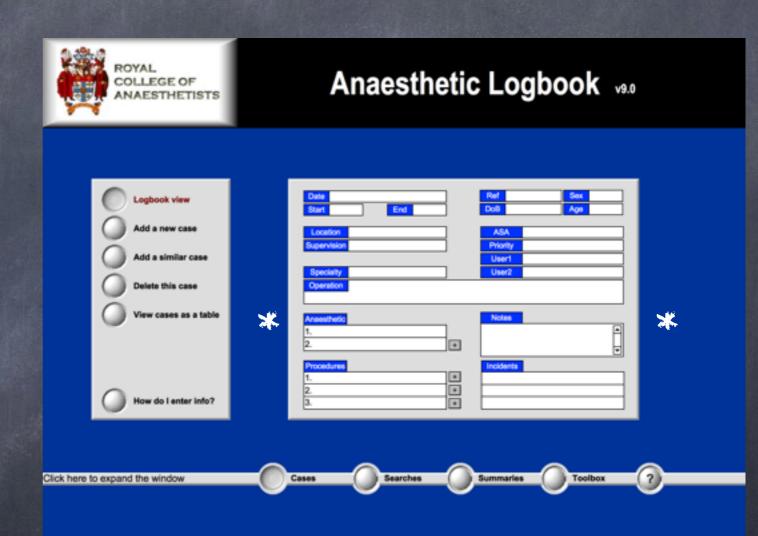


#### Step 6 -Navigating the Logbook

As mentioned previously, clicking either side of the logbook screen (\*) moves you back and forward through your entries

This is the easiest way to quickly flick back to an entry you've just completed

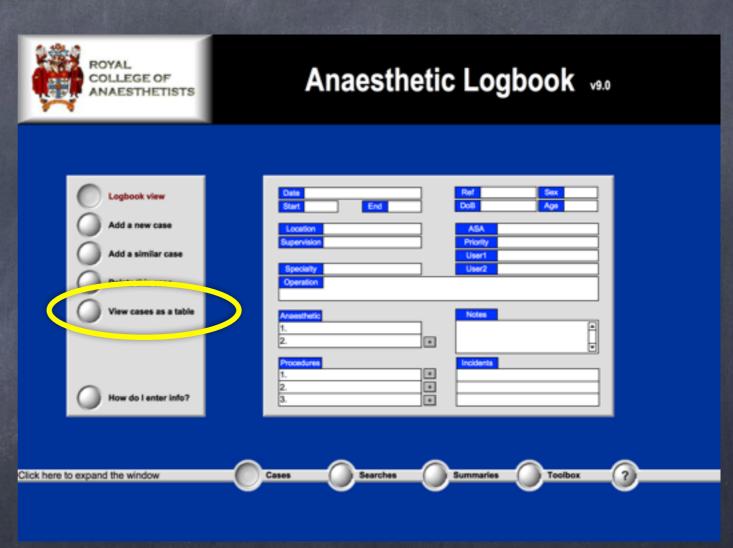
If you get part way through an entry (especially if you've completed the date) and then accidentally click on \* then it may appear like your half complete entry has vanished. The logbook 'files' the entries according to date and time so it may appear to vanish if you've been entering cases out of sync. You'll need to go looking for it. I find doing this easier using the next method



### Step 6 -Navigating the Logbook

Another other option is

'view cases as a lable'....



### Navigating the Logbook

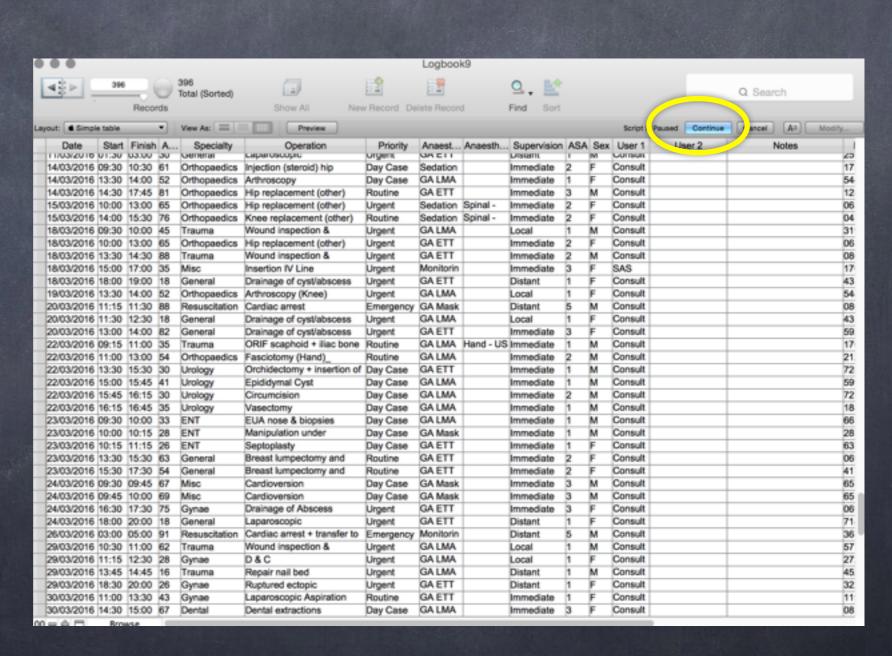
....which gives you something like this.

You can scroll up and down to find cases (which are listed by date down the left hand side)

Half complete entries are easy to find this way!

You can type and alter cases whilst in this view

To get out of this view click on 'continue' which will return you to the previous screen or if you want to go to a particular case then click on it and then press continue.



## step 7 - searching

Searching the logbook can be useful if you're looking for something specific or trying to tidy things up. I searched my logbook for all my RSIs so I could standardise how I'd recorded them. Of course if I'd standardised them from the beginning I wouldn't have had the hassle of searching for them!

Click here



### Step 7 - searching the Logbook

- The 'searches'
  button gives
  you a similar
  screen to when
  you are
  entering
  logbook data
- Note the hash markings around each box. These appear when you are in 'search' mode



SA [Q ]
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C

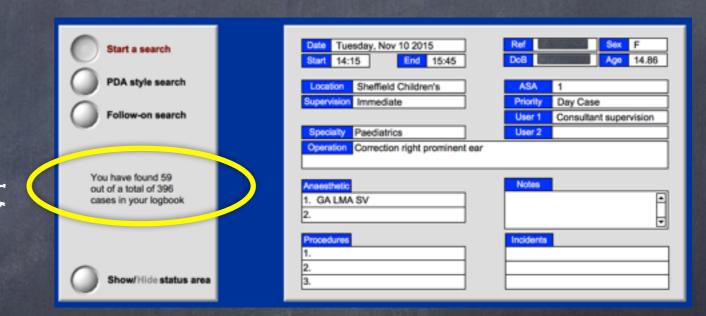
### Step 7 - searching the Logbook

- Click on the field you are wanting to search by
- In this example I'm going to search for all my paediatric cases
- o Hit the return key

Date Q	Ref Q Sex Q	
Start Q End Q	DoB Q Age Q	
Location Q	ASA Q	
Supervision Q	Priority Q	
	User 1 Q	
Specialty Paediatrics	User 2 Q	
Specialty Paediatrics Operation Q	User 2 Q	
	User 2 Q	
Operation Q	Notes	
Operation Q  Anaesthetic		_
Operation Q  Anaesthetic  1. Q	Notes	
Operation Q  Anaesthetic  1. Q	Notes	•
Operation Q  Anaesthetic  1. Q	Notes	
Operation Q  Anaesthetic  1. Q  2. Q	Notes	
Operation Q  Anaesthetic 1. Q 2. Q  Procedures	Notes Q. Incidents	

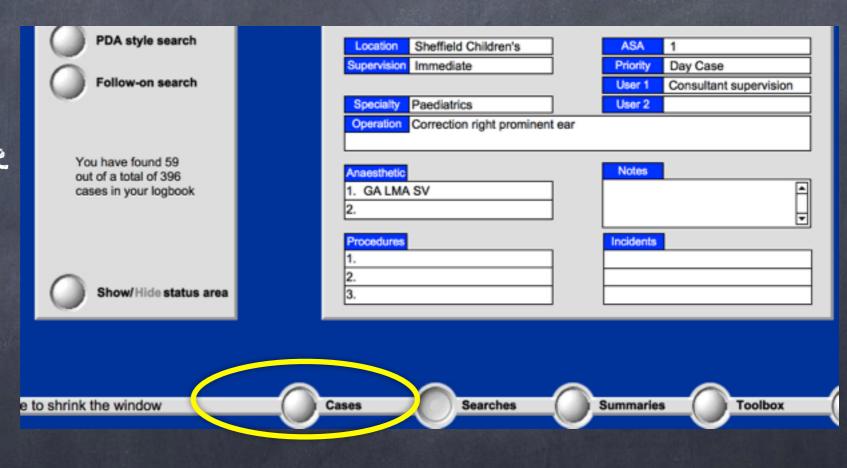
### step7 searching the Logbook

- o You'll be taken to your first appropriate case
- You can click back and forward as normal using the left and right sides of the logbook \*
- o On the left hand side you'll be told how many cases match your search criteria.



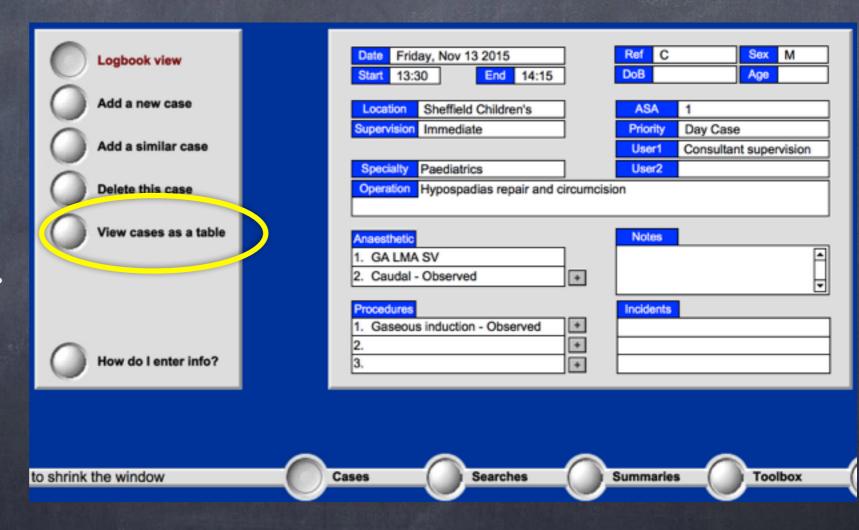
## Step 7 - searching

Clicking on 'cases' at the bottom will take you to a more familiar screen. You can navigate back and forward through cases that meet your search criteria in this view though



### step 7 - searching the Logbook

Having clicked on 'Cases' the view is now the same as when you are entering cases onto the logbook. Only cases which match your search will appear as you flick through



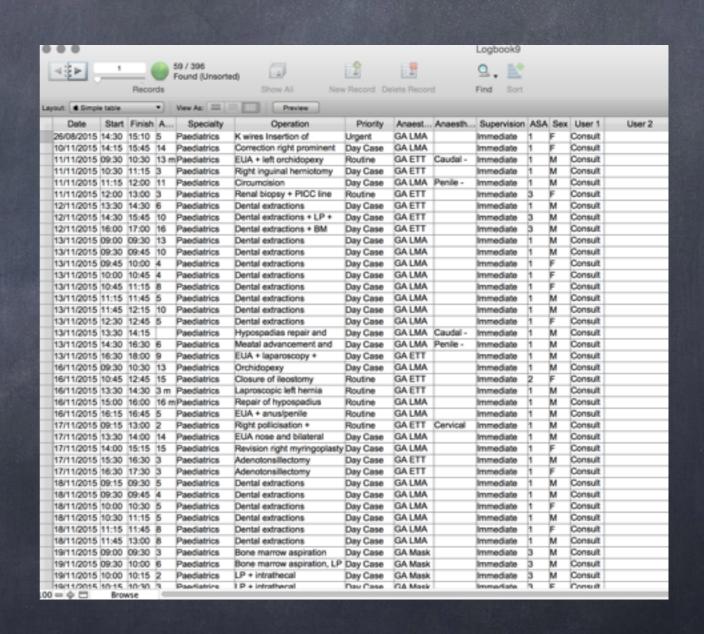
Clicking on 'view cases as a table'....

### Step 7 - searching the Logbook

...will give you a spreadsheet similar to before but only cases which match your search

The spreadsheet does extend off to the right. Scroll if needed.

Click 'continue' as previously if you want to return to the previous screen



### step 7 - searching the Logbook

when you've finished your search and want to go back to the beginning you've got a couple of options

Records

Show All New Record Delete Record

Records

Records

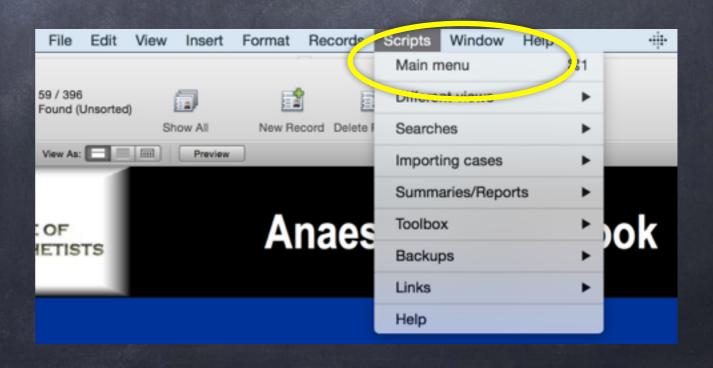
New As:

New

'Show All'

or

Scripts > Main menu (which will return you to the opening screen)



### Step 8 - generating a summary

ARCP panels hate non standardised logbook summaries and will expect to see the 4 page summary generated by the logbook.

If you've managed to keep your logbook entries standardised all the way through the year generating your summary will be easy.

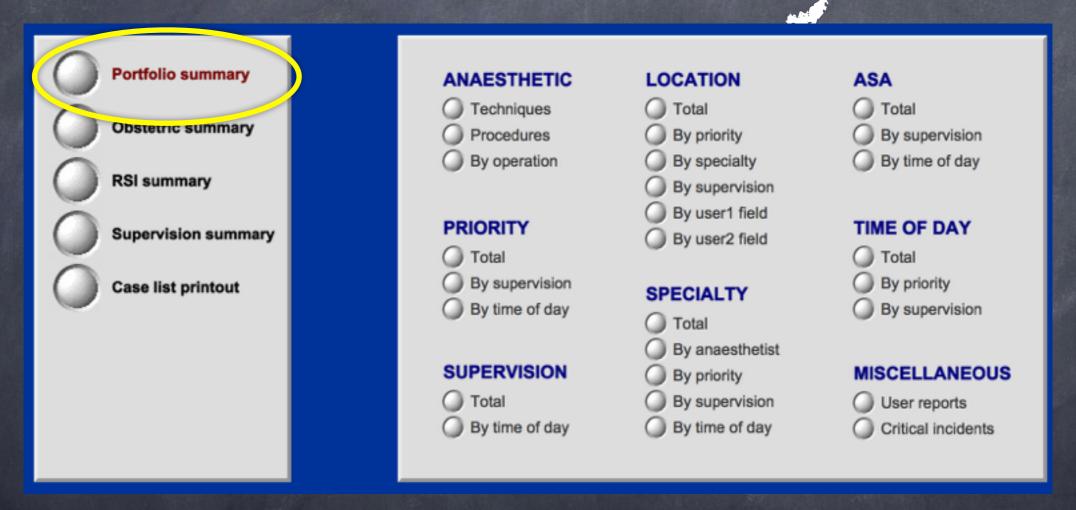
If not you'll have to do what I did and search for and tidy your entries up. This takes more time than you might anticipate at a time of year you'll be quite busy. Do it from the beginning.

### Step 8 - generating a summary



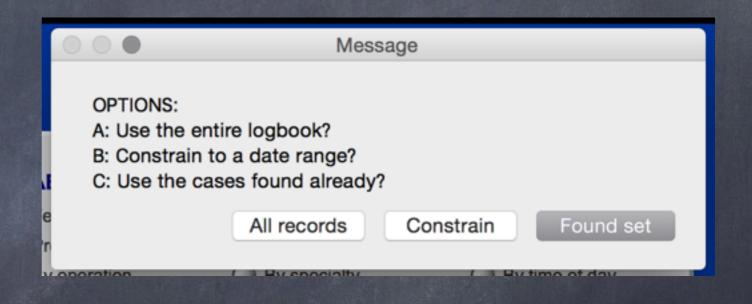
Click here

## Step 8 - generating

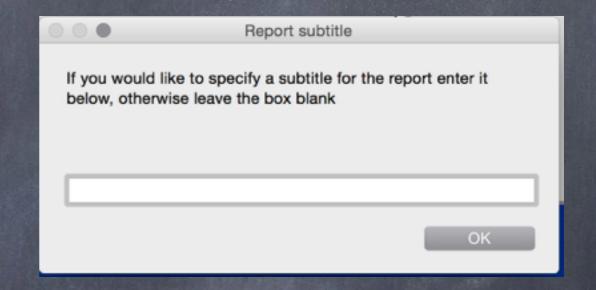


As you can see there are lots of ways to summarise your logbook. The one you'll need for ARCP is 'Portfolio Summary'

Generally speaking for your first year you can click 'All records' but you might need to constrain the date range thereafter



You'll be asked to specify a subtitle for the summary report. You can leave this blank. I put 'Logbook Summary for CT1'. Have a Look at the ARCP guide and choose something sensible

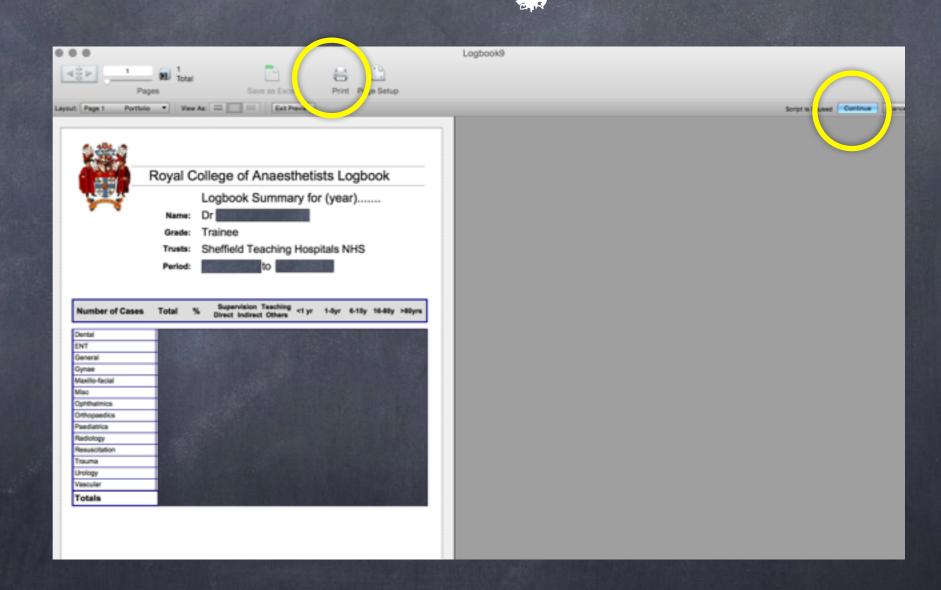


○ ○ ●	Report subtitle			
If you would like to specify a subtitle for the report enter it below, otherwise leave the box blank				
Logbook Sumr	nary for (year)			
	ОК			

You should have something similar to this.

This is page 1 of your summary

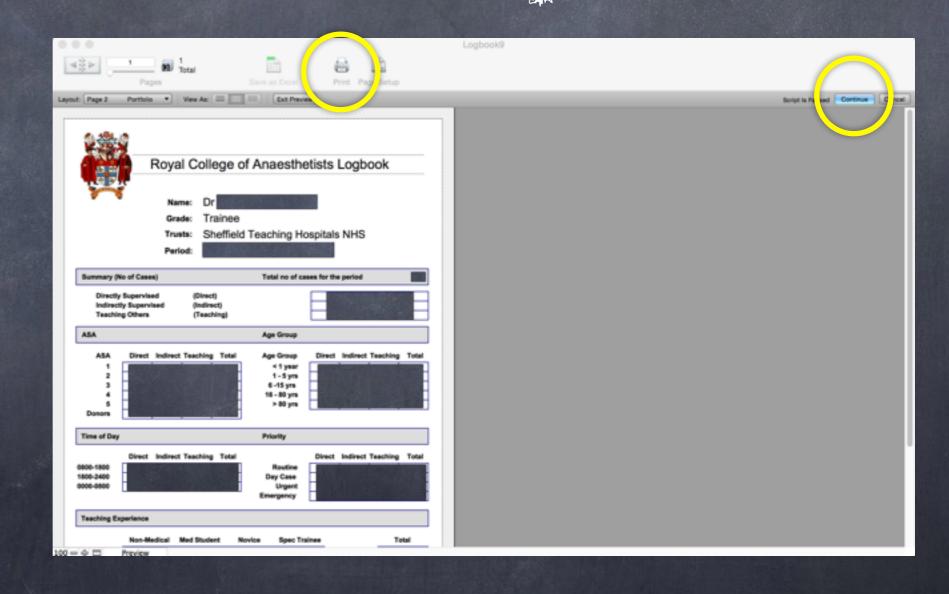
Hit print
and then click
continue



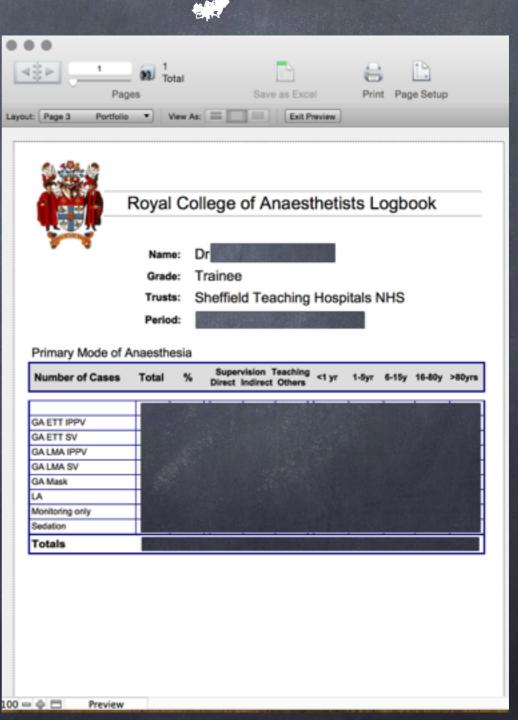
If you've already printed click 'No', otherwise click 'yes' to print



This is
page 2 of
your
summary.
Print and
click
'continue'

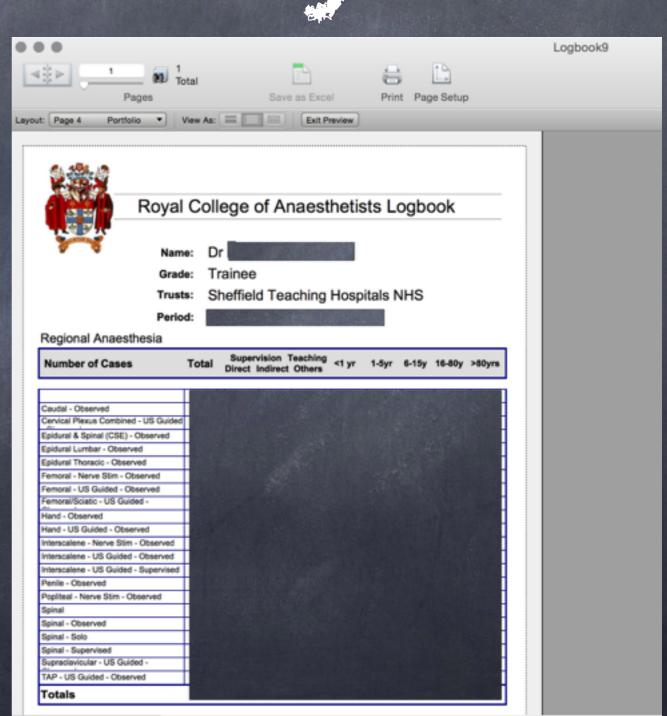


This is
page 3 of
your
summary.
Print and
click
'continue'

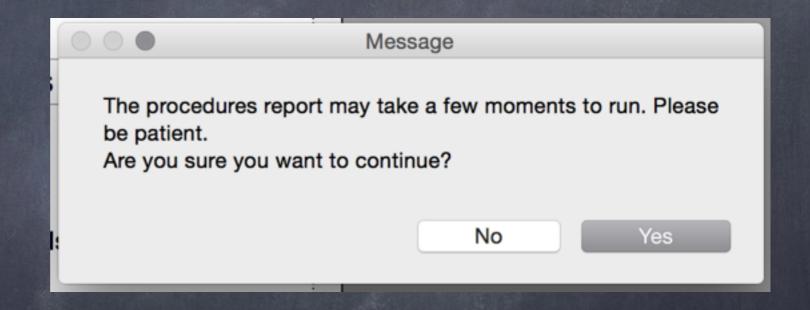


#### step & generating a summary

This is
page 4 of
your
summary.
Print and
click
'continue'



You'll be asked if you want to run a procedures report. I uploaded this with my Logbook.



You've now generated an 'Additional Procedures Report' to go with your Logbook summary.

Click print and continue for one last time and you'll be returned to the home page.



#### Royal College of Anaesthetists Logbook

Name: D

: Trainee

Trusts: Sheffield Teaching Hospitals NHS

Period:

#### Additional Procedures Report

Arterial line - Anatomical - Observed			
Arterial line - Anatomical - Solo			
Arterial line - Anatomical - Supervised			
Arterial line - Solo		TALL	
Ascitic drain			
CVP internal jugular - US Guided - Observed			
CVP internal jugular - US Guided - Solo			
CVP internal jugular - US Guided - Supervised			
Gaseous induction		POIS.	
Gaseous induction - Observed		18.34	
Gaseous induction - Supervised			
Hypotension		136	
Nasal intubation - Observed			
Nasal intubation - Supervised			
RSI - Observed			
RSI - Solo			
RSI - Supervised			
TCI		1	
TIVA - Observed			
TIVA - Supervised		49 g 1	

So you might be wondering what the big deal was about being consistent with how you log cases.

Those with sharp eyes may notice there are 4 types of arterial line listed here. The top three I'm happy with, they show my progression from watching, to being supervised to putting arterial lines in solo. The last one shouldn't be there. I made a decision to always have my Arterial lines logged as 'anatomical' followed by my level of supervision. 'Arterial line - Solo' shows that somewhere I made a mistake with my recording.

Having a consistent format to how you log anaesthetics, regional techniques, procedures etc means you don't end up with long, unwieldy summary reports that are difficult to interpret.



#### Royal College of Anaesthetists Logbook

Name: Dr

Grade: Traine

Trusts: Sheffield Teaching Hospitals NHS

Period:

#### Additional Procedures Report

Arterial line - Anatomical - Observed		150	
Arterial line - Anatomical - Solo			
Arterial line - Anatomical - Supervised			г
Arterial line - Solo			г
Ascitic drain			
CVP internal jugular - US Guided - Observed			г
CVP internal jugular - US Guided - Solo			
CVP internal jugular - US Guided - Supervised			
Gaseous induction			
Gaseous induction - Observed			
Gaseous induction - Supervised			
Hypotension			
Nasal intubation - Observed			
Nasal intubation - Supervised			
RSI - Observed			
RSI - Solo			
RSI - Supervised			
TCI			
TIVA - Observed			
TIVA - Supervised			
		1	

These are some of the available options just for arterial lines. If you are not consistent with your recording you could end up with a couple of your arterial lines listed under multiple different headings.

Not only will the ARCP panel find it difficult to work out how many you've done, if this happens for every single one of your procedures your summary will look a mess.

You want to make it easy for your ARCP panel to give you an outcome 1. Having a logbook summary they can read is part of that.

I spent hours going through my logbook to tidy up things like this. It takes ages and the longer you leave it the more entries you have to wade through. Clearly I missed a couple and will need to go back through again!

Arterial line

Arterial line - observed

Arterial line - supervised

Arterial line - solo

Arterial line - Anatomical

Arterial line - Anatomical - observed

Arterial line - Anatomical -

supervised

Arterial line - Anatomical - solo

Arterial line - USS - observed

Arterial line - USS - supervised

Arterial line - USS - solo

Once you've got your summary check it carefully and upload it to your portfolio.

Put it where the ARCP guide tells you to and call it what they've asked you to call it.

There is no point going to all that effort to generate a logbook summary if your ARCP panel then can't find it

## keeping and backups

The 'Toolbox' button gives you access to tools to tidy up your logbook database, check for duplicates etc. The logbook can highlight entries it thinks are incomplete etc which can make life easier as your logbook gets bigger. This is another way to spot those vanishing entries as I described earlier.



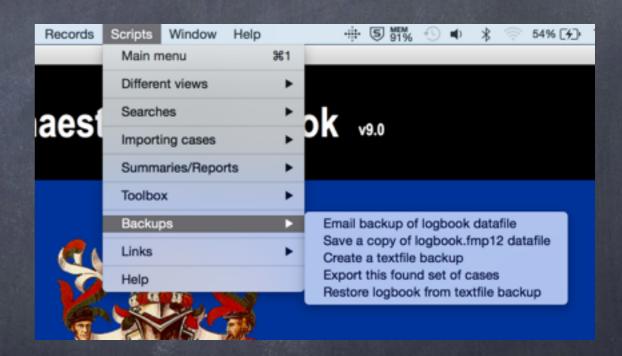
Keeping your logbook tidy in the first place is an easier method!

## keeping and backups

Make sure you back up your logbook regularly. If something can fail it will usually do so just as you need it. Restoring your logbook from a backup copy, whilst stressful, will be far LESS stressful than trawling round multiple hospitals trying to generate a logbook from theatre's records

How to import a backup file is covered by the official logbook helpfile.

If you can't remember when you last made a back up it probably is time to make another.



# keeping and backups

I haven't talked about using the logbook on your phone, mainly because it isn't something I do. I find it far easier keeping it in one place on my desktop. That being said many of my colleagues use their phones and it seems to work well for them. The format on screen appears identical and I'm informed backups are easy to generate. The helpfile on the mobile version is actually quite good at describing the differences between the two versions and how you might want to use them.

Give it a try and see which you prefer. The best logbook is one you'll actually use.

## step 10 Lop tips

I really hope that this guide was useful, looking back it looks simple but I remember slightly panicked conversations on corridors with other supernumerary trainees about how to use the logbook. There's sure to be things I haven't covered (or don't know about) but my hope is this will give you a starting point.

#### My top tips are:

- START YOUR LOGBOOK EARLY. Getting into the routine of filling it in is really important. I 'lost' a few cases early on when I was still getting used to the logbook. Thankfully I realised early enough that it didn't effect my unit of training sign offs but if you don't bother to fill in your logbook you might struggle to persuade consultants to sign off units of training later on. How are they meant to say you're competent at something when there is no evidence of relevant cases?
- BE CONSISTENT if necessary jot a note somewhere about how you are going to fill it in. Don't end up with 6 different types of arterial lines! Try running a summary after a couple of months does it look right? Do you need to tighten up on your entries?
- BACKUP YOUR LOGBOOK REGULARLY this is self explanatory. If you don't back it up and then it gets lost for some reason (and it does happen), no one will have any sympathy and you'll look like an idiot. It takes a couple of minutes to create a backup, do it regularly.

### COTCACCS

Screen grabs are taken from the Royal College of Anaesthetists, Anaesthetic Logbook v9.0

The labelled diagram of a blank logbook is adapted from the official logbook 'How do I enter info?' diagram