

## RCS Fellowship Scheme

Below is a Q&A session we asked RCS Fellow Rebecca Seaton to complete, together with her testimonial and a picture of her presenting cases at the MDT session during our 6<sup>th</sup> International Rectal Cancer Conference held at the Radisson Blu Hotel, Stansted, UK on 12/13 December, 2018.

What is your grade and where were you working before commencing the fellowship?	Completed general surgical training in Australia and obtained FRACS. Completed one year of colorectal fellowship in Sydney.
What were your objectives for joining the RCS fellowship programme?	To further my experience, both operative and non-operative, in the field of colorectal (specifically laparoscopic) surgery. Also to experience a different health care system in a new country.
How was the support you received from the admin team prior and during the programme?	Excellent support. Always kept informed of upcoming courses and conferences of interest.
How would you describe your experience with the clinical team and activities you undertook?	Whilst I was primarily working under my supervising consultant, there were 4 other colorectal surgeons on the unit who took me under their wings and welcomed me into their theatres and clinics. This led to a more diverse range of cases and techniques.
What benefits did it give you?	Outstanding training of a very high quality. I learned a huge amount from my supervisor in terms of technical and non-technical skills. One of the most important things I learned was how to plan an operation well, so that even the most complex of cases can be broken down into simple steps – a great framework to use for all future operations.
Would you recommend joining the ICENI Centre Fellowship Programme	Absolutely!
What are your plans for the future after the Fellowship programme finishes?	I will be moving on to a 6 month fellowship at St Mark's Hospital then I plan/hope to return to Colchester to re-join the team as a consultant.
<p><b>TESTIMONIAL:</b> I had high hopes for my fellowship at Colchester in relation to my further training in laparoscopic colorectal surgery. Having never worked in the NHS before, I wasn't quite sure what to expect though. Nothing could have prepared me for such a welcoming and supportive team. Admin staff, nurse practitioners and of course, the surgeons themselves were all dedicated to my training needs – nothing was ever too much trouble to ask of them. I would highly recommend the fellowship program to any newly qualified surgeon looking to hone their laparoscopic skills or pick up new ones whilst working in a wonderfully dynamic and embracing surgical unit.</p>	



6<sup>th</sup> International Controversies in Rectal Cancer Conference  
December 2018