

## IEMTA Survey 2020

Thank you for taking the time to complete the IEMTA 2020 Survey. This survey is for CSTEM, ASTEM and Non-Scheme Trainees working in Emergency Medicine in Ireland. On average, it will take approximately 10-12 minutes to complete.

Please complete this survey as honestly as possible. Your responses will help direct how IEMTA can best represent your views to the ICEMT, IAEM, Dept of Health and beyond as well as help shape EM Training in Ireland going forward.

**\* Required**

1. Are you currently...

*Mark only one oval.*

- ☐ CSTEM Trainee *Skip to question 2*
- ☐ ASTEM Trainee *Skip to question 42*
- ☐ Non-Scheme Trainee *Skip to question 71*

### CSTEM Survey 2020

2. What age are you? \*

*Mark only one oval.*

- ☐ 20-24
- ☐ 25-29
- ☐ 30-34
- ☐ 35-39
- ☐ >40

3. What year of training are you in? \*

*Mark only one oval.*

- ☐ CSTEM 1 *Skip to question 4*
- ☐ CSTEM 2 *Skip to question 17*
- ☐ CSTEM 3 *Skip to question 23*

### CSTEM 1

11/9/2020

IEMTA Survey 2020

4. What CSTEM Post are you currently working in? \*

Mark only one oval.

- ☐ Emergency Medicine Skip to question 5
- ☐ Orthopaedic Surgery Skip to question 11
- ☐ Plastic Surgery Skip to question 11
- ☐ Acute Medicine Skip to question 11

#### CSTEM 1/EM Post

5. In your CSTEM 1 EM Post, do you have a designated Consultant or Registrar Mentor? \*

Mark only one oval.

- ☐ Yes & we have met
- ☐ Yes but we have not met
- ☐ No
- ☐ Not sure
- ☐ I have not done an EM post as part of CSTEM yet

6. In relation to your current post, how strongly do you agree or disagree with the following statements?  
1 = Strongly Disagree, 5 = Strongly Agree \*

Mark only one oval per row.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
I feel supported by my consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel supported by other specialties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am rewarded for the quality of my efforts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my hospital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

## 7. In relation to formal departmental teaching in your current post: \*

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree or disagree/NA	Agree	Strongly agree
Teaching occurs regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by EM Consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by EM Registrars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by non-EM specialists	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is of high quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is well attended	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Covers RCEM curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helps prepare for FRCM exams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Contains critical appraisal/Journal Club	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I gain a lot from attending teaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 8. How much of your annual leave entitlement have you received/are scheduled to receive in this rotation? \*

Mark only one oval.

- ☐ All  
☐ >75%  
☐ 50-74%  
☐ <50%

## 9. How much of your educational leave entitlement have you received/are scheduled to receive in this rotation? \*

Mark only one oval.

- ☐ All  
☐ >75%  
☐ 50-74%  
☐ <50%

11/9/2020

IEMTA Survey 2020

10. Do you have any specific comments to make about your experience of this post?

---



---



---



---

*Skip to question 30*

#### CSTEM 1/Non-EM Post

11. In your CSTEM 1 Non-EM Post (Orthopaedics/Plastics/Medicine), do you have a designated consultant or registrar mentor? \*

*Mark only one oval.*

- ☐ Yes & we have met  
☐ Yes but we have not met  
☐ No  
☐ Not sure  
☐ I have not done a non-EM post as part of CSTEM yet

12. In relation to your current post, how strongly do you agree or disagree with the following statements? 1 = Strongly Disagree, 5 = Strongly Agree \*

*Mark only one oval per row.*

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
I feel supported in my department by my consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel supported by other specialties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am rewarded for the quality of my efforts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my hospital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

13. In relation to formal departmental teaching in your current post: \*

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree or disagree/NA	Agree	Strongly agree
Teaching occurs regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by Consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by Registrars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is of high quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is well attended	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Covers RCEM curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helps prepare for FRCM exams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Contains critical appraisal/Journal Club	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I gain a lot from attending teaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. How much of your annual leave entitlement have you received/are scheduled to receive in this rotation? \*

Mark only one oval.

- ☐ All  
☐ >75%  
☐ 50-74%  
☐ <50%

15. How much of your educational leave entitlement have you received/are scheduled to receive in this rotation? \*

Mark only one oval.

- ☐ All  
☐ >75%  
☐ 50-74%  
☐ <50%

11/9/2020

IEMTA Survey 2020

16. Do you have any specific comments to make about your experience of this post?

---



---



---



---

*Skip to question 30*

## CSTEM 2

17. In your CSTEM posts to date, did you have a designated consultant or registrar mentor? \*

*Mark only one oval.*

- ☐ Yes in EM only  
☐ Yes in non-EM Posts only  
☐ Yes in EM and non-EM Posts  
☐ I did not have a designated mentor in any post

18. In relation to your current post, how strongly do you agree or disagree with the following statements? 1 = Strongly Disagree, 5 = Strongly Agree \*

*Mark only one oval per row.*

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
I feel supported in my department by my consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel supported by other specialties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am rewarded for the quality of my efforts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my hospital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

19. In relation to formal departmental teaching in your current post: \*

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree or disagree/NA	Agree	Strongly agree
Teaching occurs regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by EM Consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by EM Registrars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by non-EM specialists	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is of high quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is well attended	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Covers RCEM curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helps prepare for FRCM exams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Contains critical appraisal/Journal Club	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I gain a lot from attending teaching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

20. How much of your annual leave entitlement have you received/are scheduled to receive in this rotation? \*

Mark only one oval.

- ☐ All  
☐ >75%  
☐ 50-74%  
☐ <50%

21. How much of your educational leave entitlement have you received/are scheduled to receive in this rotation? \*

Mark only one oval.

- ☐ All  
☐ >75%  
☐ 50-74%  
☐ <50%

11/9/2020

IEMTA Survey 2020

22. Do you have any specific comments to make about your experience of your current post?

---



---



---



---

*Skip to question 30*

### CSTEM 3

23. In your CSTEM posts to date, did you have a designated consultant or registrar mentor? \*

*Mark only one oval.*

- ☐ Yes in EM only  
☐ Yes in non-EM Posts only  
☐ Yes in EM and non-EM Posts  
☐ I did not have a designated mentor in any post

24. In relation to your current post, how strongly do you agree or disagree with the following statements? 1 = Strongly Disagree, 5 = Strongly Agree \*

*Mark only one oval per row.*

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
I feel supported in my department by my consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel supported by other specialties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am rewarded for the quality of my efforts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my hospital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



11/9/2020

IEMTA Survey 2020

25. In relation to formal departmental teaching in your current post: \*

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree or disagree/NA	Agree	Strongly agree
Teaching occurs regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by EM Consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by EM Registrars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by non-EM specialists	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is of high quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is well attended	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Covers RCEM curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helps prepare for FRCM exams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Contains critical appraisal/Journal Club	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My educational needs are met from my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. How much of your annual leave entitlement have you received/are scheduled to receive in this rotation? \*

Mark only one oval.

- ☐ All  
☐ >75%  
☐ 50-74%  
☐ <50%

27. How much of your educational leave entitlement have you received/are scheduled to receive in this rotation? \*

Mark only one oval.

- ☐ All  
☐ >75%  
☐ 50-74%  
☐ <50%

11/9/2020

IEMTA Survey 2020

28. Overall, do you feel that CSTEM has prepared you to work at SpR level in Emergency Medicine? \*

Mark only one oval.

- ☐ Yes  
☐ No

29. Do you have any specific comments to make about your experience of your current post?

---

---

---

---

---

Skip to question 30

## Training During CSTEM

30. Please rate the CONTENT and DELIVERY of each mandatory CSTEM workshop that you have attended to date. \*

Mark only one oval per row.

	Very Poor	Poor	Average	Good	Very Good	Have Not Attended
MSK/Injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ECG	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Airway	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ultrasound	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Procedural Sedation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
General Simulation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Airway Simulation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Team Leader Simulation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trauma Team Leader	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

31. If you have experienced difficulty in completing the CSTEM Mandatory Workshops, what were the main barriers that you have encountered?

---

---

---

---

32. Are there any workshops not currently run that you would like to see in the future?

---

---

---

---

33. Approximately how much do you spend per year on training/conferences/courses?

*Mark only one oval.*

- ☐ <€500
- ☐ €500-1000
- ☐ €1000-1500
- ☐ €1500-2000
- ☐ >€2000

*Skip to question 34*

Wellness & Wellbeing

11/9/2020

IEMTA Survey 2020

## 34. In relation to the roster in your current post: \*

*Mark only one oval per row.*

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
The roster is fair for all on the rota	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am working a reasonable number of weekends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am working a reasonable number of overnight shifts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get adequate time to recover after night duty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The roster is flexible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am working hours that align with the EWTD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

35. In relation to trainee wellbeing in your current post, please rate how strongly do you agree with the following statements - 1 = Strongly Disagree, 5= Strongly Agree

Mark only one oval per row.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Prefer not to say
My dept takes positive action on health and wellbeing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I receive praise and recognition for my efforts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dept has an inclusive working environment in which staff are encouraged to talk openly about mental health problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know where to get support if my mental wellbeing is being impacted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take sufficient breaks throughout the working day (lunch, toilet, screen breaks etc).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could/would approach my mentor/trainer if I was struggling at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am likely to seek help if I was struggling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have witnessed bullying or harassment in my workplace.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been subjected to bullying or harassment in my workplace.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt pressure to come into work from my colleagues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have come into work despite not feeling I could perform my duties.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

36. Over the last 2 weeks...

Mark only one oval per row.

	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All the time
I have felt cheerful and in good spirits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt calm and relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt active and vigorous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I woke up feeling fresh and rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My daily life has been filled with things that interest me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

37. In relation to diet and exercise, please rank the following based on the last 4 weeks.

Mark only one oval per row.

	None	Once per month	Several times per month	Several times per week	Daily
Going for a walk and getting fresh air	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing moderate exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing vigorous exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yoga and Meditation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating take-away or ready-made meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating fruit or vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Skip to question 38

Life after CSTEM

11/9/2020

IEMTA Survey 2020

38. What are your career intentions following CSTEM? \*

Mark only one oval.

- ☐ Apply for ASAT/ASTEM
- ☐ Leave CSTEM & work in EM in Ireland
- ☐ Leave CSTEM and work in EM outside of Ireland
- ☐ Leave EM and work in another specialty in Ireland
- ☐ Leave EM and work in another specialty outside of Ireland
- ☐ Other: \_\_\_\_\_

39. If you plan on leaving CSTEM, please outline your reasons why

---

---

---

---

40. How likely are you to recommend CSTEM to a colleague considering a career in Emergency Medicine? \*

Mark only one oval.

	1	2	3	4	5	
Very unlikely - I would not recommend at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very likely - I would definitely recommend

41. If you have any further comments regarding your experience of CSTEM, please leave them below.

---

---

---

---

ASTEM Survey 2020

Background

11/9/2020

IEMTA Survey 2020

42. What age are you? \*

Mark only one oval.

- ☐ 20-24
- ☐ 25-29
- ☐ 30-34
- ☐ 35-39
- ☐ >40

43. What year of SpR training are you in? \*

Mark only one oval.

- ☐ Year 1
- ☐ Year 2
- ☐ Year 3
- ☐ Year 4
- ☐ Year 5
- ☐ Special interest year
- ☐ Fellowship in Ireland
- ☐ Fellowship outside Ireland
- ☐ Taking year out

44. How many attempts did it take to get onto the SpR Scheme? \*

Mark only one oval.

- ☐ Once - straight from CSTEM
- ☐ Once - off scheme
- ☐ Twice - formerly on CSTEM
- ☐ Twice - off scheme
- ☐ Three times - formerly on CSTEM
- ☐ Three times - off scheme
- ☐ Four or more times

Skip to question 45

Practicalities of Training



11/9/2020

IEMTA Survey 2020

45. How many times are you expected to relocate (move house) during your training? \*

Mark only one oval.

- ☐ Once  
☐ Twice  
☐ Three times  
☐ Four times  
☐ Five or more times

46. Were you accommodated in training site selection and allocation to help optimize your personal and professional goals? \*

Mark only one oval.

- ☐ Yes  
☐ No  
☐ Somewhat  
☐ I didn't ask

47. Were you living separately from your partner and/or family during training? Tick all that apply. \*

Check all that apply.

- ☐ No, I am single  
☐ No, my partner/family were able to move with me  
☐ No, I commuted from a single dwelling  
☐ No, I commuted from a single dwelling and had a rented room when needed  
☐ Yes, my partner and family were unable to move with me

48. If you answered yes for above question, please tick all reasons that prevented you from moving with your partner/family. \*

Check all that apply.

- ☐ My children are in school.  
☐ It is difficult to find creche availability.  
☐ I have a mortgage.  
☐ My partner's job is not mobile.  
☐ Lack of family supports if I moved.  
☐ Not applicable

Other: ☐ \_\_\_\_\_

11/9/2020

IEMTA Survey 2020

49. Has the nature of the training (multiple sites, non sociable hours) prevented you from progressing with personal goals? Tick all that apply. \*

Check all that apply.

- ☐ Buying a house  
☐ Relationships  
☐ Starting or expanding my family  
☐ Prefer not to say

Other: ☐ \_\_\_\_\_

Skip to question 50

#### ASTEM Support

50. In your ASTEM posts to date, did you have a designated mentor? \*

Mark only one oval.

- ☐ Yes, I was assigned a mentor with each post and have met with all my mentors  
☐ Yes, I was assigned a mentor but have not met with my mentors  
☐ Yes, but only through the ASTEM mentorship programme  
☐ Yes, through the ASTEM mentorship programme, but I have not met with this mentor  
☐ No, but I have initiated contact with a mentor outside my department  
☐ No, I do not have a mentor  
☐ Other: \_\_\_\_\_

51. In relation to your current post, how strongly do you agree or disagree with the following statements? 1 = Strongly Disagree, 5 = Strongly Agree \*

Mark only one oval per row.

	Strongly disagree	Disagree	Neither disagree or agree	Agree	Strongly agree
I feel supported in my department by my consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel supported by other specialties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am rewarded for the quality of my efforts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my hospital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

52. In relation to financial support provided by the SpR Fund and Training Support Scheme: \*

*Check all that apply.*

- ☐ I am fully satisfied with the amount of financial support available to me.
- ☐ I am somewhat satisfied with the amount of financial support available to me.
- ☐ I am somewhat dissatisfied with the amount of financial support available to me.
- ☐ I am very dissatisfied with the amount of financial support available to me.

53. Approximately how much do you spend per year on training/conferences/courses?

*Mark only one oval.*

- ☐ <€500
- ☐ €500-€1000
- ☐ €1000-€1500
- ☐ €1500-€2000
- ☐ >€2000

*Skip to question 54*

Formal teaching/training

11/9/2020

IEMTA Survey 2020

54. In relation to formal departmental teaching in your current post: \*

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree or disagree/NA	Agree	Strongly agree
Teaching occurs regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by EM Consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by EM Registrars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by non-EM specialists	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is of high quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is well attended	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Covers RCEM curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helps prepare for FRCM exams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Contains critical appraisal/Journal Club	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My educational needs are met from my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

55. In relation to formal training days provided by ASTEM, please rate: \*

Mark only one oval per row.

	N/A	Poor	Hit or Miss	Satisfactory	Good	Excellent
Human Factors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Research and Methodology	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Airway Simulation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trauma Team Lead Simulation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
MASCOT	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adare Meeting - Train the Trainer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Monthly Spr Days	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

56. In relation to protected training time (PTT) in my current post (SpR days, non-clinical days) \*

Mark only one oval.

- ☐ I receive my full complement of PTT  
☐ I receive some of my PTT  
☐ I receive most of my PTT if I make swaps in the rota myself  
☐ I receive little of my PTT  
☐ I receive none of my PTT

57. What is your exposure to EM sub-specialties during your training? \*

Mark only one oval per row.

	I have no exposure	I have some exposure outside of ASTEM only	I have some exposure within ASTEM	I have plenty of exposure within ASTEM
Toxicology	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Paediatric EM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pre-hospital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ultrasound	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Simulation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trauma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Geriatric EM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Critical Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Research	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wilderness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disaster Medicine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

58. In relation to FRCM exams: \*

Mark only one oval per row.

	Strongly disagree	Disagree	Neither disagree or agree	Agree	Strongly Agree
I have adequate study leave to prepare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am provided practical support by my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am provided practical support by ASTEM study days	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ASTEM provides adequate monetary support to attend preparation courses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are adequate resources available to prepare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

59. Overall, the training / support I gained from my current post: \*

Mark only one oval.

	1	2	3	4	5
I gained very little from this post	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I gained a great deal from this post					

Skip to question 60

Wellness and Wellbeing

11/9/2020

IEMTA Survey 2020

60. In relation to the roster in your current post: \*

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
The roster is fair for all on the rota	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been allotted all of my annual leave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been allotted all of my education leave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am working a reasonable number of weekends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am working a reasonable number of overnight shifts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get adequate time to recover after night duty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The roster is flexible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am working hours that align with the EWTD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

61. In relation to trainee wellbeing in your current post, please rate how strongly do you agree with the following statements - 1 = Strongly Disagree, 5= Strongly Agree

Mark only one oval per row.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Prefer not to say
My dept takes positive action on health and wellbeing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I receive praise and recognition for my efforts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dept has an inclusive working environment in which staff are encouraged to talk openly about mental health problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know where to get support if my mental wellbeing is being impacted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take sufficient breaks throughout the working day (lunch, toilet, screen breaks etc).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could/would approach my mentor/trainer if I was struggling at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am likely to seek help if I was struggling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have witnessed bullying or harassment in my workplace.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been subjected to bullying or harassment in my workplace.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt pressure to come into work from my colleagues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have come into work despite not feeling I could perform my duties.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



11/9/2020

IEMTA Survey 2020

62. Since starting your current post...

*Mark only one oval per row.*

	None of the time	Some of the time	More than half of the time	All the time	Prefer not to say
I have felt cheerful and in good spirits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt calm and relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt active and vigorous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wake up feeling fresh and rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My daily life has been filled with things that interest me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

63. In relation to diet and exercise, how often have you partook in the following activity, in the previous 4 weeks.

*Mark only one oval per row.*

	None	Once a month	Several times a month	Several times per week	Daily
Going for a walk and getting fresh air	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing moderate exercise (hiking, brisk walking, handy cycling)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing vigorous exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yoga and Meditation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating take-away or ready-made meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating fruit and vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*Skip to question 64*

Post CCST

11/9/2020

IEMTA Survey 2020

64. In terms of Fellowship options in Ireland, check all that apply. \*

*Check all that apply.*

- ☐ I plan on completing a Fellowship in Ireland
- ☐ I plan on completing a Fellowship outside of Ireland
- ☐ I do not believe there are enough Fellowship options in Ireland
- ☐ I am unaware of my Fellowship options in Ireland
- ☐ I do not believe I will gain from a Fellowship in Ireland
- ☐ I do not plan on completing a Fellowship
- ☐ I have not given this much thought

Other: ☐ \_\_\_\_\_

65. After completion of ASTEM, I plan/hope to: \*

*Mark only one oval.*

- ☐ Take up a consultancy post in Ireland
- ☐ Take up a consultancy post in the UK
- ☐ Take up a consultancy post outside the Ireland/UK
- ☐ Leave clinical Emergency Medicine for other medical specialty
- ☐ Do a Masters or PHD
- ☐ Leave Medicine altogether
- ☐ Other: \_\_\_\_\_

66. In relation to public vs private consultancy work: \*

*Mark only one oval.*

- ☐ I hope to stay working for the HSE - fully public
- ☐ I hope to stay working for the HSE if Consultant salaries/packages improve
- ☐ I hope to have a mixed practice of public and private
- ☐ I hope to leave the HSE and find private work
- ☐ I prefer not to say

11/9/2020

IEMTA Survey 2020

67. If considering leaving the HSE/public sector, reasons include, check all that apply: \*

*Check all that apply.*

- ☐ Consultant contracts - salary, terms and conditions
- ☐ Availability of consultant posts in areas where I want to work /live
- ☐ Availability of consultant posts in general
- ☐ Better contract packages elsewhere
- ☐ Personal reasons
- ☐ Poor working environment/conditions
- ☐ The HSE
- ☐ Not applicable - will remain working in public sector regardless

Other: ☐ \_\_\_\_\_

*Skip to question 68*

## Your Feedback Matters

68. How likely are you to recommend ASTEM to a colleague considering a career in Emergency Medicine? \*

*Mark only one oval.*

	1	2	3	4	5	
Very unlikely - I would not recommend at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very likely - I would definitely recommend

69. If you have any further comments regarding your experience in ASTEM, please leave them below.

---

---

---

---

70. If you have any suggestions as to how IEMTA can help improve your training, please comment below.

---

---

---

---

Non-Scheme Trainee Survey 2020

11/9/2020

IEMTA Survey 2020

71. What age are you? \*

Mark only one oval.

- ☐ 20-24  
☐ 25-29  
☐ 30-34  
☐ 35-39  
☐ >40

72. What is your grade?

Mark only one oval.

- ☐ SHO  
☐ Registrar  
☐ Senior Registrar  
☐ Other: \_\_\_\_\_

73. Did you attend medical school in Ireland?

Mark only one oval.

- ☐ Yes  
☐ No

74. If the answer is no, where did you study? \*

Mark only one oval.

- ☐ I studied in Ireland  
☐ United Kingdom / Europe - EU  
☐ Europe - non-EU  
☐ Middle East  
☐ North America  
☐ Asia  
☐ Africa  
☐ South America  
☐ Australia /New Zealand  
☐ Other: \_\_\_\_\_

11/9/2020

IEMTA Survey 2020

75. How many years of clinical training did you have before starting work in Ireland? \*

*Mark only one oval.*

- ☐ None - Ireland is first place of employment
- ☐ 1- 3 years
- ☐ 4-6 years
- ☐ 7-10 years
- ☐ Greater than 10 years

76. How long are you in a non-training job in Ireland?

*Mark only one oval.*

- ☐ < 1 year
- ☐ 1-3 years
- ☐ 4-6 years
- ☐ 7-10 years
- ☐ More than 10 years

*Skip to question 77*

**Your Current Post**

77. How long are you working in your current post?

*Mark only one oval.*

- ☐ < 1 year
- ☐ 1-2 years
- ☐ 3-4 years
- ☐ More than 5 years

11/9/2020

IEMTA Survey 2020

78. In relation to your current post, how strongly do you agree or disagree with the following statements? 1 = Strongly Disagree, 5 = Strongly Agree \*

Mark only one oval per row.

	Strongly disagree	Disagree	Neither disagree or agree	Agree	Strongly agree
I feel supported in my department by my consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel supported by other specialties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am rewarded for the quality of my efforts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am valued by my hospital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

79. Are you currently in a full time job?

Mark only one oval.

- ☐ Yes  
☐ No  
☐ Locum

80. Do you have a mentor/trainer in ED?

Mark only one oval.

- ☐ Yes  
☐ No

81. Do you have regular meetings with your mentor to discuss the plan/progression for your post?

Mark only one oval.

- ☐ Yes  
☐ No  
☐ Not Applicable

Skip to question 82

Teaching, training and CPD

11/9/2020

IEMTA Survey 2020

82. In relation to formal departmental teaching in your current post: \*

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree or disagree/NA	Agree	Strongly agree
Teaching occurs regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by EM Consultants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by EM Registrars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided by non-EM specialists	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is of high quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is well attended	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Covers RCEM curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helps prepare for FRCM exams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Contains critical appraisal/Journal Club	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My educational needs are met from my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

83. How frequently are you involved in delivering teaching?

Mark only one oval.

- ☐ Never
- ☐ Once or twice annually
- ☐ 3-6 times annually
- ☐ Once monthly
- ☐ More than once monthly

11/9/2020

IEMTA Survey 2020

84. Approximately how much do you spend per year on training/conferences/courses?

*Mark only one oval.*

- ☐ <€500  
☐ €500 - €1000  
☐ €1000 - €1500  
☐ €1500 - €2000  
☐ >€2000

85. How do you achieve your CPD points requirement annually?

*Check all that apply.*

- ☐ CPDSS Registration  
☐ Attend Study Days  
☐ Attend courses or conferences in Ireland  
☐ Attend courses or conferences in the UK

86. Do you have research opportunities while working as a non-trainee?

*Mark only one oval.*

- ☐ Yes  
☐ No

87. Do you have audit opportunities while working as a non-trainee?

*Mark only one oval.*

- ☐ Yes  
☐ No

88. Would it be easier to be involved in research and audit if you were a trainee?

*Mark only one oval.*

- ☐ Yes  
☐ No

*Skip to question 89*

Wellness and Wellbeing



11/9/2020

IEMTA Survey 2020

89. In relation to the roster in your current post: \*

*Mark only one oval per row.*

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
The roster is fair for all on the rota	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been allotted all of my annual leave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been allotted all of my educational leave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am working a reasonable number of weekends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am working a reasonable number of overnight shifts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get adequate time to recover after night duty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The roster is flexible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am working hours that align with the EWTD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

90. In relation to trainee wellbeing in your current post, please rate how strongly do you agree with the following statements - 1 = Strongly Disagree, 5= Strongly Agree

Mark only one oval per row.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Prefer not to say
My dept takes positive action on health and wellbeing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I receive praise and recognition for my efforts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My dept has an inclusive working environment in which staff are encouraged to talk openly about mental health problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know where to get support if my mental wellbeing is being impacted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take sufficient breaks throughout the working day (lunch, toilet, screen breaks etc).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could/would approach my mentor/trainer if I was struggling at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am likely to seek help if I was struggling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have witnessed bullying or harassment in my workplace.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been subjected to bullying or harassment in my workplace.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt pressure to come into work from my colleagues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have come into work despite not feeling I could perform my duties.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11/9/2020

IEMTA Survey 2020

91. Over the last 2 weeks...

Mark only one oval per row.

	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All the time
I have felt cheerful and in good spirits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt calm and relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt active and vigorous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I woke up feeling fresh and rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My daily life has been filled with things that interest me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

92. In relation to diet and exercise, please rank the following based on the last 4 weeks.

Mark only one oval per row.

	None	Once per month	Several times per month	Several times per week	Daily
Going for a walk and getting fresh air	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing moderate exercise (hiking, brisk walking, handy cycling)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing vigorous exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yoga and Meditation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating take-away or ready-made meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating fruit or vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Skip to question 93

Your Future

11/9/2020

IEMTA Survey 2020

93. Are you planning to apply for a training post in Ireland?

*Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ I have applied in the past but have not been successful

94. If not, please state why? Click all that apply.

*Check all that apply.*

- ☐ I'm not eligible to apply for a training programme
- ☐ I have applied before in the past and was not successful
- ☐ I am non EU and this has proved to be a barrier
- ☐ I do not feel well supported as an Emergency doctor
- ☐ Better training opportunities outside Ireland
- ☐ Shorter length of training outside of Ireland
- ☐ Poor work life balance
- ☐ Difficult working environments
- ☐ Negative interactions with colleagues
- ☐ Financial reasons
- ☐ Less relocation on alternate training scheme

Other: ☐ \_\_\_\_\_

95. Have you considered/discussed an alternative training pathway in Ireland? \*

*Mark only one oval.*

- ☐ Yes - CESR
- ☐ Yes - other
- ☐ No

11/9/2020

IEMTA Survey 2020

96. If considering staying in Ireland as a non-trainee in Emergency Medicine, please rank how important these factors are in keeping you in the specialty:

Mark only one oval per row.

	Not important	Somewhat important	Very important	Essential
Salary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A robust CPD programme	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mentorship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Life work balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to progress in training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exam support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Research support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practical Training days	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

97. Do you think that you get enough support for progression in your career?

Mark only one oval.

- ☐ Yes  
☐ No

98. If leaving Ireland for further training / work opportunities, please click where: \*

Mark only one oval.

- ☐ United Kingdom  
☐ Canada /USA  
☐ Middle East  
☐ Australia/New Zealand  
☐ Europe  
☐ Other: \_\_\_\_\_

Skip to question 99

Your Feedback Matters

11/9/2020

IEMTA Survey 2020

99. IEMTA would like to hear from you, please leave any further comments in this section.

---

---

---

---

---

This content is neither created nor endorsed by Google.

Google Forms