



Association for Palliative Medicine

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A Day in the Life of the Juniors Committee Chair

My work on the APM Juniors committee started back in 2021 as a final year medical student. This was initially as the education coordinator, and more recently as the committee chair. In this time, I have had the opportunity to work alongside so many brilliant and inspirational colleagues to represent junior doctors and medical students interested in palliative care.

A key part of my current role as committee chair is working closely with the other committee members to develop opportunities to meet the needs of our members. Some of the things we have been working on recently include webinars focusing on research, communication skills, careers in palliative medicine, along with the development of our APM Juniors newsletter. Being able to collaborate on projects and see the plans come to fruition is a really rewarding aspect of the role. The experience I gained in another committee role prior to becoming the chair has provided me with a greater understanding of the APM and its process, which has been helpful in guiding new committee members in carrying out their roles. Despite this, if there is ever anything I remain unsure about, there is always a friendly face within the APM to ask.

For anyone considering applying to be a member on the juniors committee, I would really recommend it. Being part of the committee means having the opportunity to work with some wonderful like-minded junior colleagues also interested in palliative care. It has also given me a highly appreciated regular dose of palliative medicine whilst I work towards palliative medicine specialty training. Given we are all junior doctors, often with busy rotas and upcoming exams to work around, we have a lot of flexibility in our committee in terms of the timings of our meetings and sharing of the workload.

If anyone is thinking about applying to join the juniors committee or feel there are other ways in which we could be meeting your educational needs, please do get in touch at office@compleat-online.co.uk.