



A WORD FROM THOMAS LEE

APMJ communications coordinator

Welcome to the November issue of the APM Juniors Newsletter!

This month we're unveiling our new Instagram page so feel free to follow us and get involved!

Palliative medicine is all about connecting to people and using our social media platforms we want to share resources, seminars and opportunities about what a fantastic specialty palliative care is.

Whilst we already have a presence on both Facebook and X, as our group is continuing to expand we want to connect with our members in as many ways as possible.



We want to hear from you, so let us know what you think. We're always looking for more people to get involved, be it contributing to the newsletters, engaging with our seminars or courses.

As always if there's a type of content that you'd like to see let us know - your feedback is so important to us and drives us to build upon our incredibly supportive community even further!

Whether you're a medical student curious about the specialty, a trainee applying to the specialty or simply want to know more about palliative care all are welcome!

Search for apmjuniors on Instagram and follow us.

Looking forward to seeing you there!

Follow us



<https://twitter.com/APMJuniors>



<https://www.instagram.com/apmjuniors/>



<https://www.facebook.com/APMJuniors/>



submissions.apmj@gmail.com

APM Junior Conference 2023

NEW FRONTIERS IN PALLIATIVE CARE

SATURDAY
18 NOVEMBER

09:00 - 17:00

www.apmeducationhub.org



Join us at our

APM JUNIOR CONFERENCE 2023

Registration now open here

Speakers

Henry Marsh
Caroline Shulman
Kathryn Almack
Siobhan Fox
Sabrina Bajwa
Rosie Weir
Fiona Wiseman
Yakubu Salifu
Poorni Jaganathan
Arjun Kingdon
Victoria Cox
Dying at Home
Stories 4 Life
No Barriers Here

Fees

Medical students £8
APM members £12
Non-member junior doctors £16



RESEARCH IN PALLIATIVE MEDICINE

BY DR RACHEL DAVIES

My name is Rachel and I am the APM Trainees Research and Ethics Rep. I am ST3 Palliative Medicine in Wessex Deanery (old curriculum still) and am 'Out of Programme for Research' (OOPR) doing a PhD at The University of Bristol. I love my job as it combines research, which I love, and some clinical work. I also work part time around family life. I'm sharing here some information about how research can be part of a career in palliative medicine and how I have made that journey so far. Please reach out to me if you are interested in combining research or academia with palliative medicine and I am very happy to chat!



The world of palliative medicine research is very exciting. It combines so many different areas and research methods and gets attention from researchers from all sorts of backgrounds (medicine, sociology, epidemiology, nursing to name but a few within the wider field of 'End of Life' research). Within your careers you may choose to take a big interest in research, and make it a significant part of your job, or choose to take a small role in big projects or a big role in small projects. The possibilities are vast but it can seem daunting when you don't know where to start! It's sensible to open your eyes to research early though, as there are some research requirements within the specialty training curriculum.

How can we combine research/ academia and palliative medicine early on in our careers?

One option is the Academic Clinical Fellowship programme which involves 75% clinical and 25% academic training (Integrated Academic Training | NIHR). These posts are specialty specific but may be commenced at IMT1 level (so you do IMT within the academic post).



Another option is to undertake a research qualification outside of academic training such as a Masters or a PhD. A Masters often has formal teaching/ training whereas a PhD generally involves doing your own larger research project. You generally pay fees to do a Masters, PhDs can be funded which covers your fees and research costs and a salary to you (the amount this is varies a lot). You can apply to take time out of your training programme (OOP) to do research.

There are also options for getting involved with other peoples projects such as via the UK Palliative Trainees Research Collaborative or via research active members of your local department. Presenting audits and quality improvement projects is great practice and looks better on your CV than just having done the project.

My research journey

I intercalated in Bioethics and Law while I was at medical school and really enjoyed the different way of thinking and writing. I knew I wanted to do more ethics work, while not knowing what specialty I wanted to pursue, so took a year out of training between foundation and core training to undertake a masters degree in Bioethics and Society. I really enjoyed the masters and met some like minded people (some doctors, some not and none palliative medicine) who I have continued to be inspired and motivated by. The masters helped develop my interest in complex clinical decision making and I knew I wanted to do a PhD at some stage. I decided around a year after returning to core training that I wanted to do palliative medicine.

An important part of thinking about a PhD is who you want to do it with, and where. If you are considering doing one it helps to reach out to academics at Universities you're interested in to discuss what sort of project you might like to do. Getting a place at a University is fairly straightforward but applying for funding is more arduous and may take several attempts. I was successful on my third attempt, but overall I feel sure that the time I spent applying was worth it. Most funding streams want a project idea, a supervisor/ mentor at a University can help you develop one.



An important part of thinking about a PhD is who you want to do it with, and where. If you are considering doing one it helps to reach out to academics at Universities you're interested in to discuss what sort of project you might like to do. Getting a place at a University is fairly straightforward but applying for funding is more arduous and may take several attempts. I was successful on my third attempt, but overall I feel sure that the time I spent applying was worth it. Most funding streams want a project idea, a supervisor/ mentor at a University can help you develop one.

I am now one year in to my PhD looking at how clinicians make decisions about hospital admissions for people towards the end of life. I am particularly interested in ethical aspects of their decisions. It's a purely qualitative study using ethnographic observation. I love the flexibility of my life while I am out of programme doing research: I am part time (little kids) and do one day clinical and three days academic. I do a small amount of teaching ethics to medical students.

If you would like any advice or support on getting into research in some way please get in touch! Rachel.davies@doctors.org.uk



TAKING YOUR FIRST STEP IN PALLIATIVE MEDICINE RESEARCH

APM/ PCRS Research Directory

Contact details of palliative care research institutions and representatives in order to improve access for clinician and students in accessing information about local palliative research centres

<https://apmeducationhub.org/wp-content/uploads/2023/06/Palliative-Care-Network-April-2023.pdf>

A webinar on A Career in Academic Palliative Medicine

Check-out this recording of the APMJ webinar from 2022 which aims to inspire and equip junior doctors and medical students interested in pursuing a career in academic palliative medicine

Link: <https://vimeo.com/681785254>

Password: 576fyln0RHZJAYhY



UPCOMING EVENTS

18th November 2023

APM Juniors Conference

<https://apmeducationhub.org/events/apmj-conf-23/>

23rd November 2023

Part I - Technology and Innovation in Palliative Care - Virtual Study Series

<https://apmeducationhub.org/events/part-1-sas-study-series-2023/>

5th December 2023

Part II - Technology and Innovation in Palliative Care - Virtual Study Series

<https://apmeducationhub.org/events/part-2-sas-study-series-2023/>

January 2024

Virtual Ethics Course

<https://apmeducationhub.org/events/virtual-ethics-january-2024/>

21st & 22nd March 2024

Palliative Care Congress

<https://pccongress.org.uk/>



OTHER OPPORTUNITIES

Medical Student Rep

The APM juniors committee to recruit medical school representatives from each of the UKs medical schools. This is a role that would involve spreading awareness amongst medical students of the APM juniors and its opportunities. The role would include:

- Promotion of the APM including membership, events, and educational opportunities
- Stimulating interest and awareness of palliative medicine as a specialty
- The opportunity to take part in a national network of medical students interested in palliative medicine
- Gathering feedback from medical students regarding educational needs
- Helping recruit a new member for the role following your graduation

If you are a medical student and this is something you would be interested in, please contact Dr Angus Grant, APM Juniors Chair, at angus.grant1@nhs.net

APM Juniors Survey

We want to better understand what you want from an APM Juniors membership and would appreciate your feedback via this survey. It should take no longer than 10 minutes.

<https://docs.google.com/forms/d/e/1FAIpQLSdne2yTuwoZsrMljpn3u1C39qkRgEzLz5orrbiWi2UH1HfWmw/viewform?pli=1>

USEFUL RESOURCES

APM/ PCRS Research directory

<https://apmeducationhub.org/wp-content/uploads/2023/06/Palliative-Care-Network-April-2023.pdf>

e-ELCA

https://portal.e-lfh.org.uk/myElearning/Index?HierarchyId=0_29&programmeld=29

Palliative Medicine Curriculum

<https://www.jrcptb.org.uk/sites/default/files/Palliative%20Medicine%202022%20curriculum%20FINAL.pdf>