Association for Palliative Medicine
Of Great Britain and Ireland

Jaunuary
2024

APM Juniors Newsletter

A WORD FROM DR ELEANOR HENDICOTT

APMJ Secretary

Welcome to the first newsletter of 2024! Hope you've all had a lovely time over the festive period.

The APMJ 2023 events calendar ended on a high with our annual conference, which is reflected upon later in this issue. A big thank you to the organising committee for another thought provoking day. The event sadly marked the end of Francis Jasiewicz's role as conference co-ordinator, but we are excited to welcome Alex Fox into the committee!

There are plenty of other opportunities to get involved with the APMJ, whether showcasing work here in the newsletter, attending our events (please see below for upcoming dates) or joining the committee. Applications are currently open to APMJ members for a medical student representative, a new role that aims to strengthen our relationship and involvement with medical schools and students.

As always, if there is anything you'd like to see from the APMJ, please do not hesitate to get in contact!

If you missed the 2023 APMJ conference in November and still wishes to catch up. The good news is there is still recording only tickets available till the end of this month.

Check them out here https://apmeducationhub.org/events/apmj-conf-23-667/

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submissions.apmj@gmail.com

Webinar

PALLIATIVE CARE RESEARCH: WHY IT MATTERS, AND WHY YOU SHOULD DO IT

TUESDAY 27 FEBRUARY 2024 | 18:00 - 19:30

Scan to Book

www.apmeducationhub.org

Webinar Series

COMMUNICATION IN PALLIATIVE CARE WEBINAR SERIES

This series will be in 3 parts and you can book for 1, 2 or all 3 sessions.
This event is **FREE** to attend.

WEDNESDAY 17 APRIL 2024
WEDNESDAY 1 MAY 2024
WEDNESDAY 15 MAY 2024

19:00 - 20:30

www.apmeducationhub.org

RESEARCH OF THE MONTH

FAMILY-CENTTRED CANCER CARE

https://www.ulster.ac.uk/research/topic/nursing-and-health/caring-for-people-with-complex-needs/research-themes/cancer/family-centred-cancer-care

Originated fourteen years-ago, 'family-centred cancer care' is a programme of work at Ulster University that aims to support families impacted by parental cancer. Since 2017, the research team have been exploring how best to support families when sadly a parent's cancer becomes incurable, and death is the expected outcome. The team have conducted in-depth qualitative studies with parents who are at end of life, bereaved parents, health and social care professionals and funeral directors to better understand the challenges and needs of these families across the last 12-months of life. These studies have been published in peer-reviewed academic journals (Hanna et al., 2019; 2021; 2022; McCaughan et al., 2021; Semple et al., 2021; 2022).

Informed by the team's research studies, they developed and facilitated face-to-face training training for health and social care professionals, entitled 'nuts and bolts of how healthcare teams can support families when a mum or dad is at end of life with cancer'. This training was delivered in healthcare settings between 2021 and 2023.

To promote sustainability in the provision of this training, the research team have recently adapted and optimised this face-to-face training to an eLearning resource. The resource is now freely available for all health and social care professionals who are involved in the cancer of families impacted by cancer at end of life.

RESEARCH OF THE MONTH

Why should I consider taking part?

Many families want and need advice and guidance on how best to prepare children for the death of an adult. Many children are not prepared for this end of life experience and are more likely to struggle in bereavement and later life.

This resource will equip you to have these important end of life conversations. It includes:
- an easy to use, step-by-step communication framework for starting end of life conversations,
- short educational video resources roleplaying how to have significant conversations with adults at end of life.

As a health and social care professional, you are in an ideal position to provide this important aspect of family-centred cancer care.

What will I have to do?

- Complete a short before and after training survey.
- Complete a 40-minute evidence-based eLearning resource.

How do I access the resource:

Register a free account to access the resource at:
https://learningplatform.thepalliativehub.com/login/index.php

If you have any questions please contact a member of the research team:
Dr. Jeff Hanna j.hanna@ulster.ac.uk
Prof Cherith Semple c.semple@ulster.ac.uk

ARTICLE OF THE MONTH- A REFLECTION ON THE APMJ CONFERENCE

NEW FRONTIERS IN PALLIATIVE CARE

18th November 2023 marked the 10th annual APMJ conference.

In an ageing society that is ever-inclusive, the provision of palliative care and addressing the increasingly complex needs of patients has become that bit harder. As physicians of the future, and specifically within palliative medicine, we, the APMJ conference committee, felt it was important to find ways of highlighting how palliative medicine can be provided and adapted to reach those less represented within our communities, as well as addressing the toll it can take on us as care-givers, and how we can protect our well-being in the process.

With recent changes in the shape of training, and with feedback from previous years, the first obvious choice was to offer information to the palliative medicine doctors of the future on how training has changed in reaction to the increasingly complex needs of the ageing population. With presentations on applications, to interviews, life in academia, and what it is ultimately like to be a palliative medicine consultant, we journeyed through the path of a trainee and were given an insight into how the change in training has been necessary and how we can adapt to it whilst still providing good palliative care.

A voice was given to highlight the ongoing work required to appropriately address the often unmet needs of members of the LGBTQ+ community at the end of life. Hearing accounts from patients through Dr Kathryn Almack demonstrated that there is still a lot of progress to be made within healthcare to ensure inclusivity for the LGBTQ+ community, and importantly, “an absence of discrimination is not equality”.

“A home provides roots, identity, a sense of belonging and a place of emotional well-being. Homelessness is about the loss of all these things.” (Crisis). Dr Caroline Shulman spoke about her work on understanding what is needed to improve palliative care for people affected by homelessness. Further gaps in the provision of palliative care in resource-poor settings, particularly in Ghana as described by Dr Yakubu Salifu, and patients from ethnic minority groups by Dr Sabrina Bajwah, highlighted the growing need for a move from equality to equity in delivering healthcare, particularly to minority groups.

Patients receiving palliative care are amongst the most vulnerable in our society. Add to that the fact that a patient is homeless, is a member of the LGBTQ+ community or comes from an ethnic minority group. They are amongst the most vulnerable themselves, and arguably, are in most need of our care when the time comes. Our conference gave a platform to exhibit the great work ongoing in order to provide this, but much more work is needed to close that gap.

Palliative care, whilst being one of the most traditionally “caring” specialities, can come with its own issues. Dr Rosie Weir, a palliative medicine registrar in Northern Ireland, took us through a condensed workshop about trauma stewardship and how we can create space for other’s hardships whilst not assuming that pain as our own. This was, for me, one of the most thought-provoking sessions of the day and one which I feel we could likely all relate to given the rising pressures in healthcare in recent years. (You know you’ve done something right when you leave your audience wanting more!)

A popular issue, and one with which there is uncertainty particularly amongst the non-specialist population, is that of assisted hydration at the end of life, one of our breakout sessions delivered by Dr Arjun Kingdon. The complexity of assisted dying and Dr Kingdon’s work in summarising the evidence available highlighted the importance of good communication with patients and families, whilst having patience and consideration for each individual’s situation and cultural background and took away some of the misconceptions surrounding the topic..

Our keynote speaker this year was Sir Henry Marsh, renowned neurosurgeon-turned-author, who had his own personal patient journey to share with us, giving us an insight into what it's like to be "on the other side" and his views on assisted dying. Whilst somewhat a controversial and divisive topic, he offered an alternative view and food for thought on something that is a particularly pertinent topic for the palliative care community and one which we may come to face in the near future, and so discussions about assisted dying are necessary, whatever your thoughts may be.

Finally, a few points / reflections to end on:

- Organising a conference, albeit virtually, is no mean feat, but with a seasoned pro in Dr Francis Jasiewicz we were off to a good start. After being the chair of the APMJ conference committee for 3 years, we wish him well in his future and are sure we will see plenty more from him within the palliative medicine community in the years ahead.

- You may think you are prepared, but when it comes to technology, anything can happen!

- Despite perceived societal improvements in equality and acceptance of those more vulnerable and from less well-represented groups, there is a still a lot of work to be done to ensure the provision of adequate palliative care to these patients, with a move from equality, to equity in its provision.

- In a world where we are currently witnesses to daily suffering on our screens and in the media, as well as in our day-to-day work, it is important now more than ever to be stewards of trauma for ourselves so that we can provide the best care possible to our patients.

I feel invigorated after that conference and the range of topics and inspiring speakers who we were lucky to listen to. Thank goodness, because there is a lot of work to be done!

Dr Amy Jones, IMT3, Belfast

UPCOMING EVENTS

27th Februrary 2024

Palliative Care Research: Why it matters, and why you should do it

https://apmeducationhub.org/events/palliative-care-research-why-it-matters-and-why-you-should-do-it/

17th April 2024

Communication in Palliative Care Webinar Series - Session 1 - Introducing Dying

https://apmeducationhub.org/events/communication-session-1/

21st & 22nd March 2024

Palliative Care Congress

https://pccongress.org.uk/

23rd April 2024

Postgraduate SIF - Annual Conference

https://apmeducationhub.org/events/2023-postgraduate-sif-annual-conference/

1st May 2024

Communication in Palliative Care Webinar Series - Session 2 - Skills Workshop in Advance Care Planning Communication

https://apmeducationhub.org/events/communication-session-2/

15th May 2024

Communication in Palliative Care Webinar Series - Session 3 - Specific Palliative Care Scenarios

https://apmeducationhub.org/events/communication-session-3/

USEFUL RESOURCES

APM/ PCRS Research directory
https://apmeducationhub.org/wp-content/uploads/2023/06/Palliative-Care-Network-April-2023.pdf

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

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

VACANCY

APMJ Medical Student Representative
We are looking to recruit a medical student representative to join our committee!

Your role will mainly include
- To help recruit a medical student from each medical school to act as an APM liaison.
- To communicate with medical schools and medical school liaisons to raise awareness of the APM and its educational opportunities.
- To aid in the development of resources and educational content for medical students interested in palliative care.

Find out more the role here https://apmonline.org/vacancies/
Deadline: 2 February 2024 at 09:00

OTHER OPPORTUNITIES

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/1FAIpQLSdne2yTuwoZsrMIjpn3u1C39qkRgEzLz5orrbiWi2UH1HfWmw/viewform?pli=1

Marie Curie Survey

In 2014, Marie Curie worked with the James Lind Alliance and a number of funding partners and stakeholders to identify and prioritise research questions relevant to palliative and end of life care in the Palliative and End of Life Care Priority Setting Partnership with the James Lind Alliance. In 2015, we published the report with a top 10 of research priorities for the field: https://healthopenresearch.org/documents/2-14.

In the years since 2015, we have funded research addressing the top 10 and other priorities and the priorities have also informed research calls by the NIHR.

We are now repeating the project to refresh the priorities, and again ensure that priorities in palliative and end of life care research are informed and prioritised by patients, carers and health and social care professionals, the people the research will ultimately benefit:.

The link to the survey is on the project website, which also contains more information about the project, a guide to support promotion and a list of supporting organisations: https://palliativecarepsp.wordpress.com/