



From the Editor

Welcome to the September APMJ newsletter, I hope everyone is settling well into their new roles.

This month we have some new committee members including Kate who is our new conference coordinator. The AMPJ conference will be on Sunday 17th November. The theme will be palliative care for everyone in every setting, so we'd love to hear from people who have worked within different cultural settings or groups within the UK.

We wanted to highlight a resource page on 'Palliative Care for FY1s' including webinars on symptom control, guidelines and general advice for those starting their careers. Palliative care is an essential skill for all doctors and sometimes new doctors, who tend to be on the ward most, utilise these skills very early in their careers.

We're highlighting some surveys and we'd be very grateful for our members' input. We also invite you to join the APM general meeting on 19th September to have your say on changes to the APM's governance structure.

We've welcomed some new committee members recently and Ishbel, our new research coordinator has highlighted some interesting research for us.

If you have any thoughts on anything mentioned in the newsletter, or would like to submit an article or reflection to us, please get in touch!

A WORD FROM DR KATE GEOGHEGAN

APMJ Conference Coordinator

I am an IMT3 currently based in portsmouth and am excited for a future in palliative care. I have been involved in previous conferences including last years APMJ conference and am thrilled to take on this leadership role. I live with my husband and two cats & my current favourite hobby is beach yoga.



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Survey on Prolonged Disorders of Consciousness (PDOC)

Dr Anton Pick, Consultant in Rehabilitation Medicine

Dr Mary Miller, Consultant in Palliative Medicine

Following the publication of the Royal College of Physicians guidance in 2020, more clinicians in palliative medicine have been involved in the care of patients with a diagnosis of PDOC.

There is now more experience to inform the forthcoming review of the guidance. Thank you for adding your clinical insights.

The survey was developed in collaboration with neurorehabilitation colleagues, palliative medicine clinicians, the neurological Special Interest Forum (NeuroSIF) and experts in the field.

There are 42 questions. We estimate that the questionnaire takes 10 - 15 minutes to complete. Thank you for your time.

Prolonged Disorders of Consciousness Survey

Learning will be disseminated. If you would like to receive a copy of the collated results please email Mary.miller@ouh.nhs.uk or Anton.pick@ouh.nhs.uk

Palliative Care Resources for FY1s

This new page contains webinars and resources to help newly graduated medical students feel prepared to provide palliative and end-of-life care as foundation doctors.

<https://apmeducationhub.org/palliative-care-for-fy1s/>



APM Notice of General Meeting

The APM has embarked on a governance and structure review, and in order to move forwards with this, input from members is needed.

To agree our amended articles we (the APM Officers) are convening a virtual general meeting (under Article 15 of the APM Articles of Association) of our members to be held on 19 September 2024 to vote on the following special resolution:

The APM membership is asked to approve and adopt the amended Articles of Association which can be found [here](#), with all changes highlighted in red.

There is an [additional document](#) outlining the rationale behind the proposed changes.

Please register your attendance [here](#)

If you are unable to attend, you have a right to vote by proxy at the meeting. If you wish to appoint a proxy please complete this [short form](#).

Submissions for the 2024 Undergraduate Essay Prize are now open!

Entries for this year are invited to answer the following question 'Palliative care can be called the "heaven for the few": how can we improve access to good palliative care?'

If you are interested in submitting a piece of work and to be in with a chance of winning the top prize of £250, please visit the links below for more information.

[Undergraduate Essay Prize 2024 Rules](#)

[Undergraduate Essay Prize 2024 Entry Form](#)

The deadline for submissions is the 29th November 2024.

Good Luck!



RESEARCH OF THE MONTH

INTERESTING RESEARCH - SEPTEMBER 2024

Ishbel, the new research coordinator for the APMJ has compiled a summary of some recent interesting research.

A study funded by Marie Curie, Time to Care, collected nationally representative end of life experiences in a survey in England and Wales. This was produced by Kings College London's Cicely Saunders institute, Hull York Medical School at the University of Hull and the University of Cambridge. The results from the study have been published and are available here:

<https://www.mariecurie.org.uk/policy/better-end-life-report> .

Some of the key findings from the report are:

- Symptom management: 1 in 3 people were severely or overwhelmingly affected by pain in their final week of life.
- Gaps in care: 1 in 2 people visited A+E at least once in their final three months of their life.
- Inadequate coordination: 1 in 2 people were unhappy with at least one aspect of care the person who died received.
- Insufficient capacity: 1 in 5 people who died had no contact with a GP in the last three months of life.
- Unsupported carers: 1 in 6 bereaved people met the criteria for 'disturbed' or complicated grief.



Hidden from Sight - From the Closet to the Paywall: A Rapid Evaluation of Restricted and Monetized Access to LGBTQ+ Inclusive Palliative, End-of-Life, and Bereavement Care Research.

William E Rosa, Donna Wakefield, Hannah Scott, Debbie Braybrook, Richard Harding and Katherine Bristowe.

September 2024

This paper describes results from a rapid review of the evidence for LGBTQ+ inclusive palliative, end of life and bereavement care. There is a focus on the accessibility of research papers with the study looking at how many papers were open access rather than behind a paywall. This paper not only highlights the importance of palliative care for LGBTQ+ people but also that accessibility of research is imperative for patient and professional education.



Association for
Palliative Medicine
Of Great Britain and Ireland

September
2024

APM Juniors Newsletter

UPCOMING EVENTS

4th - 25th September 2024

Virtual Ethics Course

<https://apmonline.org/events/virtual-ethics-course-september-2024/>

26th September - 9th October 2024

APM & PCRS Research Course 2024: Understanding and Applying Research Methods in Practice

<https://pcrs.org.uk/events/apm-pcrs-research-course-2024/>

31st October 2024

Annual Conference of APM Undergraduate Education Special Interest Forum

<https://onlinesales.admin.cam.ac.uk/conferences-and-events/public-health-primary-care/association-for-palliative-medicine/annual-conference-of-apm-undergraduate-education-special-interest-forum-31-october-2024>



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&programmId=29

PREVIOUS WEBINARS TO WATCH

Palliative Care for FY1 Doctors

Vimeo Link <https://vimeo.com/apmeducationhub/pallcarefy1?share=copy>

Password ZHU5OOyabHZcdGnz



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/1FAIpQLSdne2yTuwoZsrMljpn3u1C39qkRgEzLz5orrbiWi2UH1HfWmw/viewform?pli=1>