



Association for
Palliative Medicine
Of Great Britain and Ireland

Trainees'
NEWS UPDATE

Term: Winter | Issue 7 | Date: 5th February 2018

APM Trainees' News

Dear Trainees,

Trainees' News Update Survey

This is the 7th issue now of the Trainees' News Update, so we felt it was time to ask you what you thought about it. The aim of the newsletter was to ensure we were sending out regular updates, signpost to helpful resources to help with training and share learning. We hope that it has achieved its aims, but we are always grateful for feedback and want to make it as useful as possible. Thank you to those who have given us feedback so far. We are setting up a short survey to gather some formal feedback, so expect to receive this from us soon.

Committee Vacancies

This will be the penultimate issue that I oversee, as Chair of the Trainees' Committee. My role, alongside Workforce Committee and Professional Standards Committee, are out for nominations. Please see the 'Committee Vacancies' section below for more details and consider putting yourself forward. All these roles are a great way to enhance your Palliative Medicine training and an ability to hear about and get involved in some interesting work.

Dr Bawa-Garba ruling

I know many of us will be concerned about the implications of this ruling on how we practice and record reflective practice. Dr Bawa-Garba's e-portfolio was not used as evidence in the court case, as many were led to believe. Despite this, it has raised issues about how we report concerns and record our reflections. I have included some useful resources below on these issues from the GMC, Academy of Medical Royal Colleges and the BMA.

https://www.bma.org.uk/advice/employment/raising-concerns/guide-to-raising-concerns?utm_source=The%20British%20Medical%20Association&utm_medium=email&utm_campaign=9120599_NEW15C1%20JUNIOR%20ENEWSLETTER%201.2.18&utm_content=Raising%20concerns%20guidance%20text&dm_i=JVX,5FHZ,K8R2GH,LOTHP,1



Academy Guidance
on e-Portfolios.pdf



Raising concerns
flowchart.pdf

Best wishes,

Rebecca Lennon

Chair of the APM Trainees' Committee

Upcoming Events

APM / PCC ASP Conference

15-16 March 2018
Bournemouth International Centre
@ASPConf2018
#ASPPCC2018

<http://apmonline.org/events/>
<http://aspconference.org.uk/>



APM Research Methodology Workshop

14 March 2018
Poole Hospital Education Centre
APM member (early bird) £80
APM member standard rate £100
Non APM member rate £120

<http://aspconference.org.uk/research-methodology-workshop/>



7th Guildford Advanced Pain and Symptom Management Courses

4-5th September 2018 - University of Surrey, Guildford
24-25th September 2018 - Midland Hotel, Manchester
<http://www.guilfordadvancedcourses.co.uk>



Guildford Advanced Courses

Meet the Trainees' Committee



Dr Felicity Dewhurst

Education Representative

I have been a member of the APM trainees committee since 2015 and have recently taken on the role as the Education Committee representative. I provide a link between trainees and the newly formed Education Committee. This is an exciting opportunity and we would love to hear your ideas on educational events that you feel the APM should provide. We are looking forward to organising a joint trainees' and SSAS study day planned to run later this year, and would be happy to incorporate suggested content ranging from difficult to cover curriculum items to DOPs practice, so please get in touch.

My primary role is to represent the views of trainees during committee discussions. It has been fascinating to be involved in the work of this committee as it starts out and develops.

Outside of my APM role, I am an ST5 trainee based in the Northern Deanery and train less than full time. I have lived and worked in Tanzania and would love to hear from anyone who has an interest in palliative care provision in low and middle income countries.

Knowledge Hub

The **APM Professional Standard's Committee** has produced some useful summaries signposting guidelines on various common symptoms in palliative care: <http://apmonline.org/committees/professional-standards-committee/>

e-ELCA is a national e-learning programme and includes some interesting modules with specialist content including:

- Intrathecal drug delivery
- Heart Failure in end-of-life care
- Discussing intimacy in advanced illness
- Dying as a homeless person
- Tracheostomy care



Sessions within the program are currently being mapped to the palliative medicine specialty training curriculum. <http://www.e-lfh.org.uk/programmes/end-of-life-care/>

There are some also valuable resources available to help support the care of patients with **learning difficulties**:
<https://www.mariecurie.org.uk/help/support/publications/easy-read-booklets>
<http://www.pcpld.org/links-and-resources/>

If there is anything else that you have found useful in preparing for the SCE, or for CPD in general, then please do contact us and we will endeavour to add this to the next News Update.

Committee Vacancies

The Trainee's Committee currently has the following vacancies:

- **Chair of the Trainees' Committee** – deadline 9th February at 5pm
- **Workforce Representative** – deadline 9th February at 5pm
- **Professional Standards Representative** – deadline 9th February at 5pm
- **Juniors' Committee Representative** – this is for medical students and doctors below ST3 level deadline 9th February at 5pm

Please visit <http://apmonline.org/committees/committee-vacancies/> for a detailed description of the roles and to download the nomination form. Please note, that both the nominee and nominators should be members of the APM. If you would like to discuss the role further to help inform your decision to run, then please get in touch and your email will be forwarded on to the relevant committee member.

Royal College of Physicians' Chief Registrar Scheme 2018/2019

"A fantastic opportunity to work on leadership and management skills and develop new ideas in a supported environment"

Chief registrars are aspiring clinical leaders who care deeply about improving the NHS and delivering better outcomes for patients, colleagues and their organisations. With protected time for leadership and management development, chief registrars have the flexibility to develop ideas and initiatives that make a positive difference to the NHS, whilst remaining key members of the medical workforce.

Chief registrars benefit from:

- Flexible training, with minimum 40% protected time for leadership and management development
- A leadership and management development programme provided by the Royal College of Physicians
- Mentoring and support from senior leaders
- Raised profile as a future clinical leader



**Royal College
of Physicians**

Chief registrars develop skills in negotiation, quality improvement and change management, which they put into practice addressing key challenges faced by their organisations, including: service improvement, patient safety and experience, training and education, staff morale and junior doctor engagement. This "hugely beneficial" scheme prepares senior trainees (ST4 and above) for consultant posts, and provides a solid foundation for future leadership roles.

Recruitment for the 2018/2019 cohort is well underway. For more information about the chief registrar scheme, visit

<https://www.rcplondon.ac.uk/projects/outputs/chief-registrar-2018-19-recruitment-guidance>, read the [chief registrar 2016/17 yearbook](#), or email Natalie Pink, Project Manager, at chiefregistrar@rcplondon.ac.uk to register your interest.

Post of the Month

"e-ELCA" by Dr Richard Kitchen (Consultant in Palliative Medicine and APM e-ELCA Clinical Lead)

As the new clinical lead for the e-learning programme End of Life Care for All (e-ELCA) I am excited about being involved in the programme, helping to shape its future and to tell even more people about this fantastic resource.

e-ELCA is a palliative care e-learning resource developed in partnership with and hosted on the Health Education England e-Learning for Healthcare (e-LfH) platform. e-ELCA is relevant to all professionals involved in delivering end of life care. It covers a range of pertinent themes, from clinical topics including symptom control, to communication skills and spiritual care.

The programme was initially developed as a response to the End of Life Care Strategy between 2009 and 2011, as a collaboration between e-LfH and the Association for Palliative Medicine (APM). Since this time the number of sessions has grown and the programme currently has 160 sessions across nine modules. All sessions are subject to a rolling review to ensure they are contemporary. A significant update to many sessions was carried out following the publication of the One Chance to Get it Right Report in 2014.

Of note, e-ELCA is easily accessible and free of charge to all relevant users in health and social care. The programme can be accessed at <http://www.e-lfh.org.uk/programmes/end-of-life-care>. It can also be accessed via OpenAthens and the Electronic Staff Record (ESR). Updates about the e-learning programme are also broadcast via Twitter using this handle: @cmf_elca

The programme was initially designed to support education of generalists in palliative care. Whilst some sessions therefore may not build on the knowledge of specialty trainees in palliative medicine, they can be used effectively in teaching. e-ELCA sessions have shown to be particularly effective as part of 'blended learning'. For example, following some recent teaching on body image and sexuality in palliative care with a group of medical students, I directed them to session 3.28 ("I'm not loveable anymore" – discussing intimacy in end of life care) to drive home the learning on a topic they were previously unfamiliar with. Sessions could also be used to build on learning from case studies, and to help students identify future learning objectives.

More recently, a module on specialist content has been developed. Sessions within this include intrathecal drug delivery and tracheostomy care; very useful learning materials that can be used alongside directly-observed procedural skills (DOPS) on the specialist palliative medicine curriculum. Further sessions in this module include heart failure in end of life care and non-invasive ventilation in motor neurone disease. Additionally, we are currently mapping the specialist palliative medicine curriculum to e-ELCA to identify which sessions could be used towards which competencies. When this work is complete I will ensure it is quickly distributed.

Many thanks for reading this. If you have queries please contact me at richard.kitchen@nhs.net or via Twitter - @cmf_elca
Rich Kitchen, APM e-ELCA lead



Research/Journals

Resources for Trainees Wanting to Carry Out Research

Knowing how to get into research can be daunting for trainees, and with this in mind the Science Committee has produced a resource to help trainees consider the research element of the curriculum, highlight some useful resources and outline how you might approach carrying out a research project. This resource can be found under the Science Committee section of the APM website or via the link below.

<https://apmonline.org/wp-content/uploads/2015/04/Resources-for-Trainees-Wanting-to-Carry-Out-Research.pdf>

Accessing journals through the APM

There are incredibly low levels of access to journals via the APM website, therefore, the APM are always reviewing their access to journals and whether it represents value for your membership fee. A many number of publications are available through the BMA website, as long as you have membership. A list of these can be found at <https://www.bma.org.uk/library/e-resources/e-journals>.

The following journals can still be accessed via the APM website; Palliative Medicine, BMJ Supportive and Palliative Care and the European Journal of Palliative Care (at a reduced subscription rate). These journals can be accessed by going to the member's area of the website

http://apmonline.org/login/?redirect_to=http%3A%2F%2Fapmonline.org%2Fmembers-area%2F, logging in, then scrolling down to 'membership benefits' and clicking on the 'journals' tab. An example of what should then appear on the page is given below. If you click 'online access' this will take you through to the journal's website.



Articles of the Month:

DECEMBER

Continuation of non-essential medications in actively dying hospitalised patients

<http://spcare.bmj.com/content/early/2017/09/13/bmjspcare-2016-001229>

This article reports the use of 11 non-essential medications in actively dying patients, using secondary data from the Best Practices for End-of-Life Care for Our Nation's Veterans trial. The electronic medical records of 5476 deceased patients were reviewed. The article reports that non-essential medications were administered to actively dying patients, but that interventions to enhance recognition of the dying phase facilitated the discontinuation of these medications.

Shared decision-making at the end of life: A focus group study exploring the perceptions and experiences of multi-disciplinary healthcare professionals working in the home setting

<http://journals.sagepub.com/doi/full/10.1177/0269216317734434>

This qualitative article investigates the perceptions and experiences of a multi-disciplinary team with Shared Decision Making (SDM) at the end of life. The researchers interviewed 43 health and social care professionals who frequently engaged in home-based palliative care. The article reports that conceptual confusion, uncertainty of the process, and organisational issues all impede the process of SDM. The article concludes by highlighting the complexity of moving from the rhetoric of SDM to the reality at individual, process, and system levels.

Contact the APM Trainees' Committee

We always want to hear your feedback, so please do get in touch:

- Via your regional APM Trainees' Representative.
For full list of regional Representatives go to <http://apmonline.org/committees/trainees-committee/>
- Email us directly via apmtraineescommittee@gmail.com
- On our Facebook page 'APM Trainees'
- On Twitter @ApmTrainees



Joining the APM provides a host of benefits: if you are not already a member join today! <http://apmonline.org/join/>

Please remember to upgrade your membership to 'full membership' on commencement of your first consultant post. This can be done by emailing the APM at apm@compleat-online.co.uk