



Association for
Palliative Medicine
Of Great Britain and Ireland

Trainees'
NEWS UPDATE

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APM Trainees' News

Dear Trainees,

A Merry Christmas and a Happy New Year to you all. I hope that were able to spend valuable time with the people whom matter to you, despite the on-call duties you were rostered to do.

The festive period has been a time of great reflection for me, following one of the busiest and stressful episodes I can remember in both my personal and professional life. Trying to maintain a work/life balance is a constant struggle, as I know it will be for the vast majority of you as well.

I will regretfully have to resign my position as Chair of the Trainees' Committee after the APM Supportive and Palliative Care Conference in March. My training will complete and I will be welcoming a new addition to my family at roughly the same time, so my term of office has come to a natural end. I have been a member of the Committee since 2013, working as BMA Junior Doctors' Committee Representative for several years before becoming Chair. I have had the pleasure of working with and meeting some incredibly dedicated and inspiring Trainees, whom I can confidently say will be friends for life. Trainees have a respected voice within the APM and SAC, so help to form their opinions and strategic direction. I have learnt a great deal about our specialty and developed leadership skills that will undoubtedly benefit me in my Consultant career. I have no doubt that at some point in the future, I will seek another role within the APM. If any of you are interested in understanding how the APM and other healthcare organisations work, developing your skills outside of the training structure and want to be inspired by leaders within Palliative Medicine and beyond, then think about getting involved with the Trainees' Committee. It does not matter what role you apply for, you always have the opportunity to contribute your opinions and ideas to whatever the Committee are working on at the time.

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 Ethics Study Course

22 – 23 January 2018

Severn Hospice, Telford

APM member (early bird) £185

APM member standard rate £200

Non APM member rate £230



This course is aimed, in part, at completing many of the ethics curriculum objectives and so for trainees should be well worth attending. More details will be on the APM website imminently.

<http://aspconference.org.uk/ethics-study-day/>

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/>

Q&A with Chris Pointon

Monday 15th January at 1pm for a Twitter Q&A with Chris Pointon

#AskChris

Follow Chris on Twitter @PointonChris



Chris Pointon will be giving the opening plenary at ASPPCC 2018
The #hellomynameis Story – Through Adversity Comes Legacy, Thursday
15 March, 10:15 – 11:15, Tregonwell Hall

Meet the Trainees' Committee



Communication Coordinator

Amy Ritchie

As the Communication Coordinator for the APM Trainees' Committee, my role is to try to engage more trainees through the use of social media. The APM has both a Facebook group and a Twitter account, through which we can discuss current training, feedback to each other on our individual experiences of training in different regions and use this as a forum to highlight and discuss topical issues. It is an important role in the engagement of APM members with regards to allowing us to share our experiences and learn from each other.

My primary role is to encourage engagement in these different forums and give trainees and opportunity to communicate with each other through the APM.

Outside of my APM role, I am a LAT-3 trainee based in Northern Ireland. – I joined the committee in October 2017 with a view to becoming more involved with my fellow trainees and learn more about the training process in Palliative Medicine. I am planning to go through the ST3 recruitment process again in 2018.

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:

- **Workforce Committee Representative** – deadline 26th January at 5pm
- **Juniors' Committee Representative** – this is for medical students and doctors below ST3 level (not yet been advertised)
- **Chair of the Trainees' Committee** – 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.

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

NOVEMBER

- Randomised clinical trial of early specialist palliative care plus standard care versus standard care alone in patients with advanced cancer: The Danish Palliative Care Trial, Mogens Groenvold, Morten Aagaard Petersen, Anette Damkier, Mette Asbjørn Neergaard, Jan Bjoern Nielsen, Lise Pedersen, Per Sjøgren, Annette Sand Strømgren, Tove Bahn Vejlgard, Christian Gluud, Jane Lindschou, Peter Fayers, Irene J Higginson and Anna Thit Johnsen, *Palliative Medicine* 2017, Vol 31(9), 814-824.

Previous studies have shown improved outcomes and improved survival in cancer patients referred early to specialist palliative care. This Danish multicentred randomised clinical trial compared early referral to specialist palliative care vs standard care alone.

- Initial perceptions of palliative care: An exploratory qualitative study of patients with advanced cancer and their family caregivers. Anna Collins, Sue-Anne McLachlan and Jennifer Philip. *Palliative Medicine* 2017, Vol 31(9) 825-832.

This cross-sectional, prospective, qualitative study from Australia interviewed patients with advanced cancer and their carers around their initial perceptions of palliative care.

DECEMBER

- Continuation of non-essential medications in actively dying hospitalised patients

[Click here for more information](#)

- 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

[Click here for more information](#)

Post of the Month

"Medical Leadership" by Dr Rachel Campbell (ST4 in Palliative Medicine)

Truthfully, I had never considered a role in 'Medical Leadership' as a potential career option, but I heard good things about the ADEPT Clinical Leadership Fellowship programme, so I went along to an open evening to see what the year involved. There I heard the Fellows describe what they were doing. It sounded really interesting and a great opportunity to spend time dedicated to developing useful skills. I put in an application and got an interview. Part of the preparation for the interview involved a short presentation on a recently published report by the Department of Health. I'm sure it was intentional by the interview panel, but reading this and planning the presentation definitely sparked my interest in further understanding healthcare systems and how we can get involved in improving them. I got offered a post, along with 7 other colleagues, and started in August 2017.

I think all trainees who have left clinical work to do any out of programme experience will tell you the strangeness of not going along to a new hospital on the first Wednesday of August to start your new rotation. It is odd! Arriving in a new environment, being introduced to the whole department and being given a desk with no beeps, no reviews and no list of jobs to be done was strangely challenging, but I was made to feel very welcome. The first few weeks involved meeting people from different arms-length bodies within healthcare and understanding the role of these organisations within Health and Social Care in Northern Ireland. I have been given the opportunity to speak with people who can change the environment in which we work and have felt that my opinion is valued.

As fellows, we are based at different organisations and lead projects throughout the year. I am based at the Deanery in Northern Ireland (NIMDTA) and I am working on a strategy entitled VALUED to attract, develop, support and celebrate trainees in Northern Ireland. Some of the other projects I am working on include; developing resources for trainees involved in serious adverse incidents (SAIs) and leading a group of Trainee Ambassadors to carry out projects to enhance their leadership skills. Alongside this, I am completing the Institute of Leadership and Management (ILM) Level 7 certificate that will give me an additional recognised qualification in leadership and management. Even a few months in I have gained a lot of confidence in appreciating that as a trainee I have a lot to contribute. The fellowship is an amazing opportunity to have a year dedicated to developing my skills in leadership, chairing and presenting, IT, interpersonal relationships, networking and time management. This time has allowed me to reflect on where my strengths lie and which I need to work on further. As medics, we are ultimately all going to be in leadership positions, whatever formal roles we take on in the future. The skills developed through the fellowship are helpful in, and transferrable to, any clinical medical job.

I would say that if you are considering applying for a Clinical Leadership Fellow role, or another out of programme experience, go for it if you are interested. As trainees, we are in a unique position in our career to be able to avail of these opportunities and if you have the flexibility in work and your personal life to consider it, do. We are hopefully going to be working for a long time in this specialty. I think broadening our experiences will not only make sure that our work life is fulfilling, but it will enhance our position as a clinician if we can bring unique and useful skills to the clinical setting.

If anyone wants to ask me any questions please feel free to contact me at Rachel.p.campbell@gmail.com

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 @apm_trainees



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