



Association for
Palliative Medicine
Of Great Britain and Ireland

Trainees'
NEWS UPDATE

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APM Trainees' News

Dear Trainees,

I want to wish those taking the SCE exam this month the best of luck. I hope your preparation has gone well and what you've revised comes up!

The APM is reviewing how it delivers education through a newly formed committee. The Trainees' Committee previously organised and supported specific training days for trainees, but this paused whilst the APM was reviewing its finances. The APM Supportive and Palliative Care Conference (see below in upcoming events) has sessions specifically to meet the needs of trainees, but we will be discussing as a committee, alongside the Education Committee, how we can provide other education for trainees. If you have any comments or ideas about education, then please contact the committee through the various methods detailed at the end of this newsletter.

I would like to thank Ros Marvin who is demitting as our website officer, as she is taking up her first Consultant role. Ros was involved in designing the website as you see it now. Even though this version of the website was a significant improvement, the APM know that it still needs improving. They have asked Ros to continue on to help them with improving the website.

I would like to welcome Amy Ritchie to the Trainees' Committee as our new Communications Coordinator. She will be working alongside Lucy Ison, who has graduated from Junior Committee Representative to Regional Representative Coordinator. They will both be coordinating the monthly newsletter, as well as improving overall engagement with trainees.

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/>



When the Drugs Don't Work: Management of complex pain in palliative care patients

8 December 2017

Bridge Community Church, Leeds

<https://www.eventbrite.co.uk/e/when-the-drugs-dont-work-management-of-complex-pain-in-palliative-care-tickets-35686095071?aff=ereIpanelorg>

Hospice UK National Conference

22-24 November 2017

ACC Liverpool

<http://www.hospiceuk.org/what-we-offer/courses-conferences-and-learning-events/hospice-uk-annual-conf>



Evidence and Impact: Masters research in Palliative Care

18 December 2017

Royal Society of Medicine,
London

 The ROYAL
SOCIETY of
MEDICINE

<https://www.rsm.ac.uk/events/plk02>

Research Masterclass

30 November 2017

Palliative Care Research Society, Sobell House,
Oxford

<https://www.sobelleducation.org.uk/courses/research-masterclass-nov-2017>



The Shape of Palliative Medicine APM Junior Conference

4 November 2017

Education and Conference Centre,
University of Nottingham

<http://onlinesales.admin.cam.ac.uk/conferences-and-events/public-health-primary-care/association-for-palliative-medicine/association-for-palliative-medicine-juniors-conference-2017>



Meet the Trainees' Committee



Science Committee Representative

Simon Etkind

As the science rep on the APM trainees committee, I provide a link between the trainees and science committees. The science committee aims to develop a greater scientific profile for the specialty of palliative medicine, and to support the development of an ethical research culture in palliative medicine. This includes facilitating research opportunities for trainees and finding ways to help trainees achieve their research competencies. To this end, the committee has previously produced guidance for trainees wanting to get involved with research, which is available at:

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

In the last year, I've been working with the science committee and a group of current trainees to develop a trainee-led national collaborative for research in palliative care. This is a work in progress, but we hope to enable many trainees to work together on multicentre research projects, producing useful evidence and giving us all valuable experience.

I've found it fascinating to be able to take part in the activities of the science committee and understand more about how evidence is translated into practice. The committee does a lot of work to disseminate new evidence, for example in the article of the month post (<http://apmonline.org/committees/science-committee/>).

Outside of my APM role, I'm an ST4 trainee based in South London. I'm currently 18 months into an OOPR placement doing a PhD at King's College London. The PhD has been a change of pace, and it has been great to have time to look into the evidence underpinning our specialty in more depth.

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



Once complete, the modules link directly to the Palliative Medicine curriculum competencies so you can use the e-learning as evidence. <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**
- **Juniors' Committee Representative** – this is for medical students and doctors below ST3 level

Neither post has been formally advertised yet, so please watch out for the formal advert in the next APM e-bulletin. 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

"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.

For more information about the chief registrar scheme, read the [chief registrar 2016/17 yearbook](#), and email Natalie Pink, project manager, at chiefregistrar@rcplondon.ac.uk to register your interest.

Post of the Month

"Inside Cochrane UK: My Time as Cochrane UK Fellow" by Dr Anna Sutherland (Cochrane UK Fellow and ST4 Palliative Medicine)

In February 2016, I was excited to take up a Cochrane UK Fellowship. There were circumstances that made undertaking this fellowship easier; training in the Thames Valley region, where Cochrane UK, the Pain, Palliative and Supportive Care (PaPaS) Cochrane Group, and Prof Bee Wee, National Lead for Palliative Care are all located. I was also able to take 3 days as out of programme experience. These factors made the practicalities of undertaking my review far less daunting.

I am now delighted to be at the stage of submitting the first full draft of "Olanzapine for the prevention and treatment of cancer-related nausea and vomiting in adults", a new systematic review, that has some really exciting results for us in Palliative Medicine and our colleagues in Oncology. It reports data from across the cancer journey; in chemotherapy, chemo-radiotherapy and palliative patients. The full publication is coming soon, so watch this space! <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD012555/full>

During my time as Cochrane UK Fellow I didn't just learn how to undertake a systematic review from conception to title page, published protocol to full review, I also had the opportunity to read reviews from throughout the worldwide Cochrane Collaboration prior to publication; to run a national recruitment process for, set up and chair a national committee; to attend Cochrane courses and the Cochrane Symposium; to write blogs for Evidently Cochrane and the BMJ; to publish abstracts and articles related to evidence based medicine in Palliative Care; to arrange a national study day; and to meet and work with inspirational leaders in Evidence Based Medicine.

As this fantastic experience comes to a close in the next few weeks, the one big lesson for me from my fellowship is that there **are** relevant Randomised Controlled Trials (RCTs) in our specialty and there **is** enough data to give us meaningful answers to important clinical questions. We just need to ask the right questions, broadening the focus of systematic reviews in incorporate RCTs in relevant populations, rather than limiting reviews exclusively to palliative settings.

As the evidence base grows, Cochrane Systematic Reviews are becoming more relevant to Palliative Medicine than ever before! So if you want to find out more why not visit Cochrane PaPaS <http://papas.cochrane.org/>; visit Cochrane Trainees <http://uk.cochrane.org/trainees>; follow us on Twitter @CochraneUK #CochraneTrainees; try your hand at review tasks with Cochrane Crowd <http://crowd.cochrane.org/index.html>; help out a systematic reviewer in return for acknowledgement, authorship or payment at Cochrane Task Exchange <http://taskexchange.cochrane.org/>; or take the plunge and do a systematic review! Remember though, a Cochrane Systematic Review with its continuous updates that keep it current and relevant, is a friend for life, not just for Christmas!

Accessing Journals through the APM

The APM are always reviewing how membership fees can provide the most benefit for its members. In doing so, access to journals through the APM website has been reviewed. There continues to be incredibly low levels of access to journals via the APM website, therefore, they have decided to cease subscription to the Journal of Pain and Symptom Management. This journal cost around £10,000 a year to access for members. It can still be accessed, along with a many number of other publications, through the BMA website, as long as you are a BMA member. 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.



Research/Journals

Articles of the Month:

- Mayland CR, Mulholland H, Gambles M, *et al.* "How well do we currently care for our dying patients in acute hospitals: the views of the bereaved relatives?" *BMJ Supportive & Palliative Care* 2017;7:316-325.

This paper presents the results of a survey of bereaved relatives of patients who died in hospitals. Quite a few carers were not contacted for various sensible reasons. Of those who responded only 4% said that staff did not do enough to control the patient's pain. Relatives' ratings of communication were not so high. This paper might help those of us involved in training hospital staff.

- George R, Prasoona TS, Kandasamy R, *et al.* "Improving malodour management in advanced cancer: a 10-year retrospective study of topical, oral and maintenance metronidazole" *BMJ Supportive & Palliative Care* 2017;7:286-291.

Here's some practical advice for the management of malodour and a great new ladder – the SNIFF ladder.

- Mendwas D Dzingina, Paul McCrone and Irene J Higginson "Does the EQ-5D capture the concerns measured by the Palliative care Outcome Scale? Mapping the Palliative care Outcome Scale onto the EQ-5D using statistical methods" *Palliative Medicine*, vol. 31, 8: pp. 716-725.

It's helpful when academics can guide us as to the best quality of life or health economic measures for studies. The EQ-5D may not be the best tool for measuring economic outcomes in palliative care research. The author's question how appropriate economic analysis is in palliative care is and argue that further research is needed in this area.

Introducing the National Trainees' Research Collaborative for Palliative Medicine:

A group of Palliative Medicine trainees are working to set up a national research collaboration to support national data collection and undertaking of multisite research projects in Palliative Medicine.

This is an opportunity for all trainees to get involved in research and national audit. We hope the work of the collaborative will improve patient care by better understanding the variation in practice across the country. Our findings could change practice and inform the research agenda in coming years. Participating in the collaborative will give trainees an opportunity to fulfil e-Portfolio requirements for research. All publications will be attributed to the whole collaborative.

The collaborative is led by a steering group, with clinical and research support from national experts, and support from the APM Trainees' Committee. We expect there to be rotating leads for each project and hope to conduct our first national project in the coming months.

If you are interested in being involved at any level, please get in touch by emailing Charlotte.Chamberlain@bristol.ac.uk. We are looking for members of the steering group, regional leads, and anyone interested in collecting data for projects. All contributions will be acknowledged.

Research opportunities:

- Study at one of the strongest centres of palliative care research in the world. The MSc Palliative Care course at the Cicely Saunders Institute, King's College London, is run in collaboration with St. Christopher's Hospice.

The programme is designed for all health care professionals working in the palliative care and related areas. It is designed to enhance students' knowledge and skills in palliative care and to develop their future careers. This course has a strong focus on appraising existing research and evidence in palliative care. Find out more here <http://bit.do/MScPallCare>, contact the MSc Administrator at mscpallcare@kcl.ac.uk or phone 020 7848 5435.



- Kirby Laing Scholarships at the Cicely Saunders Institute, King's College London. There are two scholarships available for research into stroke or dementia. More details can be found at <https://www.kcl.ac.uk/nursing/departments/cicelysaunders/study/postgraduatetaught/scholarships.aspx>. Deadline for applications is the **18th November 2017**.

- Considering further research? Thought about a PhD? If so, why not consider applying for a place on the September intake of Lancaster University's part-time, distance (blended) learning PhD in Palliative Care? <http://www.lancaster.ac.uk/fhm/study/phd-study/courses/palliative-care-phd/#overview>



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