



Association for  
Palliative Medicine  
Of Great Britain and Ireland

Trainees'  
**NEWS UPDATE**

Term: Autumn | Issue 3 | Date: 2<sup>nd</sup> October 2017

## APM Trainees' News

Dear Trainees,

The Shape of Training UK Steering Group report has been digested and discussed with the APM Executive. I have attached my summary and the full report for you to read at your leisure.



Summary of the  
report from the UK S



Shape\_of\_Training\_  
Final\_SCT041735381

There are two updates regarding Shape of Training that have changed since the information in the ASP conference presentation in March 2017.

- The pathway into training from General Practice has not definitely been closed. Discussions about this are still ongoing and those involved are pressing for this pathway to remain open.
- We were told that recruitment into higher specialty training would cease in 2021 because IMT3 year would need to be populated, since this is an extra training year that previously did not exist. I have been reassured that currently there will be recruitment to Palliative Medicine in 2021.

I would also like to take the opportunity to ensure that you all know about the APM Juniors' committee. They represent medical students and junior doctors below ST3 level who have an interest in a career in Palliative Medicine. They also provide educational opportunities, peer support, information and signposting, as well as a means of coordinating and channelling interest in Palliative Medicine. They hold a successful yearly conference, which we have signposted in the 'Upcoming Events' section. I know as Palliative Medicine trainees we have junior doctors interested in a career in Palliative Medicine approach us for advice. Please make them aware of the APM Juniors, as they may be able to provide additional advice and support, as well as the opportunity to get involved in their committee. <http://apmonline.org/committees/juniors-committee/>

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=erelpanelorg>

### 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  
  
<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



### Juniors' Committee Representative

Lucy Ison is a London ST4 trainee and is the trainee representative on the APM Junior's Committee and a member of the APM Trainees' Committee. The Juniors committee is aimed at those at a pre-specialty level (medical students and doctors below ST3) who have an interest in Palliative Medicine, providing educational opportunities, peer support and sign-posting. Lucy has been involved in organising the APM Junior's Annual Conference, and is speaking at this year's conference. This will be held at Nottingham City Hospital on Saturday November 4<sup>th</sup>. This is the fourth annual day-long conference that the Juniors have organised and this year will include topics such as 'Getting into specialty training', Paediatric Palliative Care and Palliative Care for Generalists.

She has found working with the Juniors committee an inspiring experience to see the passion and enthusiasm that this group of pre-specialty doctors and students has for palliative medicine and the excellent work the committee does in fostering and encouraging this interest.

Lucy enjoys long country walks and running, has recently run the Brighton half marathon for her St Catherine's Hospice, Crawley. She also enjoys travelling and amateur photography, recently brushing up her skills on a trip to the Isle of Skye!

## Knowledge Hub

Recognising that many of you will be preparing for the SCE, this section is designed to help provide pointers to some key educational resources. Particularly, thinking about awareness of the results of Cochrane reviews, then make sure you are aware of the outcome of the review below (thanks to Anna Sutherland for posting on the APM Trainees' Facebook page).



Gibson\_et\_al-2017-.pdf

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/>

*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.*

## 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](mailto:chiefregistrar@rcplondon.ac.uk) to register your interest.

## Post of the Month

“Clarification on indemnity cover required for registrars training in hospices” by *Anitia Brigham (Palliative Medicine trainee)*

Every year when my indemnity membership has come up for renewal I've been amazed and frustrated in equal measure at the apparent confusion and lack of guidance about what level of cover we need to pay for the work that we undertake in hospices, which are in the majority, are non-NHS organisations. Furthermore, there seems to be significant disparity regarding how much we are quoted for such cover - ranging from £200 up to £1500 in some cases, even for the same registrar grade and from the same defence union. In view of this variation and mystery surrounding the issue I decided to look into it further and see if I could seek out what the root of the contention was and in turn, produce some form of universal guidance on how to ensure adequate cover without unnecessarily overpaying.

Most commonly, trainees sign a contract with a base NHS trust for the duration of training and then in addition have honorary contracts with the organisations within which they rotate to. It appears that the key piece of information needed in deciphering the level of cover required from your defence union and therefore the price you pay, is whether your base NHS trust has NHS litigation authority cover. If so, all NHS employees who hold a contract with a trust with such cover will have NHS indemnity when carrying out NHS work and training in private facilities, which includes hospices. This therefore means that you will only be required to pay standard indemnity fees for your appropriate level of registrar training.

Whilst it is likely that all of the trusts which oversee our training contracts do have this cover, it is advisable that trainees should either contact the legal department of their base NHS trust, or contact the NHSLA directly to check that their trust has NHSLA cover. If using the latter option, you are advised to use the clinical claims helpline which is [CNST.Helpline@nhs.uk](mailto:CNST.Helpline@nhs.uk).

If you have any queries regarding this matter, then please feel free to contact me on [anitia.brigham@gmail.com](mailto:anitia.brigham@gmail.com)

## APM Members Audit and Quality Improvement Prize 2017

Applications are now open for the 2017 APM Members audit prize. Clinical audits and high-quality improvement projects are eligible. Entrants should have made a significant contribution to conception, implementation and/or analysis phases. The audit should have begun no more than two years before submitting for the Prize. Guidance for submission can be found below:



APM-members-audit-prize-Guidance-final

Work can be submitted by accessing the link on <http://apmonline.org/awards/>

Deadline for submissions is the **27<sup>th</sup> October 2017**. Good luck!

## Research/Journals

### 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](mailto: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, Kings' 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](mailto:mscpallcare@kcl.ac.uk) or phone 020 7848 5435.



- 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](mailto: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](mailto:apm@compleat-online.co.uk)