



Association for
Palliative Medicine
Of Great Britain and Ireland

Trainees'
NEWS UPDATE

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APM Trainees' News

Dear Trainees,

Welcome to the latest edition of the Trainees' newsletter, I trust it will be a useful read. This edition's 'post of the month' highlights work that the West Midlands Trainees have been involved with engaging their local MP in the assisted dying/suicide debate. The APM position on this matter is clearly in opposition to a change in the law (and the APM position statement can be found on the APM website - <https://apmonline.org/news-events/apm-position-statements/>). I am grateful to the West Midlands Trainees for sharing their work with us and hope that it provides a springboard for others to engage compassionately and constructively in the debate.

Indeed, we have a unique role and opportunity to provide a clear and informative voice on a variety of ethical matters related to end of life care, as the recent media discussions following the Gosport War Memorial Hospital Inquiry have demonstrated. You can read a selection of the responses given by the APM to this on the website as well.

Also in this edition is a piece from the newly formed UK Palliative Trainees Research Collaborative which is seeking to open up avenues for trainees to get involved in research. Please do consider whether you might be able to get involved – it is vital that we continue to strengthen the evidence base for the speciality and it would be a great way to gain competencies in the research aspects of the curriculum.

Finally, a reminder for those thinking of applying for the SCE this year - the registration window is now open and closes on 17th October. I wish those applying all the best with their revision.

Best wishes,
Anthony Williams
Chair, APM Trainees' Committee

Upcoming Events

The Future Direction of Palliative Care – Implications for SAS Doctors and Trainees

An APM Event, organised by the SAS and Trainees Committee
North West Cancer Research Centre, University of Liverpool
Date: 8th January 2019
<https://docs.google.com/forms/d/e/>



Ethics Study Days

An APM Event, organised by the Ethics Committee
Severn Hospice, Telford
Dates: 21st-22nd January 2019
<https://docs.google.com/forms/d/e/>



Research Methodology Workshop

An APM Event, organised by the Science Committee
Saint Michael's Hospice, Harrogate
Dates: 20th March 2019
<https://docs.google.com/forms/d/e/>



The APM's Supportive & Palliative Care Conference

Harrogate Convention Centre
Dates: 21st – 22nd March 2019
Registration opens soon



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

New Directions in Palliative Medicine

Challenge or Conform: Finding Consensus in an Evolving Speciality
Date: 27-28 September 2018
Venue: John McIntyre Conference Centre, Edinburgh
<https://www.strathcarronhospice.net/Event/annual-conference-2018>



Oxford Advanced Courses in Pain and Symptom Management

14-15 June 2018 Newcastle, 27-28 June 2018 Nottingham
5-6 July 2018 Oxford, 12-13 July 2018 Oxford



Map curriculum
competencies.docx



OAdC 2018.docx

Palliative care in the hard to reach groups - bridging the gap

30th November 2018, RCP London

This 1-day conference run by the RCP will showcase up-to-date evidence and research findings in palliative medicine for harder to reach population groups with a unique and dynamic programme presented by clinical experts. The programme covers the key practical and ethical issues needed to assist clinicians with decision making and good symptom control.

For more information and to register, please [click here](#)

Meet the Trainees' Committee



Dr Kirsty Lowe

SAC Representative (Scotland)

I am an ST5 trainee in Palliative Medicine based in the beautiful north of Scotland. I have a special interest in the care of patients with non-malignant disease, particularly MND, liver disease and cystic fibrosis. I have been the SAC trainee rep for Scotland for just over a year and am thoroughly enjoying the role. It is a very exciting time to be involved in this committee as we are helping to develop the new Palliative Medicine curriculum and trainees have a big role to play in this. As a trainee rep I feel very involved in the changes that Shape of Training is bringing, and I am grateful for the opportunity to represent my fellow Scotland trainees, a small but brilliant bunch. If there are any issues which you would like to be raised at SAC then please contact me – kirstylowe1@nhs.net.

Having studied at Edinburgh University I have moved progressively further north over the years and now live in sunny Aberdeen with my fiancée Dean. In my spare time I enjoy hill-walking, golf and tennis, playing my fiddle, and procrastinating about wedding-planning.

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.pcpd.org/links-and-resources/>

The **RCP Quality Improvement Hub** has been set up to support anyone embarking on quality improvement work. Resources to support quality improvement work can be found at: <https://www.rcplondon.ac.uk/projects/rcp-quality-improvement-rcpqi>

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.



Post of the Month

Finding a trainee doctor's voice in the assisted suicide debate – By West Midlands Trainees

We'd like to share with you a wee project we have started in the West Midlands Deanery. We hope others might consider doing something similar or use it as a basis for raising awareness.

You've probably noticed that lobbying to legalise assisted suicide - or, as it's being politely called, 'assisted dying' - is under way again. This is a sensitive subject and we realise it goes beyond medicine. But the fact remains that, if ever assisted suicide were to be legalised in this country, it would be on the shoulders of doctors that the responsibility would come to rest.

Our palliative leaders have grappled with this issue for a long time and expressed their serious reservations about a change in the law. But we felt it's important that, as doctors (and future leaders) caring daily for patients with incurable illnesses and nearing the end of their lives, we should make our voices heard also.

We have noted that a survey of GPs a year or two ago found that only one in seven would be willing to consider a request for legalised assisted suicide. That falls to one in twenty among palliative medicine specialists. So, we decided to speak out as a group with individual signatories underneath.

We looked up all the West Midlands MPs and sent them the letter below. We made it clear that we were not representing any organisation but were speaking for ourselves as individuals - and as doctors whose patients were in many cases their constituents. We have so far received 22 replies, many of them detailed and thoughtful. The majority seem to be opposed to a change in the law.

We have been invited to meet with some of them and to explain our views. We have been educating ourselves as we have gone along and we have found the website of the think-tank Living and Dying Well (LDW) invaluable for this. LDW researches and analyses the evidence - legal, medical, mental health, societal, overseas - surrounding the 'assisted dying' debate and publishes the results for Parliament and the public to see. It has a position, based on the evidence, that the existing law is not in need of change, but it is not a campaigning body.

We would like to encourage you to consider what we are doing and perhaps to do something similar where you are. If so, we stand ready to give you any help we can.

Kind Regards,

wmpallcarereg@gmail.com



westmidlandsassiste
dsuicideletter.docx

Research/Journals

TRAINEES RESEARCH COLLABORATIVE

Dear Palliative Medicine Registrars,

We're setting up an exciting new national collaborative for palliative medicine trainees to conduct high quality research, and we'd like you to be part of it.

This is an opportunity to get involved in innovative research projects and national audits, and in doing so help to meet curriculum requirements for research and audit. You can contribute at any level, from collecting small amounts of data locally, to co-ordinating data collection within your region, to conceiving and directing national research projects. All contributions, however small, are important and will be acknowledged.

We're looking for trainees in every region of the UK to get involved, so **please email us on palliativetraineecollaborative@gmail.com if you're interested** and we'll add you to the circulation list. Tell us who you are, any burning research questions you'd like to see investigated, and how you'd like to help. If you have a nagging clinical question- now is the time to spell it out on a piece of A4 and perhaps your question can be answered at a national level! **Please read the fact sheet attached to this email** for more information about the collaborative, and more reasons why you should get involved.

Warmest wishes, and we look forward to hearing from you,

Charlotte Chamberlain, Anna Sutherland, Simon Etkind & Jonathan Koffman
On behalf of the UK Palliative Trainees Research Collaborative



Trainee research
collaborative

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>.

RESEARCH OPPORTUNITY - Administering injectable medication to patients in their own homes

This is an exciting opportunity to get involved in a research project looking at barriers/facilitators to untrained family carers administering injectable medication to patients in their own homes. In the first instance, the research team are looking for a trainee to help with planning and undertaking a literature review to help define an appropriate and original research question. Following this there will be opportunities to get involved in the next stages of the project, which is likely to be a qualitative study conducted through a series of interviews/focus groups of both carers and health care professionals to identify barriers and facilitators. If interested, or for further information, please contact Dr Katie Taylor at: katie.taylor@hospiceintheweald.org.uk

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.



Education Opportunity - MSc Palliative Care at Cicely Saunders Institute

The MSc programme is designed for all health and social care professionals working in palliative care and related areas. The course has developed a national and international reputation educating students who work in palliative and end of life care from all over the world. 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 on palliative care. Here is a link to the MSc webpage if you would like to read about our programme in more depth: <http://www.kcl.ac.uk/lsm/research/divisions/cicelysaunders/study/postgraduatetaught/index.aspx>

Our flexible study programme offers a well-rounded curriculum and a qualification that has allowed many of our students to successfully progress into senior roles and publish high-impact peer-reviewed journals. Most importantly, it has led to changes in the lives of people with advanced disease and their families.

We also have a **prestigious scholarship opportunity for 2019**. This is for a UK-based student with an interest in conducting research in Advance Care Planning, which will each fund course tuition fees. Please find more information about the scholarships here:

<https://www.kcl.ac.uk/nursing/departments/cicelysaunders/study/postgraduatetaught/scholarships.aspx>

The course commences in January 2019. The deadline to submit an application for the scholarship is 14th September 2018.

Please do not hesitate to contact us, as we will be more than happy to answer your queries about the course.

Email us at msc.pallcare@kcl.ac.uk or telephone on 0207 848 5435

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 office@compleat-online.co.uk