



Association for  
Palliative Medicine  
Of Great Britain and Ireland

Trainees'  
**NEWS UPDATE**

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## APM Trainees' News

Dear Trainees,

I hope the New Year has started well for everyone. The last couple of months have been a busy period for the APM with ongoing work on various fronts including continuing discussions regarding the implementation of Shape of Training, responding to the news regarding this month's RCP London poll on Assisted Dying as well as preparing for next month's Annual Conference. Members of the Trainees' committee are working within these and a number of other areas to advocate for Trainees' nationally. Please do let us know if there are ways in which we can better represent you as Trainees' – our contact details are at the end of the newsletter.

The 'Post of the Month' this edition is a review of this year's APM Ethics course, which took place in Telford towards the end of January. We face myriad complex challenges that we need to clearly and compassionately navigate in the course of our daily work and the Ethics Course is a great place to further develop these skills. Registration is open for the 2020 course - details can be found [here](#).

Speaking of which, as I highlighted in the letter sent out last month, the RCP London poll on Assisted Dying is likely to be extremely important in the context of the wider debate regarding Physician Assisted Dying. Please do encourage all colleagues who are RCP London members to engage with the survey – further information regarding the poll and the wider debate can be found [here](#).

Finally, there is still time also to sign up for APM conference – this year taking place in Harrogate on 21-22 March. There is a really impressive program – please do have a look [here](#) at the conference website if you haven't already.

Best wishes,  
Anthony Williams  
Chair, APM Trainees' Committee

## Upcoming Events

### Oxford Advanced Courses in Pain and Symptom Management

13-14 June: Newcastle  
26-27 June: Nottingham  
4-5 July: Oxford 1  
11-12 July: Oxford 2



Map curriculum  
competencies.docx



OAdC 2018.docx

### The APM's Supportive & Palliative Care Conference

Harrogate Convention Centre  
Dates: 21<sup>st</sup> – 22<sup>nd</sup> March 2019  
Registration open!



### Guildford Advanced Pain & Symptom Management Courses 2019

The aim of this 2-day advanced course is to provide delegates with an up-to-date, evidence-based review of the management of pain and other common symptoms. The topics have been chosen because of their impact on the patients' quality of life, and the lecturers chosen because of their knowledge of the subject matter. The lectures will be supplemented with relevant reading materials, including slide presentations, reprints of articles, and reference / further reading list. The course organizers are Dr Andrew Davies (Consultant in Palliative Medicine, Guildford), and Dr Andrew Dickman (Consultant Pharmacist, Liverpool).

One course is being held at the University of Surrey in Guildford, and the other at the Midland Hotel in Manchester. The two courses are identical in terms of lectures / lecturers.

Dates: a) 9-10th September 2019 - University of Surrey, Guildford  
b) 23-24th September 2019 - Midland Hotel, Manchester



GuildfordAdvanced  
CourseProgramme

<http://www.guildfordadvancedcourses.co.uk>

## Meet the Trainees' Committee



**Dr Hannah Clare**

**Ethics Committee  
Representative**

Hi, I'm Hannah and I joined the Trainee Committee this year. I am currently an ST5 in Manchester. I have an interest in ethics and completed a Masters in Medical Ethics and Palliative Care during my early years of training and hope that I can help create an ethics day that people enjoy. Outside of medicine I am a keen hockey player and love to bake.

## 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/>

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>

### **New sessions**

A new session has been completed and is can be accessed on e-ELCA: 5.24 - Culturally sensitive palliative and end of life care for lesbian, gay, bisexual and transgender (LGBT) people. Many thanks to Claude Chidiac for writing this session.

Work has continued on a new session on the AMBER care bundle. Further new sessions are currently in the very early stages of development.

### **Session updates**

The following session updates have been uploaded to e-ELCA recently:

- 3.10 - Things which block good communication
- 5.19 - Care after death I - introduction to care after death
- 5.20 - Care after death II - providing personal care after death

*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

Review of the APM Ethics Course – Dr Rachel Campbell – ST4

Like many of us in Palliative Medicine I have an interest in Medical Ethics. At times however, I think it can feel overwhelming when considering the multitude of ethical factors involved in any one situation and we can end up feeling that ‘there are no right answers’ to the situations we face. After attending the APM Ethics Study Days I feel much more equipped to tackle some of the ethical scenarios we come across in the specialty and have some structures which are helpful to frame discussions around clinical care.

The programme covered many of the topics within the Palliative Medicine Specialty Curriculum; 7.2 ‘Theoretical Ethics and Applied Ethics in Clinical Practice of Palliative Medicine’. Particularly useful, and topics that are often not covered elsewhere, included theoretical approaches to medical ethics, metaphysical and ethical concepts, and society’s view of medical ethics. The Hot topics section covered complex discussions such as Physician Assisted Suicide (PAS), deemed consent, collusive deception, confidentiality and ADRT. In light of the upcoming poll from the RCP London on PAS this was hugely helpful. For further reading there is a huge wealth of information collated on the [APM website](#). If you have not attended this course previously, I would highly recommend considering it, I think it provides a really good foundation of the principle of medical ethics in Palliative Medicine.

## 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](mailto: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>.

### 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](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.



## ARTICLE OF THE MONTH

### **Does advance care planning in addition to usual care reduce hospitalisation for patients with advanced heart failure: A systematic review and narrative synthesis**

This systematic review explores whether advance care planning can reduce hospitalisation for patients with advanced heart failure. The authors identified eight relevant studies from the literature and concluded that not only does advance care planning reduce hospitalisation, but it also increases use of palliative services and supported deaths in patient-referred place. Despite the study limitations, the authors conclude that findings from studies where advance care planning is integrated into generic care are promising and should be further tested.

Kernick LA, Hogg KJ et al Palliative Medicine 2018, Vol. 32(10) 1539–1551

Please [click here](#) to read the full article

### **Development, validity and reliability testing of the East Midlands Evaluation Tool (EMET) for measuring impacts on trainees' confidence and competence following end of life care training**

This paper describes the development of a tool for measuring effects of end of life training. The tool was developed over four years and was tested and validated. The tool measures changes in self-assessed confidence and competence on 5 subscales: communication skills; assessment and care planning; symptom management; advance care planning; overarching values and knowledge. There are some limitations to the tool but overall the authors advocate its use in measuring self-reported confidence and competence.

The tool can be downloaded freely [here](#)

Whittaker B, Parry R et al BMJ Supportive & Palliative Care 2018; 8: 439–446

Please [click here](#) to read the full article

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