



Association for
Palliative Medicine
Of Great Britain and Ireland

Trainees'
NEWS UPDATE

Term: Spring | Issue 15 | Date: 10th April 2019

APM Trainees' News

Dear Trainees,

Welcome to the latest edition of the APM trainees' news update. For those who were able to make it to the ASP conference in Harrogate I trust it was a very enjoyable and useful event. Some of the presentations from the conference can be accessed [here](#). Well worth a look at, particularly if you were unable to make the event.

Since the last newsletter I am sure you have seen the RCP's decision to change its stance on Assisted Dying to 'neutral'. While the implications of this decision remain to be seen, it is welcome that the RCP President acknowledged the significant concerns of palliative medicine to a change in the law and has made access to high quality palliative and end of life care an RCP priority. The APM will continue to engage in the wider debate which will no doubt continue.

I'd like to flag up this edition's highlighted research article – a section of the newsletter which hopefully helps as one way of keeping up with the specialty's latest research. This edition's article is an interesting retrospective cohort study of predictors for overall survival of older patients with cancer.

I'll finish by taking the opportunity to thank the members of the committee who are, or are soon to be, demitting – Jane Whitehurst (Workforce Rep) and Anna Bradley (SAC England rep). The committee is going through a brief period of re-organisation in line with the wider APM restructure, but we are looking for someone to fill the vacant SAC England rep post. Any England based trainees keen to apply then please see the section below.

Upcoming Events

Chronic Pain and Palliative Medicine

Venue: Beatson West of Scotland Cancer Centre, Glasgow

Date: 31st May 2019

Topics include: Chronic Pain Guidelines, Chronic Cancer Pain, Neuromodulation, Intrathecal Drug Delivery – Is a Trial Worth Doing?, Resilience and Burnout Confirmed speakers: Professor Marie Fallon, University of Edinburgh Gordon McGinn, Clinical Lead, Chronic Pain Service, Greater Glasgow and Clyde



National ICPS
Study Day 31.05.19



Chronic Pain and
Palliative

Palliative Care Trainees Research Course

Venue: Cicely Saunders Institute, King's College London Bessemer Road London SE5 9PJ

Date 8th and 9th July 2019

Palliative Care Trainees Research Course aims to provide delegates with 2 days of high quality teaching, delivered by leaders across the Palliative Care research field. Course content includes presentations and workshops on key topics, in line with palliative care trainees specialist curriculum requirements and opportunities for knowledge exchange and networking with world leading palliative care researchers will be facilitated throughout.



Palliative Care
Research Course

Guildford Advanced Course

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.guilfordadvancedcourses.co.uk>

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-rcqgi>

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

Shape of Training Update

April 2019

The Speciality Advisory Committee (SAC) is working hard to ensure the implementation of Shape of Training goes as smoothly as possible and that the opportunity to update our curriculum and assessment portfolio is maximised. In autumn 2018 the GMC-led Curriculum Oversight Group recommended a pause to the first stage of the curriculum approval process but in January 2019 gave the “green light” for work to continue.

The specialty curriculum is being extensively reviewed and updated to ensure our national training programme provides future trainees with the knowledge, skills and confidence to meet evolving patient need. Palliative Medicine is leading the way in seeking wide trainee involvement in this review process with active contribution from the SAC Trainee Reps in addition to input from all interested trainees via a Virtual Trainee Group. If any trainees are interested in joining this network please contact Dr Polly Edmonds, Vice Chair and Curriculum Lead for the SAC (polly.edmonds@nhs.net.) Alongside the curriculum, the Workplace Based Assessments are also being reviewed with an overhaul of the DOPS and introduction of a range of assessments examining non-clinical skills such as Leadership and Management .

It is important to acknowledge the ongoing uncertainty and challenges that Shape of Training presents. There is particular concern about potential impact on hospice workforce and delivery of the speciality “on call take.” From 2022, 12 months of the four year specialty training programme will be spent in Internal Medicine. Without robust backfill arrangements to replace the trainees stepping out of Palliative Medicine, there is a risk that charitable organisations such as hospices may decide not to support training posts. This has the potential to destabilise UK training.

The SAC, in collaboration with the APM, are now working hard to negotiate effective implementation models with JRCPTB and Postgraduate Deaneries across the UK. We need to agree systems that will provide good quality patient care in all sectors and maintain the high standard of our specialty training programme.

Important Dates

- Internal Medicine (IM) Curriculum goes live in August 2019
- Palliative Medicine Curriculum goes live in 2022 with the first trainees starting dual training in August 2022
- First dual accredited Palliative Medicine and Internal Medicine Consultant in 2026

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>.

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.



APM article of the month

Overall Survival in Older Patients with Cancer

A growing number of patients with cancer are older adults. We sought to identify the predictors for overall survival (OS) in older adults with solid tumour and haematological malignancies between January 2013 and December 2016.

Retrospective cohort study. A comprehensive geriatric assessment was performed, with a median follow-up of 12.8 months. Analysis: univariate and multivariate Cox proportional hazards regression analysis.

Overall survival in older patients with cancer. Edwards BJ, Zhang Z. et al

BMJ Supportive and Palliative Care; online doi: 10.1136/bmjspcare-2017-001452

Committee Vacancies

The Trainee's Committee currently has the following vacancies:

- SAC representative for England

Please visit <http://apmonline.org/committees/committee-vacancies/> for a detailed description of the roles and to download the nomination form. 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. This position is open to all trainees, not just APM members.

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