



Association for
Palliative Medicine
Of Great Britain and Ireland

Trainees'
NEWS UPDATE

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APM Trainees' News

Dear Trainees,

Here is our June edition of the APM Trainees' Newsletter. I hope this finds you all very well. This edition features an update by Amy Ritchie regarding the European Association of Palliative Care Conference, held last month in Berlin. It really does sound like a jam-packed programme. All of which may whet the appetite for the various courses and conferences we have advertised in the newsletter. I would like to draw your attention in particular to the Global Palliative Care event in February 2020 being organised by the committee. This is going to be a really exciting opportunity to take a look at the challenges and opportunities of palliative care in a global context – I'd really encourage you to consider attending.

We currently have a vacancy on the Committee – for the role of trainee representative to the BMA Junior Doctors' Committee. This is a role soon to be vacated by Vanessa Jackson, our current BMA rep. Vanessa, happily, is staying on to take over my position as Chair at the end of June, something I know that she will carry out with the same skill and commitment she has demonstrated in representing you all at the BMA JDC.

On that note, this is my last edition whilst in my position as Chair. I would like to thank all those on the Committee - their hard work and enthusiasm has made the last 15 months as Chair extremely enjoyable. It has been a privilege to work alongside them and to represent you as the trainee body over the last 15 months.

All the best,

Anthony Williams
Chair, APM Trainees' Committee

Upcoming Events

An Introduction to Global Palliative Care: Opportunities, learning and Responsibility

Venue: Marie Curie Hospice Newcastle, Marie Curie Drive, Newcastle Upon Tyne, NE4 6SS

Date: 4th February 2020

An APM Event organized by the Trainee's committee- Programme coming soon!

<https://aspconference.org.uk/trainees-study-day/>



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

Ethics Study Days, an APM Event organised by the Ethics Committee.

Venue – Severn Hospice Telford

Date: 20th-21st January 2020

The programme is designed to meet all the ethics knowledge requirements of the palliative medicine specialty training curriculum and the needs of busy doctors wanting to know about the ethics of palliative medicine.

<https://aspconference.org.uk/ethics-study-day/>

Palliative Care Congress 2020

Venue: Telford International Centre, St Quentin Gate, Telford, TF3 4JH

Date: 19th-20th March 2020

https://aspconference.org.uk/?dm_i=2GTP%2C1EG1A%2C7L9M07%2C4MRYX%2C1



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



Guildford Advanced
CourseProgramme

<http://www.guildfordadvancedcourses.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/>



e-ELCA
End of Life Care for All

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>

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

European Association of Palliative Care Conference – Berlin 2019 – A Trainee Update – Dr Amy Ritchie – ST4

The 16th World Congress of the European Association for Palliative Care was recently held in the Estrel Congress Centre in the vibrant city of Berlin. After an early start and a short flight we (my colleagues and I) had arrived! The programme was fully stocked with a wide variety of enticing titles and parallel sessions so the hard process of deciding which ones to attend began. From a very interesting presentation on de-prescribing in advanced illness– addressing those situations of progressive conditions and weighing up the benefits of continuing a therapeutic intervention versus the risks of discontinuing. To an afternoon Plenary with talks from Professor Scott Murray explaining Primary Palliative Care, an insight into the ‘Language of Dying’ from Monika Renz, an overview of the award-winning abstract from Pia von Blanckenburg assessing end of life communication and an introduction to the EAPC Volunteering Charter – a very interesting afternoon had by all. The fun didn’t stop there, there was a wide variety of informative sessions from opioid prescribing errors, to antibiotic use in dementia at the end of life, and the effectiveness of oxycodone for breathlessness. The list goes on! An interesting session on the integration of palliative care and oncology as next on the agenda with an overview of the WHO guidelines of cancer pain and global implementation of ESMO guidelines. Due to the variety, the decisions continued over all 3 days – whether to attend a parallel session on Palliative Care in Prisons, Mindfulness, Resilience and Compassion, or Care for Migrants and Refugees? And these are only to name a few! This Congress provided such variety of multidisciplinary challenges and opportunities in Palliative care, from policy, to research and on to clinical practice. And to get the chance to explore these challenges along with the dynamic city of Berlin made for a wonderful few days! See you all in Helsinki!

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 palliativetraineeecollaborative@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

Quality improvement priorities for safer out-of-hours palliative care: Lessons from a mixed-methods analysis of a national incident-reporting database.

Williams et al, Palliative Medicine, 2019; 33(3): 346–356.

Palliative care, increasingly delivered in community settings, poses unique patient safety challenges. This paper, via a mixed methods cross-sectional analysis of patient safety reports, explores the nature and causes of unsafe care delivered to patients receiving palliative care from primary care services outside normal working hours.

Click here to view the full article

Delirium management by palliative medicine specialists: a survey from the association for palliative medicine of Great Britain and Ireland

Boland et al, BMJ Supportive and Palliative Care, 2019, 2018-001586

Delirium is a common and underdiagnosed condition in patients receiving palliative care. This cross-sectional survey of members of the Association of Palliative Medicine for Great Britain and Ireland assesses specialist clinicians' current practice in assessment and management of delirium.

Click here to view the full article

Committee Vacancies

The Trainee's Committee currently has the following vacancies:

- BMJ Representative

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