



Association for
Palliative Medicine
Of Great Britain and Ireland

Trainees'
NEWS UPDATE

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APM Trainees' News

Dear Trainees,

I hope that you are enjoying your summer. Welcome to the August edition of the Newsletter. I have taken on the role of Chair after the departure of Dr Anthony Williams who is about to embark on his new Consultant role. I wish him all the best and thank him for all his hard work with the Committee. As I embark on this role, I look forward to the challenges ahead (Shape of Training amongst them!) and hope that we can grow from strength to strength.

Change is afoot with your Trainees Committee - as part of a wider restructure of the APM, our committee will also be considering our structure and how best we can meet your needs. We currently have two committee vacancies - BMA Junior Doctor Committee Observer and SAC Representative for Scotland. Please get in touch if you'd like to take part - being involved in the Committee is a fantastic experience as well as being great for the CV!

The Global Health Study Day, February 2020, is drawing near - the programme looks excellent and there is still time to sign up if you're interested.

This newsletter also features an update on Shape of Training. I know that many of you have concerns and queries so we hope that you find the update helpful.

In considering how we restructure going forward, we are keen to hear from you. We are here for Trainees and we would love your thoughts and ideas on how the APM Trainees can meet your needs going forward. Please get in touch via email or twitter.

Many thanks,

Vanessa Jackson
Chair, APM Trainees' Committee

Upcoming Events

APM Ethics 2020

An APM event organized by the Ethics Committee

Dates: 20- 21st January 2020

Location: Severn Hospice, Telford

APM Member Early Bird Rate: £195

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.



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

An APM event organised by the trainee committee

Date: 4th February 2020

Location: Marie Curie Hospice, Newcastle

APM Member early bird rate: £75



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>

Palliative Care Congress 2020

The largest multi disciplinary palliative care conference in Great Britain and Ireland

Date: 19-20 March 2020

Location: Telford International Centre

www.pccongress.org.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.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

Shape of Training Update from SAC Trainee Reps

July 2019

Following our update in the April Newsletter the SAC is continuing to work hard with finalising the content of the new curriculum, piloting the LEADER assessment tool for non-clinical skills as well as creating opportunities for all Internal Medicine trainees to gain increased experience in Palliative Medicine.

Our new curriculum will move away from competence assessment, and instead focus on high level learning outcomes, or 'Capabilities in Practice' (CIPs). There will be a rebalancing of clinical presentations to better represent the patient population now seen in palliative care. Trainees will continue to gain the knowledge and skills to manage cancer patients, but there will be more focus on supporting people with a wide range of life limiting illnesses, including frailty, dementia, organ failure and multi-morbidity. Other significant changes include acknowledgement of the emerging evidence to support the positive outcomes of community engagement, development and health promotion at the end of life. There will be improved recognition of supporting transitional care for teenagers and young adults, the new discipline of supportive care in cancer and of challenges of meeting the needs of hard to reach groups. There has been an overhaul of the DOPS with most skills now being achievable in a skills lab as well as a new assessment examining non-clinical skills such as Leadership and Management, and the introduction of a patient survey. Although change brings opportunities, the SAC acknowledges that there will be challenges to face when implementing the new curriculum including the reduction in speciality-specific training time with twelve months of the four year specialty training programme spent in Internal Medicine. The SAC is very aware of, and working towards minimising, the impact of this on hospice and palliative care services, including management of on-call rotas. This has the potential to destabilise services across the UK unless robust backfill arrangements are in place. Over the next few months the SAC will be continuing to explore options regarding implementation; current options include increasing Palliative Medicine training numbers, backfilling posts from other medical specialities, or a mix of the two. Members of the SAC are undertaking discussions with local deaneries and will feedback to the SAC in November 2019. The SAC has made it clear that if adequate backfill cannot be guaranteed then Palliative Medicine cannot be a dual-accrediting speciality.

The SAC has also had the opportunity to comment on the latest draft of the stage 2 IM curriculum. The SAC has successfully challenged draft requirements around specialty take and inpatient management, such that the stage 2 curriculum will now be deliverable in conjunction with dual training with palliative medicine.

The goal of the SAC is to agree systems that will provide good quality patient care in all sectors and maintain the high standard of our specialty training programme.

SAC Trainee Representatives:

Dr Kirsty Lowe (kirstylowe1@nhs.net) - Scotland

Dr Isobel Jackson (imjackson658@gmail.com) - Wales and Northern Ireland

Dr Gurpreet Gupta (gurpreetgupta@gmail.com) - England

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:

- BMA Junior Doctor Committee Observer
- SAC Representative for Scotland.

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