



Association for
Palliative Medicine
Of Great Britain and Ireland

Trainees'
NEWS UPDATE

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APM Trainees' News

Dear Trainees,

Welcome to the December edition of your newsletter. We hope you are enjoying the festive season and that you have some well earned time off over the holiday period.

The APM Trainees Committee had a productive meeting last month and we are looking forward to an exciting 2020! The Global Palliative Care Study Day in February will be a great event which we are looking forward to. We are also hoping to have strong trainee representation at the PCC in Telford in March - we hope to see you there! Looking further into the future, we are considering themes for a Trainee Study Day in the East Midlands in 2021 - we will keep you posted and we would love to hear your ideas for future events.

In other news, we are undergoing a committee restructure - we will have a smaller committee with clear roles in order that we can represent you as best as we can. We will introduce you to new committee members in the newsletter next year.

Finally, on behalf of the Committee I would like to wish you and your families a Happy Christmas and Happy New Year for 2020.

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



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-rqip>

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

Book review – *Being Mortal* by Atul Gawande

Reviewed by Dr Vanessa Jackson

Being Mortal is one of those 'must read' medical books that I'd been meaning to read but never did. I bought a copy some years ago and it lay dusty on my bookshelf until I decided to pick it up recently – I'm so glad I did.

Gawande is a surgeon living in North America. His experiences of caring for patients with life-limiting illness, and his personal experiences, compelled him to rethink how he cares for patients in the end stages of life, and he recounts this journey throughout this book. He writes beautifully and honestly about how he has learned lessons which have reshaped his approach to care.

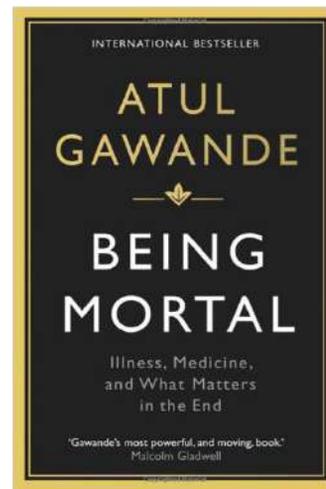
One aspect which I found particularly enlightening was Gawande's reflection on how society treats the elderly. He describes differences between Indian and Western cultures and reflects on the tension between autonomy of the elderly person, and autonomy of their family. Throughout the book he emphasises the importance of finding out what matters most to the patient, and making that our priority.

This book is a must-read not just for Palliative Medicine doctors, but all doctors. You should read it – and encourage your colleagues to as well! (Hint: it may make a good Secret Santa!)

I'll end with one of my favourite quotes:

'our most cruel failure in how we treat the sick and the aged is the failure to recognise that they have priorities beyond merely being safe and living longer; that the chance to shape one's story is essential to sustaining meaning in life'.

These are words which we would all do well to practice.



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

Anticipatory syringe drivers: a step too far

'Anticipatory syringe drivers: a step too far' is a very short, easy read. It argues that we should not be prescribing anticipatorily syringe driver regimes. It concentrates on the recommendations made from the Gosport hospital enquiry and outlines the case to shift the balance of a ready prescribed syringe driver towards a safe and patient centred approach. The risk is a swing too far in the opposite direction. You will have views on what is meant by patient centred and whether that justifies anticipation by suitably competent staff because to stand by and watch, or hide behind 'Computer says no' clearly isn't the solution.

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

Committee Vacancies

The Trainee's Committee currently has the following vacancies:

- Communications Officer
- 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