



Association for  
Palliative Medicine  
Of Great Britain and Ireland

Trainees'  
**NEWS UPDATE**

Term: Winter | Issue 19 | Date: 20<sup>th</sup> February 2020

## APM Trainees' News

Dear Trainees,

Welcome to the February edition of your newsletter. The Trainees' Committee recently had a very successful Global Health Study Day in Newcastle earlier this month. If you were unable to make it we will bring you a summary in our next newsletter. We are currently planning our next study day for 2021 so we will keep you posted!

We have had some recent changes in the committee. Hannah Clare will be leaving us as Ethics representative and Simon Etkind is taking on the amalgamated role of Science and Ethics representative. We also welcome Jasmine Lee, our new Communications representative.

In this month's newsletter, OOPE is our flavour of the month – the Post of the Month describes experience OOPE with the RCP and there are details of an upcoming OOPE opportunity that is worth considering!

The Trainees Research Collaborative is doing some excellent work and if you're interested please contact the group.

Many of the committee will be at the PCC in Telford in March – it should be a great event. We have arranged an informal meeting space over lunch on the Thursday to 'Meet the Committee' – keep an eye on our twitter @apm\_trainees and we will send an email with details nearer the time.

Many thanks,

Vanessa Jackson

## Upcoming Events

### APM Ethics 2020

An APM event organized by the Ethics Committee

Dates: 28-29th September 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.



### "Go with your gut" – gastroenterology study day

This study day is designed for SAS and hospice doctors, trainees, consultants and specialist nurses and will provide an update on several topics including TPN, liver failure, ethics around nutrition and interventional procedures in bowel obstruction.

Date: 19 November 2020

Location: Birmingham Medical School

APM Member Early Bird rate: £75

Non APM Member Early Bird rate: £100

(closes on Sept 25<sup>th</sup>)



### 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](http://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.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

In 2018-2019 I worked as the first palliative medicine trainee to also undertake an OOPE as a RCP Chief Registrar. I was based at Epsom and St Helier Hospital NHS Trust. I worked clinically across both sites for 3 days a week and non-clinically in the role as chief registrar for the Trust for the remaining two days of the week. Working as a chief registrar.

This was a fantastic experience to develop leadership and management skills and get a better understanding of the governance structure and management processes underpinning a NHS Hospital. The Chief Registrar programme included 10 days of a development programme. Through this I learnt about change management, team culture and development, quality improvement methodology, the importance of personality in teams, personal resilience and self management. At the host Trust, in addition to my clinical and educational supervisors I also had a dedicated mentor in relation to my leadership role. I had fantastic support from senior management within the Trust and in addition to the guidance from my Mentor and the PGMC team, my palliative care consultants helped support me in this role as it was the first time the Trust had a chief registrar and the first time a palliative medicine trainee held such a post. The Royal College provided regular sessions where chief registrars from across the country would meet to discuss their experiences and peer problem solve using action learning sets methodology. This was helpful to hear about the different projects everyone was working on and get some insight of the issues at hospitals throughout the UK.

Each Chief Registrars' experience is individual to the hosting trust and the local problems but for everyone on the programme there were many opportunities to be involved in various aspects of leadership and quality improvement either within their department or at trust level.

As part of my role I was keen to be involved with working with junior doctors across the Trust. I was the junior doctor representative to various Trust committees and attended board meetings and executive level meetings giving me the opportunity to raise issues experienced by junior doctors at the trust. I organised and chaired the junior doctor forum meetings and worked closely with the PGMC, HR, DME and trust executives and non-executives to help resolve issues. I used my role to help improve communication and understanding both ways between senior management and junior doctors and arranged so other interested junior doctors could also be involved in areas such a patient safety, mortality review, and workforce. It was a busy and interesting year where I worked on and led many improvement projects but also helped identify future areas of work for the next chief registrar to work on after I left.

I think the experience was invaluable in preparation for becoming a future consultant and learning how to balance clinical and non-clinical demands. I also learnt the importance of delegating or saying no politely rather than taking on too many tasks and projects.

For more information please check out the RCP website:

<https://www.rcplondon.ac.uk/projects/chief-registrar-programme>

Sam Raveney  
ST6 Palliative Medicine

## Meet the Trainees' Committee



**Dr Gurpreet  
Gupta**

**SAC Rep for  
England**

Hiya, I'm Gurpreet and the current SAC Trainee Representative for England. I took on the role in mid 2019 and it's been an eye opening experience to observe how much work goes into development of the specialty. It has also been reassuring to see first hand how much the 'trainee voice' is valued by the committee.

Currently I am an ST4 in the East of England deanery, having taken the plunge back into training after several years as a hospice specialty doctor in Windsor. I have a keen interest in diversity, inclusivity and staff wellbeing and have also been involved in Schwartz Round facilitation. Outside of work my endeavours are less wholesome and I can usually be found bingeing on a Netflix series (highly recommend Line of Duty) or successfully beating my husband playing boardgames!

(As trainees should you have concerns that you feel require discussion at national level please contact me at: [gurpreetgupta@gmail.com](mailto:gurpreetgupta@gmail.com) )

## 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.

## OOPE Advert

Operation Magenta are looking to recruit a Medical Support Officer to assist in a long term inquiry. The advert previously went out on an internal DOHSC website for the Palliative Care Training group for the London area. The role would suit someone looking to work 2/3 or 4 days a week, some agile working available.

### Role requirements

- Must have successfully completed the foundation year 2 programme and be full registered as a medical practitioner with the GMC
- Interest & experience in palliative care
- Interest in medical law
- Must be willing to arrange suitable medical indemnity with their medical protection society/union - Would make an ideal out-of-programme experience (OOPE)
- Length of contract negotiable and potential it to be extended (doctors in training programmes may be able to organise 6 or 12 months out-of-training to do something like this).

### Job description

- Interpretation and review of medical notes
- Interpretation of medical terminology and acronyms
- Occasional Presentation of findings to an investigative team
- Creation and maintenance of support documents
- Provide support to an investigative team including senior officers & on hand to provide advice where required
- Suitable candidate would be fully embedded in the policing team
- Will not act as a medical expert and will not be asked to give any opinion on medical care in court
- Scope of role will be determined by a Terms of Reference which the candidate will be asked to agree to before starting.

Essential skills: excellent communication skills, ability to integrate into police team and to work with different people in people in different settings, be approachable and hard-working, must maintain high professional standards at all times. Willingness to learn and adapt skills as needed.

Mark Gridley | Acting Detective Inspector (42001656) Case Supervisor Operation Magenta : Email [mark.gridley@essex.police.uk](mailto:mark.gridley@essex.police.uk) ( Mobile 07773933978 \* Address North Kent Police Station, Thames Way, Northfleet, Kent DA11 8BD

## Update on SCE – PACES misconduct case

It has been brought to our attention that an investigation into sharing of MRCP PACES cases via social media platforms has resulted in misconduct hearings for some candidates. Informal discussions are inevitable however please be aware the examination code of conduct is no different for the SCE and breach of such may result in significant ramifications. See communication below from MRCP (UK):

In November 2018, we were contacted by a host examiner after one of the helpers at their centre had overheard a conversation between two candidates about sharing PACES scenarios on Facebook.

We then launched an investigation into this matter. Review of the website identified a large amount of candidate-recalled information, including live examination material. Using information from the site it was possible to identify 24 candidates who had requested information about forthcoming PACES examinations or who had responded to such requests.

It was concluded that this represented a breach of the [MRCP\(UK\) Candidate Code of Conduct](#); specifically, the regulation that concerns attempting to gain or pass on information about the contents of the examination in advance. After being contacted, 20 of the candidates admitted the allegation and apologised for their actions. Four were referred to misconduct hearings; allegations against three were upheld and they were referred to their national regulator and one allegation was dismissed.

Candidates should remember that while it is acceptable to use social media for revision purposes, it is not permitted to request or share examination material. We are updating our regulations to provide further guidance to candidates on this issue.

Examiners should remind trainees sitting any MRCP(UK) examination that they should not share material such as questions or scenarios with their peers.

## 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)