



Association for  
Palliative Medicine  
Of Great Britain and Ireland

Trainees'  
**NEWS UPDATE**

Term: Autumn | Issue 21 | Date: September 2020

## APM Trainees' News

Dear Trainees,

Welcome to your September APMT bulletin. Some of you will be starting new training posts with others transferring to new placements shortly. We wish to congratulate and welcome all our new ST3s to the specialty – well done! We hope in these upcoming years that you will both benefit from the work of your APMT committee and endeavour to help us improve trainee experiences and the life of our specialty.

We're excited to enclose an advert for a trainee to join our committee as our new Science and Ethics Representative and help trainees with access to these important areas. Please do consider joining us.

This edition also contains a summary of our latest annual trainee representatives meeting with our APMT Regional Reps Officer Lucy. There is also details of opportunities APM members can benefit from, including early bird member rates at the APM Ethics Study day and access to journals and Palliative Care Formulary access. For those with projects to showcase the Palliative Care Congress is open for abstracts with details how to submit below.

This newsletter is for trainees by trainees. We want to hear from you, allow trainees to connect nationally and have a platform to feature your contributions in the upcoming newsletters.

Please contact us at [apmtraineescommittee@gmail.com](mailto:apmtraineescommittee@gmail.com) to contribute with a feature article, journal summaries or trainee reflections. Even in this clinically challenging time we know our trainees have a lot to offer and #APMTtogetherisbetter. Take care of yourselves and each other and do contact us if we can be of support.

With regards,  
Jasmine and Simon  
APMT Co-Chairs 2020

## Wellbeing Apps

NHS Staff have been given free access to some wellbeing apps since March to the end of December 2020 to support their mental health and wellbeing following the onset of COVID-19. These include:

### Headspace

Headspace is a meditation app. It aims to teach mindfulness meditation skills for a few minutes each day to help positively impact mental and physical health.



### Unmind

Unmind is a workplace mental health platform aiming to help organisations and employees improve their mental wellbeing.



### App Access

To explore these apps and for more resources on wellbeing at work:

<https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff>

## Post of the Month – Regional Representatives Annual Meeting

We hold an annual regional representatives teleconference to give regional representative an opportunity to learn more about Association of Palliative Medicine and their role as regional representatives, to give any updates from the committee and to feedback any concerns that trainees may have raised. This year the teleconference was delayed due to COVID-19 and was held on 28<sup>th</sup> July.

We discussed the role of the Association of Palliative Medicine and the role of the regional representatives. We had the opportunity to discuss the impact that COVID has had on palliative medicine trainees up and down the country including those who were shielding and may be returning to clinical practice. We plan to circulate a survey to trainees on the impact of COVID-19 on their training, as it was raised in the meeting that trainees have had a very variable impact on their training due to COVID-19 due to their personal circumstances as well as specific placements.

An update was given from the SAC on Shape of training and the new curriculum, for regional representatives to disseminate back to their trainees. After discussion it was decided to continue to disseminate information about SAC meetings via the APMT newsletter, as trainees are not consistently receiving these updates from their TPDs.

We plan to hold the next Regional Representatives Teleconference in March / April 2021. In the meantime to raise any issues in your region please contact your regional representative, or send us an email directly at [apmtraineescommittee@gmail.com](mailto:apmtraineescommittee@gmail.com).

Dr Lucy Ison, APMT Regional Representative Officer

## Trainee Committee opening – Science and Ethics Representative

### **New opening in training committee!**

#### **- Trainee Science and Ethics Representative**

We're looking for a new team member who is motivated at supporting Palliative medicine trainees and representing trainees at the APM's Science and Ethics Committee.

The role involves:

- Representing the views of trainees to the newly formed APM Science and Ethics Committee
- Attendance at Science and Ethics Committee meetings
- Actively contributing to the group's work:
  - Involvement with discussion at meetings
  - E-mail correspondence regarding issues arising from, and between, meetings
  - Contributing to draft written response to publications and to position statements
  - Assist, with the support from the committee, on planning and delivery of the annual 2-day Ethics Study Event
- Produce a report of activity sent to Trainees' Committee when requested/ prior to each meeting of the Trainees' Committee.
- Produce a short summary of current research studies for APMT 2 monthly newsletter
- Attendance at Trainees' Committee meetings four times a year (2 of which are conference calls)

To apply for this role please see - <https://apmonline.org/vacancies>

Application deadline - 10<sup>th</sup> October 2020.

## Palliative Care Formulary Access

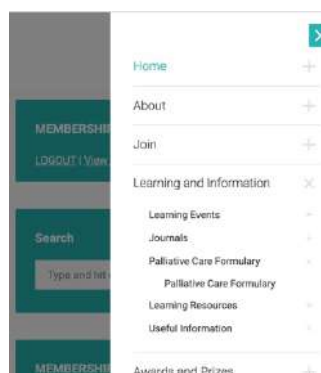
New to 2020, eligible APM members i.e. full members (including reduced subscription) now have access to Palliative Care Formulary Online through MedicinesComplete. Access is via the APM website by logging in and accessing PCF through the learning tab.



1. Login on to the APM website [apmonline.org](http://apmonline.org)



2. From the list icon (top right corner) select 'Palliative Care Formulary'



## COVID-19 Guidance

The APM has issued guidance regarding COVID-19 and Palliative, End of Life and Bereavement Care. The latest guidance can be found on the website: <https://apmonline.org/>



If there is anything else that you have found useful in preparing for the SCE, or for CPD in general, then please contact us and we will endeavour to add this to the next News Update.

## Research and Journals

### **Opioids for breathlessness: a narrative review**

*M Johnson and D Currow. BMJ Supportive & Palliative Care. Aug 19 2020.*

<https://spcare.bmj.com/content/10/3/287.info>

This narrative review presents a summary of currently available evidence with regards to clinical use of opioids as a pharmacological management for chronic breathless. It describes the underlying science associated with the centrally modulated mechanism of action of opioids for breathlessness and determined effectiveness from clinical studies. The best identified evidence is for 10-30mg daily de novo low-dose oral sustained-release morphine in opioid-naïve patients. There is little available evidence regarding longer term benefits or harms. Morphine-related adverse events are common but mostly mild and self-limiting on withdrawal of the drug and serious adverse events are found to be no more common than placebo in clinical studies.

This article is recommended for trainees as a thorough summary of opioid use for chronic breathlessness.

### **UK Palliative Trainees Research Collaborative**

The UK palliative trainees research collaborative (UKPRC) is developing an exciting new research project about VTE prophylaxis in palliative care.

There will be opportunities for trainees to participate in a national one-day snapshot audit of practice by collecting data in your unit. There will also be potential to get involved in project planning, analysis and write up. All contributions will be acknowledged in any subsequent papers, and this will count towards audit and research curriculum competencies. Keep an eye out for more info to follow soon.

For further information or to get involved, please tweet @UK\_PRC or email [Palliativetraineecollaborative@gmail.com](mailto:Palliativetraineecollaborative@gmail.com)

### **Resources for trainees interested in research**

The APM Science Committee have produced the following to help trainees providing useful resources and an outline on how you might approach carrying out a research project: <https://apmonline.org/wp-content/uploads/2015/04/Resources-for-Trainees-Wanting-to-Carry-Out-Research.pdf>

### **Journals**

The following journals can be accessed via your login through the APM website:

- Palliative Medicine Journal
- BMJ Supportive & Palliative Care Journal
- EAPC Journal (at a reduced subscription rate)

Publications may also be available through the BMA website, for those with membership. A list of these can be found at: <https://www.bma.org.uk/library/e-resources/e-journals>.

## Educational opportunities

### **APM Ethics Study Days – organised by the Ethics Committee**

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.

Sessions will include:

- Basic moral theory
- Acts and omissions
- Withdrawing and withholding treatment
- Ethical principles and their application in palliative care
- Hot topics
- Case discussion and articulating ethical arguments

Date: 25-26 January 2021

Venue: Severn Hospice, Telford

Fees: Early Bird Member £195. Early Bird Non-Member £230

Further information and booking: <https://apmonline.org/apm-events-courses/>

### **Cicely Saunders Institute MSc, Postgraduate Diploma & Postgraduate Certificate in Palliative Care**

Online Event – hosted virtually via Microsoft Teams

The MSc programme at the Cicely Saunders Institute, run in collaboration with St Christopher's Hospice, will be hosting an exciting online event for those interested in pursuing postgraduate taught studies for 2021. Dr Clare Ellis-Smith, the MSc Course Director, will be presenting and joined by our MSc Alumni to discuss their experience about the course. This will also be an opportunity for you to ask questions about the programme!

We will be hosting this event twice. Registration links below:

[Tuesday 29th September 17:00-18:00](#)

[Wednesday 30th September 10:00-11:00](#)

Contact [msspallcare@kcl.ac.uk](mailto:msspallcare@kcl.ac.uk) for more information.

If you are a course organiser or running an education activity that could benefit our members please contact us at [apmtraineescommittee@gmail.com](mailto:apmtraineescommittee@gmail.com)

## Palliative Care Congress News

### The Palliative Care Congress

**1 Specialty, 3 Settings – home, hospice, hospital**

25 - 26 March 2021 | Edinburgh International Conference Centre



## Call for Abstracts Now Open

### Submission Timeline

Call for Papers Open from	<b>Friday 11 September 2020</b>
Call for Papers Closes	<b>Friday 23 October 2020</b>
Outcome Notifications Issued	<b>w/c Monday 23 November 2020</b> ( <i>these will be emailed to the submitting Author</i> )
Registration Deadline	<b>Friday 29 January 2021</b> ( <i>all Presenting Authors to be registered by this date</i> )

Abstracts are invited for original research relevant to palliative care and in consideration of the conference theme - **1 Specialty, 3 Settings – home, hospice, hospital**. Audits and service evaluations of a sufficient standard will also be considered.

Full [Submission Guidelines](#) are available via the Palliative Care Congress website.

### Authorship

Submitters are permitted to be the First Author on a **maximum of two abstracts**. Authors are permitted to co-author any number of abstracts. For each accepted abstract, a Presenting Author must register to attend at least one day of the conference, no later than **Friday 29 January 2021**.

### Abstract Publication

All accepted abstracts will be published in a mainstream palliative care journal. By submitting an abstract the author agrees to its publication in the journal. Submitting Authors are responsible for the content of their abstract.

### [Submit Now](#)

Any queries regarding abstracts for PCC in 2021 should be directed to [admin@pccongress.org.uk](mailto:admin@pccongress.org.uk)

## Contact the APM Trainees' Committee

We're here to support trainees and our development.

Contact us:

- Via your regional APM Trainees' Representative
- Email us directly via [apmtraineescommittee@gmail.com](mailto:apmtraineescommittee@gmail.com)
- On our Facebook page 'APM Trainees'
- On Twitter @apm\_trainees



The APM is the world's largest representative body for doctors practicing or interested in palliative medicine.

If you are not already a member join today! <https://apmonline.org/join-pages/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)