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In this issue:

Welcome	1
Trainees' Committee Update	2
Research Course	2
Post of the Month	3
Journal Article of the Month	
Research Regional Representative Opportunity	5
Knowledge Hub	6
❖ Journal Access	
❖ APM Courses	
❖ PCF Access	
❖ Covid-19 Guidance	
Committee Vacancy	7
Contact the Committee	7

Dear all,

This edition of the trainees newsletter focuses on trainee led palliative care research, with a spotlight on the Wes Midlands regional collaborative (WMCARES). Regional research groups such as WMCARES and the North East Palliative Registrars Research & Education Alliance have conducted some fantastic research in recent years, and are a good way of meeting research competencies. Trainees are also conducting research at a national scale, and below we share a publication summarising the UK Palliative trainees Research Collaborative (UKPRC) for which many of you have been involved in collecting data. Momentum is building so look out for future projects! If you're interested in getting more involved in research, we would be happy to link you up with others in your region or across the UK, please just get in touch.

As Shape of Training gets going we're also keen for the committee to be at full strength, with representation from those on the new and old curriculum. We're currently looking for a communications coordinator to join the committee (details below), and will shortly be looking for a new curriculum rep as well. Please get in contact if you're interested, it's a small workload and really useful experience.

Finally, watch this space for an exciting new offer to trainees on SCE revision resources we are hoping to release over the summer.

Best wishes,

Simon and Jasmine

Trainees' Committee Update

APMT Facebook Group and Twitter

If you are a new palliative medicine trainee or not yet in our Facebook group, please join to share educational events, discuss topics and for latest APMT news.

Follow us on Twitter [@APM_trainees](#)

OOP Trainees Facebook Group

The Facebook group that was formerly set up to help support APM shielding trainees has evolved into a support group for trainees going OOP (parental leave, OOPE/T, sick leave) –

<https://www.facebook.com/groups/apmt0>

If you would like to join, please request to join via Facebook and drop us a message with your name and region.

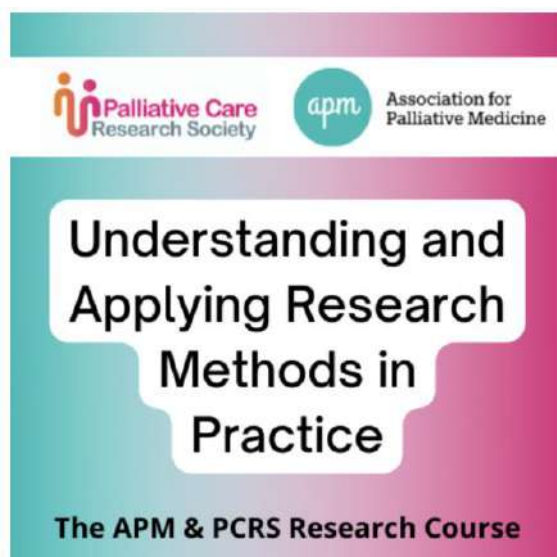
Website update – Wellbeing Resource List

Our website has been updated throughout this year. You'll find links to the curriculum including the Covid-amended curriculum.

The most recent addition is our Wellbeing Resource List compiled by our SAC team. Find it here –

<https://apmonline.org/trainees-committee/>

Research Course



Wednesday 8th, Wednesday 15th and
Wednesday 22nd June 2022

A joint APM and PCRS course on Understanding and Applying Research Methods in Practice, has been developed by the APM Research & Ethics Committee and the PCRS Executive Committee. The course will be facilitated by national leaders in Palliative and End of Life Care Research, and be held over 3 weeks, with pre-work being issued in Week 1, a virtual day held in Week 2 and an in-person day to finish the course. The course has been designed to support all clinicians seeking to begin their journey in palliative care research, with the programme constructed to address the research competencies for Palliative Medicine Trainees. Places on the course are limited.

Fees

APM/PCRS Member **£160**

Non-Member **£200**

Now also an option to attend the virtual session only.

For more information please visit the APM website:

<https://apmeducationhub.org/events/apm-pcrs/>

Post of the Month – West Midlands Research Collaboration

Hello, I am one of the ST5 Registrars in the West Midlands and currently Chair of the "West Midlands Collaboration Actioning Research in End of life and Supportive care" (known as WM CARES), which is our trainee-led research collaborative. It is comprised of our Registrars and interested Consultants and we work closely with and get great support from the West Midlands Clinical Research Network (CRN) (part of the National Institute for Health and Care Research).

Our aim is to conduct and publish research in the palliative care setting within the West Midlands; with the goal of improving patient care and services – both regionally and nationally, whilst also increasing trainee participation in research activities. We recognise the importance of evidence-based practice, and are passionate about promoting this within our specialty, both through our own collaborative and as part of the UK Palliative Care Research Collaborative (UKPRC).

We have several projects in various stages of development at the moment – some in conjunction with other specialities, others are smaller-scale work and many of our trainees had posters displayed at the recent APM Palliative Care Congress. We have regular WM Cares committee meetings, participate actively in our Clinical Research Network's Palliative Care Research Community Group and are considered a stakeholder in the region for research – working with others to create a strong and prosperous network.

Alongside the CRN, we host an annual event to showcase innovative and exciting projects within the field of palliative and supportive care – giving the opportunity to share best practice, enable research readiness and highlight involvement in research and other projects in the region - or nationally but with relevance to our area.

After a few years away, we are delighted to be arranging a face-to-face event this year: on Wednesday 5th October in Birmingham. We will shortly be inviting submissions of abstracts from any recent research, quality improvement work or other projects in palliative/supportive care – for consideration of a short oral presentation on the day to our regional attendees. We welcome work from other areas – especially other trainees/trainee collaboratives - if they are nationally applicable (and, thus, relevant to the West Midlands region). Save the Date below - further information on abstracts to follow.

Further information (or to contact us): www.westmidspallcare.co.uk/research/wmcares/

Dr Lauren Ward-Davies, ST5, West Midlands



**WM CARES RESEARCH
SHOWCASE**

Wednesday 5th October 2022
Birmingham St. Mary's Hospice

Agenda and registration instructions to follow

We will shortly be inviting anyone with their own research, quality improvement work and other projects in supportive and palliative care to submit brief abstracts – to be considered for a short oral presentation on the day.
Further details to follow.

Journal Articles: In Focus

UK Palliative trainees Research Collaborative (UK-PRC): the first 5 years - 0-100 study sites

Wakefield D, Etkind SN, Bemand-Qureshi L, Sutherland A, Koffman J, Dewhurst F, Noble S, Chamberlain C; UKPRC. UK Palliative trainees Research Collaborative (UK-PRC): the first 5 years - 0-100 study sites. *BMJ Support Palliat Care*. 2022 Apr 22;bmjspcare-2022-003635. doi: 10.1136/bmjspcare-2022-003635. Epub ahead of print. PMID: 35459685

Palliative care research is under-resourced leading to a sparse evidence base and consequent impacts on patient and family care. Research opportunities for trainees are hindered by fragmented training sites and small teams, despite expressed interest, curriculum aims and training needs.

The UKPRC is the only national palliative care trainees research collaborative in the world. Formed in 2016, the UKPRC aims to “strengthen the research and quality improvement culture within palliative medicine, embedding research activity and evidence-based practice from the first year of training as something for all, not just for those who wish to be clinical academics.”

The UKPRC has conducted multicentre national audit and survey-based research across the UK. The UKPRC offer flexible ways of engaging in research activity, depending on one’s interest and time commitment. Trainee involvement can range from data collection to proposing and leading projects, to joining the steering group as a deanery trainee lead.

The UKPRC hopes to continue supporting national, multicentre studies, to the benefit of those we look after in palliative care, as well as the palliative care workforce. It also hopes to help embed a research culture within palliative care, bringing on board staff grade, associate specialist and specialty doctor colleagues, and possibly multidisciplinary team members and international collaborators in the future.

If you would like to learn more you can contact the UK PRC Co-chairs at chair.ukprc@gmail.com or on Twitter @UK_PRC. They will shortly be actively recruiting for new Regional Reps as well as leadership positions including Deputy Chair, Secretary and Communications Officer. So not only a great opportunity to get involved in research, but also an opportunity to develop and demonstrate leadership and management skills in a supportive and friendly environment.

Pharmacovigilance in hospice/palliative care: Net effect of amitriptyline or nortriptyline on neuropathic pain: UTS/IMPACCT Rapid programme international consecutive cohort

Hussein A, Digges M, Chang S, et al. Pharmacovigilance in hospice/palliative care: Net effect of amitriptyline or nortriptyline on neuropathic pain: UTS/IMPACCT Rapid programme international consecutive cohort. *Palliative Medicine*. April 2022. doi:10.1177/02692163221085855

Neuropathic pain is prevalent and difficult to palliate. Tricyclic antidepressants (TCAs) have an established role for some neuropathic pain aetiologies, but this is less clear in palliative care. The evidence in palliative care is largely derived from studies in trigeminal neuralgia, post-herpetic neuralgia and painful peripheral neuropathies.

This study aimed to describe the real-world use and outcomes from amitriptyline or nortriptyline for neuropathic pain in palliative care.

This prospective, consecutive cohort study involved 21 sites (inpatient, outpatient, community) in 6 countries. 150 patients receiving specialist palliative care, with clinician-diagnosed neuropathic pain, where the treating clinician had already made the decision to use a TCA were included.

85% of patients had cancer with a mean age of 73.2 years.

Data were entered at set times: baseline, and days 7 and 14. Likert scales graded benefits and harms. 110 received amitriptyline, and 40 received nortriptyline.

By day 14, doses of amitriptyline were 57 mg (SD 21) and nortriptyline 48 mg (SD 21).

Fifty-two (34.7%) patients had pain improvement by day 14 (amitriptyline 45/110 (43.3%); nortriptyline 7/40 (18.9%)).

Thirty-nine (27.7%) had new harms; (amitriptyline 29/104 (27.9%); nortriptyline 10/37 (27.0%); dizziness (n = 23), dry mouth (n = 20), constipation (n = 14), urinary retention (n = 10)). Benefits without harms occurred (amitriptyline 26/104 (25.0%); nortriptyline 4/37 (10.8%)).

The authors concluded that the benefits favoured amitriptyline in the short-term, while harms (most of which were mild-moderate) were similar for both medications. This is notable since nortriptyline is often considered when side effects have prevented dose titration of the alternative, and cheaper, SNRIs. It is worth noting also that clinical practice with titration schedules and doses achieved by 14 days shows very wide variation.

Research Regional Representatives Opportunity

We have been made of an opportunity that may interest some of you from the Palliative Care Research Society (PCRS). The PCRS is developing a number of Regional Representative roles in 2022. The aim and purpose of the Regional Representative role is to connect local members of the PCRS and provide opportunities for engagement and peer support, particularly for early career researchers. This may include highlighting and linking members into existing programmes and opportunities, or creating specific events to facilitate a network within the region. A Regional Representative is responsible for promoting the PCRS within their area, providing a link for regional members, and supporting local events to connect regional members. RRs will also represent PCRS members / potential members living in their region, and act as an essential link between PCRS members and the Events Officer / Executive Committee.

The regional representative role is an opportunity for those interested and/or engaged in palliative care research to develop links and support research activity within their area, and for the representative to further develop skills in connecting and collaborating with academics and researchers accordingly. Application for funding to support regional meetings can be applied for. Further, as a measure of thanks, a funding pot of £1,000 p/a will be available for regional representatives to apply for support to personally attend either the Palliative Care Congress or the European Association of Palliative Care Congress.

For further information, please see the Website, or contact the PCRS team at admin@pcrs.org.uk

REGIONAL REPRESENTATIVES ROLE:

- Promoting the PCRS locally
- Proactively seeking out and helping potential members
- Be the primary point of contact for all PCRS members in their region
- Maintain contact with local members
- Assist / Organise meetings for local members
- Promote the use of PCRS membership benefits and PCRS events supported by the administrators Retweet PCRS communication tagging local Twitter accounts to help promote the society and national/online events.
- Submit a brief annual report (max 2 pages) for the Annual General Meeting (AGM) in January each year

Knowledge Hub

Journal Access

The following journals can be accessed by members via 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>

APM Study Days (follow @APM_hub) – <https://apmonline.org/apm-events-courses/>

- Research Course
8th, 15th and 22nd June 2022 (please see above for more information)
- Palliative care in dementia and frailty
20th June 2022 (virtual event)
- Ethics Course
September 2022 (virtual event)
- Hospice and Community Doctors Medical Updates Study Series
15th and 20th September 2022 (virtual event)
- Postgraduate Medical Education Special Interest Forum (PME SIF) Annual Conference
11th October 2022 (virtual event)

Palliative Care Formulary Online

As of 2020, full APM members (including reduced subscription) have access to the PCF Online through MedicinesComplete.

Access is via the APM website – <https://apmonline.org/>

Log in and click PCF via the Learning and Information tab.

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 at the bottom of the homepage – <https://apmonline.org/>

Committee Vacancy: Communications Co-ordinator

The APM trainees are looking for a Communications Co-ordinator to join our committee. This is an opportunity to represent trainees nationally and develop management and leadership experience. Please download a nomination form from the APM website and return your completed form and personal statement to the APM Secretariat at office@compleat-online.co.uk. You can also ask for further information about the role if desired.

About the Role

Oversight of the trainee's committee communications, including:

- Managing our group on Facebook
- Running the APM trainees twitter account (As membership grows, these will become ever more useful resources for sharing information and organising formal and informal meetings and events. The Facebook group will also act as a forum for discussion about trainees' issues such as the SCE and research.)
- Oversight & updating of the trainees' pages of the APM website
- Editing & working with other committee members to put together the bimonthly APM newsletter

Contributing to the wider work of the APM Trainees committee including:

- Attendance at trainees' committee meetings (up to 4 meetings per year)
- Preparation of Communications Report for trainees' committee meetings, with updates on communications activity

Liaise with the newly formed APM communications committee

- Contribute to development of new APM website
- Ensure the new APM website is relevant and useful for trainees

Contact the Committee

We're here to support trainees and our development.

Contact us:

- Via your regional APM Trainees' Rep
- On Twitter [@apm_trainees](https://twitter.com/apm_trainees)
- On our Facebook page 'APM Trainees'
- Email us directly via apmtraineescommittee@gmail.com



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

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 to contribute with a feature article, a journal summary or trainee reflection.

