



In this issue:

- Welcome 1
- Trainees' Committee Update 2
- Upcoming Events 3
- Journal Articles: In Focus 4-5
- Knowledge Hub 6
 - ❖ SCE Revision Flashcards
 - ❖ Journal Access
 - ❖ APM Courses
 - ❖ PCF Access
 - ❖ Covid-19 Guidance
- Meet the Committee 7
- Committee Vacancies 8
- Contact the Committee 9

Term: Autumn | Issue: 30 | Date: October 2022

Dear all,

Welcome to the October 2022 edition of the trainees newsletter. It is with great sadness that we say **goodbye to Simon Etkind and Jasmine Lee** who have been excellent co-chairs of the APM Trainees committee over the last couple of years, and have navigated us through some very uncertain times. I am sure you will all join me in thanking them for their hard work. I have now taken over as chair as the APM Trainees Committee so I will take this opportunity to introduce myself. I am Lucy – ST6 registrar, currently working in the London Deanery. I am very much looking forward to working with the wonderful committee members over the coming months.

In this newsletter we welcome Rose O'Duffy. Rose will be serving on the APM Committee as our **new curriculum rep**. During this time of great change we hope that this role will ensure that those of you that have started on the new curriculum will have the chance to have your views of the transition heard.

We also have some other **vacancies on the committee** – Regional Representatives Co-ordinator and Representative on the Clinical Quality Group. Both great opportunities to get involved in the committee and demonstrate some of those management competencies. Details of how to apply are below.

Thank you to all those who filled in the new curriculum survey – the IMT implementation board have found the findings very useful.

Finally journal articles this month involve a **focus on Cochrane reviews** and evidence of effect – some great revision for those of us sitting the SCE. Don't forget the **SCE flashcards are still being offered for free** for APM members – [see the link](#) for more information.

Best wishes,

Lucy Ison
Chair of the APM Trainees Committee

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/apmto>

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/>

Upcoming Events

Greener Palliative Care: why and how should pall care be more sustainable?

This is a free interactive seminar held by the Palliative Care Sustainability Network which will cover the following: climate change and health; NHS policy; examples of projects, and how to use existing skills for change.

Thursday 17th November 2022 09:00 – 12:00

Venue: Online course

Cost: Free

<https://www.eventbrite.co.uk/e/greener-palliative-care-why-and-how-should-pall-care-be-more-sustainable-tickets-379136305897>

NES Bereavement Annual Conference ‘Exploring bereavement from a new perspective’

This is a free conference suitable for all health and social care professionals. For further information, including the conference programme please visit the NES events website: <https://events.nes.scot.nhs.uk/bereavement-education-annual-conference-2022/>.

Thursday 24th November

Venue: Online course

Cost: Free

<https://response.questback.com/nhseducationforscotland/zdpe63bfmn>

Research, why bother?

This is a national study day organised by the Trainees’ Committee which will include sessions from Faye Gishen on the joys and challenges of a portfolio career in medicine and medical education as well as Adrian Tookman on looking at the research world with a “clinician’s pair of eyes”.

Tuesday 17th January 2023

Venue: Virtual event

Cost: £60 for APM members; £80 for non-members

<https://apmeducationhub.org/events/research-into-practice/>

Palliative Care Congress 2023

Annual event with delegates from around the world. This year’s theme is “Sustaining each other, growing together”.

Thursday 16th March 2023

Friday 17th March 2023

Venue: Edinburgh International Conference Centre

<https://pccongress.org.uk/>

Journal Articles: In Focus

EVIDENCE OF EFFECT

Antidepressants for the treatment of depression in palliative care: systematic review and meta-analysis

Rayner L, Price A, Evans A, Valsraj K, Hotopf M, Higginson IJ. Antidepressants for the treatment of depression in palliative care: systematic review and meta-analysis. *Palliat Med.* 2011 Jan;25(1):36-51. DOI: 10.1177/0269216310380764. Epub 2010 Oct 8. PMID: 20935027.

- SSRIs and TCAs are more effective than placebo.
- However, before 9 weeks, this was only statistically significant for TCAs, where NNT = 9 to get benefit at 4-5 weeks of treatment.
- Benefit increases over time, with maximum benefit at 9-18 weeks.
- At every time point, the benefit was greater with TCAs than with SSRIs.

Pulmonary rehabilitation for chronic obstructive pulmonary disease: meta-analysis of RCTs

McCarthy B, Casey D, Devane D, Murphy K, Murphy E, Lacasse Y. Pulmonary rehabilitation for chronic obstructive pulmonary disease. *Cochrane Database Syst Rev.* 2015 Feb 23;(2):CD003793. DOI: 10.1002/14651858.CD003793.pub3. PMID: 25705944.

- Pulmonary rehab relieves dyspnoea and fatigue, improves emotional function and enhances the sense of control that individuals have over their condition.
- It is beneficial in improving health-related quality of life and exercise capacity.
- These improvements are moderately large and clinically significant – additional RCTs comparing pulmonary rehabilitation and conventional care in COPD are not warranted.

WEAK EVIDENCE OF EFFECT

Opioids for treating breathlessness at the end of life: meta-analysis of RCTs

Barnes H, McDonald J, Smallwood N, Manser R. Opioids for the palliation of refractory breathlessness in adults with advanced disease and terminal illness. *Cochrane Database of Systematic Reviews* 2016, Issue 3. Art. No.: CD011008. DOI: 10.1002/14651858.CD011008.pub2.

- Some low quality evidence that shows benefit for the use of oral or parenteral opioids to palliate breathlessness, although the number of included participants was small.
- No evidence to support the use of nebulised opioids.

WEAK EVIDENCE OF EFFECT/ LACK OF EVIDENCE OF EFFECT

The role of paracetamol and nonsteroidal anti-inflammatory drugs in addition to WHO Step III opioids in the control of pain in advanced cancer. A systematic review of the literature

Nabal M, Librada S, Redondo MJ, Pigni A, Brunelli C, Caraceni A. The role of paracetamol and nonsteroidal anti-inflammatory drugs in addition to WHO Step III opioids

in the control of pain in advanced cancer. A systematic review of the literature. *Palliat Med.* 2012 Jun;26(4):305-12. doi: 10.1177/0269216311428528. Epub 2011 Nov 29. PMID: 22126843.

- Limited amount and quality of evidence.
- But weakly supports the proposal that the addition of an NSAID to WHO Step III opioids can improve analgesia or reduce opioid dose requirement.
- Insufficient evidence to support the use of paracetamol in combination with Step III opioids.

Knowledge Hub

SCE Revision Flashcards – <http://www.pallmedpro.com/sce-flashcards.html>

The APM offers a full discount on purchases of the Pallmedpro SCE revision flashcards. Full details including how to claim reimbursement can be found on the APM website (<https://apmonline.org/trainees-committee/>).

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/>

- Neurology in Palliative Care
Part 1 – 23rd November 2022
Part 2 – 8th December 2022
- National Study Day – *Research, why bother?*
17th January 2023
- Virtual Ethics Course
January 2023
- Palliative Care Congress – <https://pccongress.org.uk/>
16th – 17th March 2023

Palliative Care Formulary Online

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/>

Meet the Committee – Curriculum Transition Representative



Hi, I'm Rose. I'm a palliative care registrar in South Yorkshire, just starting ST5. Outside of work I can be found in a bookshop, learning to play the guitar or trying to nail the perfect cup of tea. I look forward to navigating the new curriculum with you all!

Contact email: rose.oduffy@nhs.net

Committee Vacancies

Regional Representative Co-Ordinator

We are looking for a Regional Representatives co-ordinator to join the APM trainees committee. This role is an opportunity to represent trainees nationally and develop management and leadership experience.

If you would like to apply, please download the nomination form and return to the APM Secretariat "Office", office@compleat-online.co.uk, with a short statement of no more than 300 words.

Your statement should describe what skills, experience and interest you would bring to the role. You can also ask for further information about the role if desired. Please send any queries to l.ison@nhs.net.

Closing date: Monday 21st Novembr 2022 at 17:00

[Download nomination form](#)

To apply, please return your completed nomination form and statement to office@compleat-online.co.uk.

Clinical Quality Representative

The APM Trainees Committee have a vacancy for Clinical Quality Representative. The member will be elected for a period of four years.

If you would like to apply, please download the nomination form and return to the APM Secretariat "Office", office@compleat-online.co.uk, with a short statement of no more than 300 words.

8

Your statement should describe what skills, experience and interest you would bring to the role. You can also ask for further information about the role if desired. Please send any queries to l.ison@nhs.net.

Closing date: Monday 21st November 2022 at 09:00

[Download nomination form](#)

To apply, please return your completed nomination form and statement to office@compleat-online.co.uk.

Contact the Committee

We're here to support trainees and our development.

Contact us:

- Via your regional APM Trainees' Rep
- On Twitter @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.