



Association for
Palliative Medicine
Of Great Britain and Ireland

APM JUNIORS NEWSLETTER

Brand new APMJ Newsletter

Welcome to our first ever APMJ newsletter! As many of you would know, we have been publishing an article each month on our blog and we thought we should mix it up with a newsletter featuring our article of the month and other opportunities relevant to those of us who are interested in palliative care. Would love to hear your thoughts about the newsletter. Do get in touch if you would like to submit an article for the newsletter too.

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<https://www.facebook.com/APMJuniors/>



submissions.apmj@gmail.com

A word from our Committee Chair Dr Angus Grant

We hope that you enjoy our newsletter, and that this new approach will allow us to better signpost our members towards palliative medicine learning opportunities. Within our first newsletter, you can find out about how you can get more involved with the APM Juniors Committee, about research opportunities in palliative medicine, and about how you can win a free ticket to PCC 2024! A big thank you to all the consultants and trainees that contributed to this month's blog to tell us what they love about the specialty. If this month's blog has inspired your inner writer, make sure to submit a piece of writing for a future blog. Finally, if there are ways that we can better represent you and meet your educational needs please do get in touch, and make sure to fill out the members survey highlighted within the newsletter.





UPCOMING EVENTS

September 2023

An APM Ethics & Research Committee Virtual Course

<https://apmeducationhub.org/events/virtual-ethics-september-2023/#mec-events-meta-group-booking-6750>

28th September & 12th October 2023

Understanding and applying research methods in practice

<https://pcrs.org.uk/events/apm-pcrs-research-course-2023/>

18th October 2023

APM Undergraduate Medical Education Special Interest Forum

<https://payments.liv.ac.uk/conferences-and-events/events-at-liverpool/faculty-of-health-and-life-sciences/institute-of-life-course-medical-sciences/apm-undergraduate-medical-education-special-interest-forum-2023>

21st & 22nd March 2024

Palliative Care Congress

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

VACANCIES

APM Juniors Committee – Education Coordinator

APM Juniors Committee – Communications Coordinator

Would you like to join the Juniors committee? We are looking for new committee members to join us in the above positions.

Find out more about the positions here

<https://apmonline.org/vacancies/>



OTHER OPPORTUNITIES

Medical Student Rep

The APM juniors committee to recruit medical school representatives from each of the UKs medical schools. This is a role that would involve spreading awareness amongst medical students of the APM juniors and its opportunities. The role would include:

- Promotion of the APM including membership, events, and educational opportunities
- Stimulating interest and awareness of palliative medicine as a specialty
- The opportunity to take part in a national network of medical students interested in palliative medicine
- Gathering feedback from medical students regarding educational needs
- Helping recruit a new member for the role following your graduation

If you are a medical student and this is something you would be interested in, please contact Dr Angus Grant, APM Juniors Chair, at angus.grant1@nhs.net

APM Juniors Survey

We want to better understand what you want from an APM Juniors membership and would appreciate your feedback via this survey. It should take no longer than 10 minutes.

<https://docs.google.com/forms/d/e/1FAIpQLSdne2yTuwoZsrMljpn3u1C39qkRgEzLz5orrbiWi2UH1HfWmw/viewform?pli=1>

PCC 2024 Image Competition

Would you like your design to be the branding image of PCC 2024 and win a free entry to the congress? Find out how here

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

USEFUL RESOURCES

APM/ PCRS Research directory

<https://apmeducationhub.org/wp-content/uploads/2023/06/Palliative-Care-Network-April-2023.pdf>

e-ELCA

https://portal.e-lfh.org.uk/myElearning/Index?HierarchyId=0_29&programmeld=29

Palliative Medicine Curriculum

<https://www.jrcptb.org.uk/sites/default/files/Palliative%20Medicine%202022%20curriculum%20FINAL.pdf>



WHY PALLIATIVE CARE?

This month, we asked current palliative medicine consultant and trainees why did they choose palliative medicine and what do they love most of our specialty. The responses are touching, heartfelt and heartwarming. Hope you enjoy them as much as we do!

Dr Kirsten Baron
Palliative Medicine Consultant

Love talking to people, hearing their story, then working out best how to help that individual and those close to them.

Dr Dan Soutar
Palliative Medicine Consultant

I love the variety of clinical presentations and the privilege of helping people navigate their illness in a life-affirming way.

Dr Arjun Kingdon
Palliative Medicine Consultant

Pall Med colleagues are by and large completely wonderful. Turns out working with highly motivated caring people is a recipe for happiness.

Dr Tony Duffy
Palliative Medicine Consultant

Having the privilege to develop as a life affirming, symptomatologist while gaining insight into the deepest recesses of what makes us truly individual. It's a decent thing we do and it is for me the original medicine- the alleviation of suffering and connecting with people



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Dr Kathryn Mannix
Palliative Medicine Consultant

Seeing someone who thought they would never feel comfortable & contented again, become comfortable & contented. Whether that's symptom management, addressing emotional distress, existential fears or family dynamics - every day, those are the rewards.

Dr Idris Baker
Palliative Medicine Consultant

*It works.
Simple as that.
Almost everyone we see, we get to make *some* difference.
There is loads loads loads more to do to make it better and it can't do nearly all that we'd want, but the potential reach of the approach we espouse is remarkable and lasting.*

Dr Sarah Bowers
Palliative Medicine Trainee

For me it's the variety - in terms of patients but also location and opportunities. I genuinely really enjoy dual training in GIM and am loving exploring the academic side of pall med too. Ticks all my boxes



Dr Polly Edmondss
Palliative Medicine Consultant

I was inspired as a very junior doctor by the palliative care consultant from a local hospice, who came and saw our sickest patients, and always turned the conversation into all the things we could do. I have always hated the negativity of 'these nothing more we can do' and finding a specialty that is honest, practical and forward thinking was just what I wanted.

I have worked in the specialty for over 30 years now. I love being part of a team with fantastic and complementary knowledge and skills. I love how patient and family centred the specialty is and working in a hospital team, being able to advocate for people is an important part of the job. I enjoy looking at the whole picture, the attention to detail and the power of good communication. I enjoy being able to be alongside patients and families at such a precious time. And the breadth of medicine that we see means that it is always varied, challenging and interesting; no day is every the same.

I've loved my career and feel so lucky to have found palliative care



Dr Ting Ta

ST6 Palliative Medicine Trainee

APM Trainees Committee Research & Ethics Rep

I never thought I'd be interested in Palliative Medicine! But now, a few months out from completing my specialty training, I really feel I've found my fit in medicine. As a speciality given so little time in my medical school training, Palliative Medicine barely flashed up on my radar, and I was bemused when a fellow F1 colleague told me this was the speciality they were set on. Then, during my vascular rotation with that colleague, I met an elderly gentleman who unfortunately was suffering with bilateral leg ischaemia. Initial revascularisation attempts failed, resulting in progressive surgery, eating up both legs, whilst the persistent delirium ate at his mind, relationships and quality of life. Despite a hindquarter and above knee amputation on each side, the necrosis continued to spread. His family were distraught and felt that their father/grandfather would not wish for further surgery at this stage. This was difficult news for our surgical colleagues. But with the support of the ward sister and palliative care team, the whole approach to his care pivoted, to one that focused on getting him pain-free and home to his family as soon as possible. As plans were made, his delirium abated, and he became able to recognise the loved ones whose photos were plastered across his side room wall. As he eventually made it home, smiling, despite his terminal condition, something was planted in me.

Over the subsequent years, like a little sapling leaning towards the shifting light, I found that I was drawn to patients and families whose care became more focused on who they were and what was important to them. The profound impact of skilled communication was also something I really loved about medicine and seeing this used, expertly and sensitively, at such a delicate time in people's lives, really spoke to me.

Palliative Medicine is a speciality that inspires me regularly - be that through our brilliant, dedicated, multi-disciplinary team colleagues and learning from their expertise, the way the specialty wants to tackle societal and cultural taboos, or often through all the complex facets of human psychology that we see each day.



Providing palliative care is an absolute privilege. People let us in during such affecting times in their lives. The vulnerability and trust handed over to us must be handled with the utmost care and I have learnt so much as a result of people's generosity in this regard. I used to try to compartmentalise my "work" and "personal" life, but actually palliative care has taught me so much more than just pathophysiology, pharmacology and complex ethics, fascinating as those things are. The connection we build with those we care for has undeniably shaped me as a person, which is now something I take much delight in, rather than feeling I've failed to maintain a narrow view of what work-life balance means.

Last week, I sat at the bedside of one of my dying patients with their partner. The partner spoke of how they'd been married 62 years. With a broad smile, he recounted their first meeting in Trafalgar Square as teens. I listened with attention and gratitude. Then he paused and said, "you really love your job, don't you?". I was a little surprised by this, and noted the peculiar picture of someone enjoying being at people's deathbeds that flashed across my mind, if this little snapshot was taken out of context. But then I replied, "yes, I really do". "I can tell" he smiled.