



A WORD FROM DR YASMIN PARKIN

APMJ Education Coordinator

Hello all! I hope you have had a good start to 2025. We have a lot to look forward to in the coming year!

On the 5th March 18:30 - 20:30, we have a webinar specifically aimed at our group focussing on community palliative care. Our aim is to give an insight into the world of the community with a range of cases and experiences around this that will be useful for our cohort. There is a discount for members, so do sign up when you can!

We are also looking forward to the Palliative Care Congress 20th - 21st March in Belfast. The theme is 'Looking Back, Moving Forward' and will give us time to reflect on innovation in palliative care in the UK and different parts of the world, and to connect with different people with similar interests and goals. We will also be taking time to address current topics such as the Assisted Dying Bill. As I am writing this the Early Bird discount is still available, so take advantage of this whilst you still can! We will be making a space for juniors to catch up at the conference also so listen out for this.

We want to offer opportunities to connect as a community (whether this is in person or online), to learn and encourage each other. I have highlighted a few ways to do this above by getting involved in some of our events. If you have other suggestions or thoughts on this please get in touch via the contact details in this newsletter or our social media - our aim as a committee is to make content that supports our members. If you would like to be involved on the committee, please do watch out for vacancies - we currently have a vacancy out for the secretary role!



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APM Juniors Webinar: Palliative care at home - an introduction to community palliative care

Wednesday 5th March 2025

The APM Juniors are delighted to announce an upcoming webinar focusing on community palliative care.

Have you ever wondered what it's like to work in community palliative care?

This is a great opportunity to gain insight into a career in community palliative care, and will be valuable to medical students and resident non-specialty doctors who are interested in palliative care.

Whether you work in primary or secondary care, this is a useful opportunity to understand how best to support palliative patients in the community, including a session on patients who are discharged home at the end of their lives.

There will be interesting cases that may arise in community palliative care and the management of these.

The cost is £10 for members and you can register [here](#).



APM Juniors Committee Vacancy - Secretary

The APM juniors committee are looking to recruit a new committee secretary.

The secretary is responsible for scheduling meetings and taking minutes and manages the contact details and locations of all committee members.

This is a great opportunity to get more involved in the APM and with other colleagues interested in a career in palliative medicine. It is a valuable way to develop your CV for future applications.

More information can be found [here](#).

The nomination form and role specification can be found [here](#).

The deadline for applications is Monday 3rd February at 9am. If you have any questions about the role, please get in touch.



APM Juniors Survey

Please fill in our survey to help us better understand what our members want from an APM junior membership. The survey will take no more than five minutes to complete and can be found [here](#). Thank you!

APM Medical Students Survey

Please fill in this survey to help guide our future events and resources for medical students. The survey will take no more than five minutes to complete and can be found [here](#). Thank you!

Marie Curie Research Into Practice Conference 2025

The conference, running from Tuesday 11 to Friday 14 February 2025 is online and free for all to attend.

Register [here](#) to attend for interesting updates on the latest research in palliative medicine, spotlight sessions and abstract presentations.

It is possible to register and bookmark sessions you wish to attend. You can also watch the sessions back at a later date.

Are you aware of research that has had impressive impact or public and patient involvement? Our [Clair Fisher Research Impact Award](#) and [Tammy Prescott Patient and Public Involvement Award](#) are open for nominations! Click on each to find out more.



Research Highlights

Dr Ishbel Winter-Luke, the APMJ research coordinator is highlighting some recent exciting research published in 2024. Though Palliative Medicine remains an under-funded research topic, there are lots of people contributing worldwide to provide high quality, evidence-based palliative care to those who need it.

The mediating effects of death reflection on death literacy and death anxiety among Chinese nurses: a cross-sectional study Xiaoke Zhang et al. 2024 Nature: Scientific Reports.

This study collates survey results from nurses in China surrounding their death reflection, literacy and anxiety. I think it is important to remember the educational needs of those working in both general and specialist palliative care settings to ensure health care professionals can deliver high quality care to patients.

Referral to pulmonary rehabilitation and palliative care services in people with idiopathic pulmonary fibrosis in England, 2010-2019. Ann D. Morgan et al 2024. NPJ: Primary Care Respiratory Medicine.

This study looks at data retrospectively for referral to pulmonary rehabilitation and palliative care services over a 9-year period, in idiopathic pulmonary fibrosis population. The study highlights that referral to palliative care services is often too late with 31% only referred in the last month of life. The number of patients who were referred to palliative care was 20% compared to 75% for those with lung cancer. This study provides evidence that access to palliative care in non-malignant disease remains challenging, especially when compared to malignant disease, but it is encouraging that over the study period, referrals were increasing.

"I have never felt so alone and vulnerable" - A qualitative study of bereaved people's experiences of end-of-life cancer care during the Covid-19 pandemic. Burton et al 2024. BMC Palliative Care.

As the world continues to gradually recover from the impacts of Covid-19, this study contributes to our reflections on the impact Covid-19 had on close friends and family of people who were lost during the pandemic.



UPCOMING EVENTS

22nd January 2025

RCPE: Online Symposium: Palliative Medicine

<https://events.rcpe.ac.uk/rcpe-online-symposium-palliative-medicine>

This event is not free

18th February 2025

RSM: Evidence and Impact Meeting

<https://www.rsm.ac.uk/events/palliative-care/2024-25/plt02/>

This event is not free

5th March 2025

APM Juniors Webinar: Palliative care at home - an introduction to community palliative care

<https://apmonline.org/events/apm-juniors-webinar/>

This event is not free

20th-21st March 2025

Palliative Care Congress

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



USEFUL RESOURCES

APM/ PCRS Research directory

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

Palliative Medicine Curriculum

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

e-ELCA

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

Junior Doctor and Medical Student Resources

<https://apmonline.org/junior-doctor-medical-student-resources/>

PREVIOUS WEBINARS TO WATCH

Palliative Care for FY1 Doctors

Vimeo Link <https://vimeo.com/apmeducationhub/pallcarefy1?share=copy>

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