



A WORD FROM DR MARIANNE COBHAM

APMJ Careers and Mentorship Coordinator

Hi, I hope everyone is getting to enjoy some sunshine as we approach August changeover. We have some exciting opportunities to highlight this month and to hopefully help prepare incoming FY1s. There are some great webinars and other resources available on our [Palliative Care for FY1s page](#).

We're preparing for our virtual APMJ Conference: Imagining Tomorrow which will be held on 28th September. This will feature sessions on careers, AI in palliative care and ways in which the specialty may grow and change in coming years. This is set to be a fantastic day and tickets are already [available](#).

There is an exciting opportunity for all resident doctors/ medical students to submit a 250 word abstract with the opportunity for a poster or presentation at the conference. (Deadline 01/09). We also have our medical student essay competition, inviting you to write a 750 word essay with the title 'Creating the Future of Palliative Care.' (Deadline 01/09)

Our article of the month is from Dr Angus Grant, the APMJ chair who is highlighting the steps you can take to gain further experience in palliative medicine whether you're a medical student or resident doctor.

We also highlight some interesting research from our research co-ordinator Dr Ishbel Luke on palliative care in long term neurological conditions.

I hope you enjoy the newsletter, please do get in touch with any feedback.



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Research of the Month

Healthcare for adults with long- term neurological conditions: European Academy of Neurology Members Survey. Rukavina K, Solari A, de Visser M, et al. BMJ Supportive & Palliative Care Epub ahead of print.

<https://spcare.bmj.com/content/bmjspcare/early/2025/07/10/spcare-2025-005504.full.pdf>

This article highlights some of the challenges healthcare professionals face when caring for patients with long term neurological conditions, With the increasing age of the European population, the burden of age-related neurological conditions is expected to increase further. People with long term neurological conditions experience physical, psychosocial and spiritual suffering from the time of diagnosis and often require hospital admission. Studies have shown that early palliative care involvement may help effectively manage symptoms and improve quality of life in these patients but it is rarely available. This article highlights that palliative care is not widely provided to these patients and their families and that there are geographical differences across Europe in terms of adequacy of resources to care for these patients and in providing advanced care planning.

2nd September Webinar - Focus on Multimorbidity

The patients we care for are becomingly increasingly complex with multiple health conditions, which has implications for how we treat them. This session focuses on multimorbidity, and is aimed at medical students and resident doctors. It will provide a practical guide for identifying and managing patients approaching the end of their life with advanced multimorbidity. The event is free for APM members, and £10 for non members. You can book [here](#).



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Conference Abstract Competition

Abstract submissions are invited from medical students and resident doctors on original research in palliative medicine. Selected abstracts will be asked to give an oral presentation at the conference. Please submit a 250 word abstract to conference.apmj@gmail.com by midday on Monday the 1st of September to be considered.

Medical Student Essay Competition

This 750-word essay can be about any new or developing challenges affecting the field of palliative care, how new technologies might impact palliative care in the future, or anything that broadly fits into the theme. Though it's called an essay, you can also be creative in your approach. The winner of the essay competition will be announced at the conference. Please send submissions to conference.apmj@gmail.com by midday on Monday 1st September to be considered.



Gaining experience in palliative care: What steps can I be taking?

Dr Angus Grant, APMJ Chair

A common query we get as APM Juniors committee is: "What's the best way to gain palliative medicine experience?". Unfortunately, palliative medicine is still frequently underrepresented within the medical school curriculum, and at the foundation training programme level, palliative medicine placements are rare. Hence, it often comes down to the individual to seek out extra opportunities to build experience in the area. Hopefully this article will give you a head start in knowing where to start when looking to gain experience in palliative medicine.

Starting off in medical school, a great first step I would recommend would be getting in touch with the palliative care teams at your clinical placements. Most hospitals will have an inpatient palliative care service, and regardless of what placement you're on, spending a day with them would provide you with a great opportunity to learn about palliative care provision in the acute hospital setting. Doing so might also lead on to other helpful opportunities. Teams will often have quality improvement projects taking place that they need people to help out with. In getting involved with these projects, you can help support the team and gain experience. It's also worth thinking about submitting any work you do undertake for presentation at a conference (e.g., the APM Juniors conference coming up in September!) as doing so can lead to additional points for future applications during later stages of training.

If you're looking to get involved in research, I would recommend checking out our APM Juniors research directory, available via our [resource page](#). This resource provides contact details for palliative care research institutions across the UK, providing you with a point of contact to take that first step into palliative care research.

Prizes are another way to demonstrate interest and achievement in a specialty area, and we currently have two medical student prizes open for submission. The first is linked to our September APM Juniors conference, with the essay theme focusing on '[Creating the Future of Palliative Care](#)'. The second essay competition is the APM's undergraduate palliative medicine essay prize, with the topic of this essay focused [around assisted dying](#).



The winner of this competition will be invited to present their work at Palliative Care Congress. We hope that through these competitions, and the other APM opportunities on offer, we can help support you in building up palliative care experience from early on in your career

When it comes transitioning into the foundation training programme, some deaneries do offer palliative medicine rotations, however generally they remain uncommon. Regardless, palliative care skills and experiences can be gained across the majority of foundation placements, as patients with life limiting conditions are seen throughout almost all specialties. Selecting specialties where you will commonly encounter patients with life limiting conditions (oncology, care of the elderly, respiratory etc.) will allow you to develop a broad range of palliative care skills early on in your career.

Using your study leave effectively is another helpful approach you can take to gaining experience within palliative care. This is most commonly done through taking a taster week in the specialty. This might be something to consider even if you do have a foundation placement in palliative medicine, as it means you can gain experience across hospice, hospital, and community settings. Courses and study days are another great way to use your study leave. I would particularly recommend looking to book onto an advanced communication skills course, something that would benefit your practice across all specialties, and really strengthen an application for a future palliative medicine post.

If you're considering taking an FY3 year, it might be worth considering a palliative medicine junior clinical fellow position. These posts can be either fully clinical, or include an educational component, and usually occur as part of either the hospice or hospital team. I spent an F3 as a hospice clinical fellow, and you really do learn such a huge amount about specialist palliative care whilst also developing skills that are highly relevant to whatever specialty you end up working in. It's also a great opportunity to start to get some of those postgraduate exams under your belt, at a time when your rota is much more kind. If you are interested in these positions but can't see any being advertised, the best first step would be to get in contact with your local hospices to see if they are likely to have any posts available in the coming months.



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Whether you're a medical student or a resident doctor, I would highly recommend making the most of the opportunities on offer from the APM to help build your experience. Whether that's attending a webinar or applying to be part of a committee, there are lots of great learning opportunities on offer which also help demonstrate your interest in palliative care. If you're a medical student, we're always looking for new APM medical school representatives to help spread awareness of the APM amongst medical schools, so do get in touch if this is something you might want to get involved with.

And finally, if there are any other opportunities you would like to see on offer, please do fill in our [member survey](#), or get in touch at angus.grant1@nhs.net to let us know!



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UPCOMING EVENTS

2nd September 2025

Focus on Multimorbidity

<https://apmonline.org/events/focusonmultimorbidity/>

28th September 2025

APMJ Conference: Imagining Tomorrow

<https://apmonline.org/events/imagining-tomorrow/>

6th November 2025

Undergraduate Medical Education in Palliative Care: Addressing New Challenges

<https://apmonline.org/events/addressing-new-challenges/>

January 2026

An APM Ethics & Research Committee Virtual Course

https://apmonline.org/events/ethics-course-january-2026/?dm_i=2GTP,21XLN,AD6RBD,7H1OK,I

26 - 27th March 2026

PCC Congress 2026

<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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