APM Juniors Newsletter

November 2026

A word from Dr Alexandra Morgan

Education Coordinator

Hi everyone,

A huge thank you to all who attended online last week for the 3rd and final part of our symptom control series. It was great to see so many of you online. We enjoyed engaging & insightful talks on Malignant Hypercalcaemia and Seizure Management from Dr Beth Williams, followed by Dr Adam Pennycuick sharing lots of tips on the management of Acute Oncological Emergencies. If you're keen to revisit some of the talk, or missed your chance to join us live, head over to the APM website where you can watch it back. We'll be back next year with more events, so watch this space!

Alexandra

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submissions.apmj@gmail.com

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Upcoming events

APM Ethics Course
January 2027

A virtual, 4 week course on ethical issues in palliative care

APM Palliative Care Congress 2027. Science and Spirit: Living and Dying in Modern Times
11-12th March 2027

For further details and to book on to any of the above events please look on: https://apmonline.org/events/

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Palliative Medicine Applications

With higher speciality training applications open it's worth thinking about ways you can boost your application. Although gaining a few extra points for a publication or an additional degree aren't possible before the deadline (10th December), it would be a good idea to focus on showing your commitment to Palliative Medicine. Commitment to speciality is particularly important in palliative care as it's taken into account both in deciding who gets an interview as well as at the interview itself.

Here are some ideas of ways you might be able to get more involved in the speciality before applications close:

- Ask your local palliative care team or hospice if you could shadow for the day. Taster days are a great way to directly gain experience in Palliative Medicine if you don't have a rotation in the speciality or if you have limited time in your rota.
- Consider how your previous rotations in other related medical specialities could demonstrate your enthusiasm - lots of knowledge and skills can be gained whilst working in other areas of medicine. For example, working in geriatrics may give you experience in advance care planning; a neurology placement will enable you to learn about chronic neurological conditions; working in oncology can give you skills in complex symptom control.
- Watch back APMJ events, like our webinar from last week!
- eLFH have free online learning modules on palliative care.
- Consider becoming an APM member if you aren't already.

We wish you lots of luck with your applications!

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APMJ Mentorship Programme

As a committee we're keen to help support those who would like to pursue a career in Palliative Medicine. To try and help with this we're running a mentorship programme. To find out more and to sign up, please see the information below.

Who is the mentorship scheme for?
Medical students and pre speciality doctors considering pursuing a career in Palliative Medicine.

What does the programme involve?
You would be paired with a member of the APMJ committee who would contact you via email to help answer questions you may have and see what advice can be offered. If felt appropriate then a Microsoft Teams call could be arranged in addition for further advice.

What support can the programme offer?

- Advice on how to get more involved in Palliative Medicine or the APM
- Advice on the Palliative Medicine application process

What the programme can't offer?

- Clinical, pastoral or personal health support

How do I express an interest?
Fill in the following Google form:
https://forms.gle/NoqrxENzzFM3odA37

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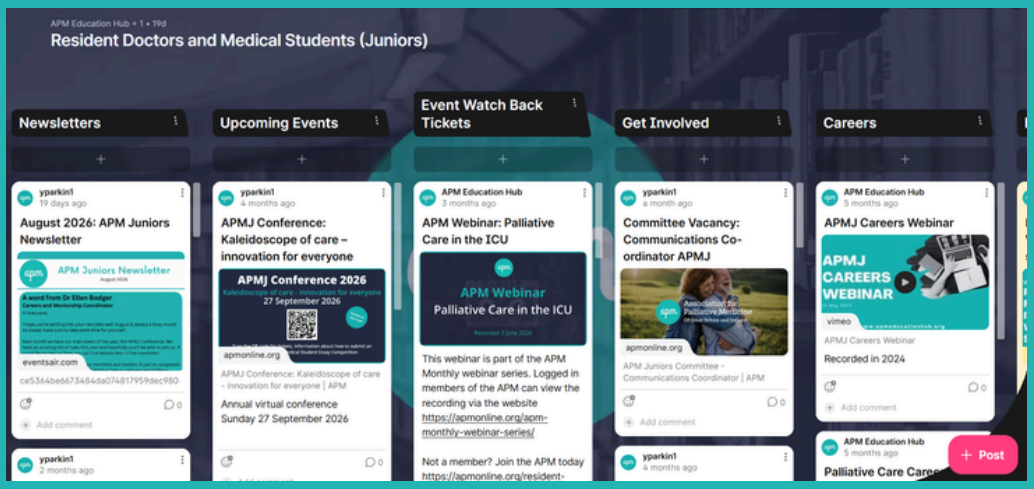
APMJ Resources



Resident Doctors and Medical Students Padlet

We've been collating our resources and have put them into once handy place for you. On the Padlet you will find all our newsletters, links to our events, and online resources

https://padlet.com/APMEducationHub/resident-doctors-and-medical-students-juniors-e374znadlffj9la0