



APM Juniors Newsletter

April 2026

A word from Dr Yasmin Parkin

Education Co-ordinator

Hi everyone!

We have had a fantastic time at the Palliative Care Congress in Brighton in March – next year’s PCC will be in Salford (near Manchester) titled: **Science and Spirit: Living and Dying in Modern Times on the 11-12 March 2027**. Tickets are already for sale – the PCC is always a fantastic conference for networking and understanding the latest scientific and creative innovations in palliative care. If you have ideas for projects and/or quality improvement that would make an interesting poster presentation, you can start preparing those in anticipation of submissions towards the end of this year – keep your eyes peeled in this and the main APM newsletter. Onto the new – we have a mini-series on symptom control specifically targeted at our Juniors group – so please do sign up (they are FREE if you are a member, which you are if you are being emailed this newsletter). These are deliberately in the evening as we know that it is tricky to get time off the wards to attend the APM monthly webinars. **Pain and Breathlessness will be 29th April 19:00 – 20:30, Nausea and Agitation will be 13th May 19:00 – 20:30.**

Please do get in touch with the committee, and let us know what other topics, projects or ideas you would like us to cover.

Yasmin

Follow us...



<https://twitter.com/APMJuniors>



<https://www.instagram.com/apmjuniors/>



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



submissions.apmj@gmail.com



APM Juniors Newsletter

April 2026

Upcoming Events



Part 1: Pain and Breathlessness

29th April 2026

Online

Part 2: Nausea and Agitation

13th May 2026

Online

These sessions are aimed at pre-specialty doctors and medical students. We will be using realistic cases you will find on the day-to-day of the medical wards, hospices and community settings you are working in, to aid you with management of common symptoms people may experience towards the end of life.

Registration via: <https://apmonline.org/events/>



APM Juniors Newsletter

April 2026

Upcoming Events

APM Monthly Webinar hosted by APMJ - Palliative Care in the ICU

2nd June 2026

Online

Registration via: <https://apmonline.org/events/jun-webseries/>

Palliative Care in Critical Care Conference

3rd June 2026

Winchester

Registration via: <https://pcicc.co.uk/conference-2026>



APM Juniors Newsletter

April 2026

APMJ Conference Announcement

We're excited to announce the date for our annual APMJ conference

Kaleidoscope of care - innovation for everyone
Sunday 27th September 2026

Call for abstracts

We invite abstract submissions from medical students and resident doctors for presentation at this year's APMJ 'Kaleidoscope of Care – Innovation for Everyone' conference. Abstracts should present original work, such as research projects, audits, quality improvement initiatives, or case series, related to Palliative Medicine. Successful applicants will be invited to present a poster, and top-scoring abstracts will be selected for oral presentation. Please submit your abstract (250 words maximum) to conference.apmj@gmail.com by 12 noon, Monday 31st August.

Medical Student Essay Competition

We invite submissions for this year's Medical Student Essay Competition, centred on the conference theme 'Kaleidoscope of Care – Innovation for Everyone.' Essays may explore emerging or evolving challenges in palliative care, consider how innovation can broaden access and equity, or reflect on creative approaches that shape the future of care for all. Submissions may be analytical, reflective, or imaginative, provided they engage meaningfully with the theme. The winning essay will be announced at the conference. Please submit a 750-word essay to conference.apmj@gmail.com by 12 noon, Monday 31st August.



APM Juniors Newsletter

April 2026

A Healthcare Assistant's perspective on Palliative Care

This month, healthcare assistant, Isobel shares the ups and downs of working in care and her experiences of looking after those at the end of life.

My name is Isobel Baggaley and I'm a psychology student at the University of Nottingham, I began working in care nearly 2 years ago. I started in palliative/dementia nursing care and I now work at a neurological rehabilitation centre. I didn't know anything about healthcare when I started and my only work experience was as a retail assistant. My mum (a nurse) helped me prepare for my interview and helped me understand a lot of things I didn't know - even things as simple as what a hoist is. My goal is to pursue a career in clinical psychology, so working in care is a great experience for that. This article is quite short and there is so much to talk about around working in care, but I have tried to explain things that I have found challenging or important, and I hope it offers a quick perspective into working as a healthcare assistant, and especially in palliative care.

Starting unexpectedly in care at 18, working 3-4 12-hour shifts in a completely different environment was something that took a lot of adjusting to.

I started working in a nursing home due to an unexpected gap year and wanting work relevant to my interests in psychology, my mum being a nurse also had an influence. Working in healthcare is certainly a difficult job, starting the day at 8am, we would wait for the nurses to finish handover, so we could start helping the residents get ready for their day, however there are other things to consider: who needs weighing, who is going out today, who is unwell, and much more.

I was shy when I started, but I soon realised the importance of communication as a skill. It may not sound that surprising, but when residents were anxious, expressing behaviours that challenge, or agitated about something, sitting down and properly talking to them goes a long way - however this varies in effectiveness depending on things like capacity.



APM Juniors Newsletter

April 2026

A Healthcare Assistant's perspective on Palliative Care

I also learned the importance of thorough, exact documentation of everything I do. Through my work I have seen the consequences of staff either falsely documenting or not documenting at all, it can be hard when there is not enough staff, a high workload, or just an extremely busy day, but documentation is crucial in healthcare, nurses and managers commonly said 'it covers your back', and believe me, it does.

Working in palliative care can be upsetting. You may notice residents begin to eat less or become less mobile, and if they do die, last offices can be one of the most emotional parts of the role. When someone moves onto end-of-life care, approaches change – oral swabs may be used, personal care becomes slower and more delicate, and clear communication with the resident remains essential. Nurses administer end-of-life medication, and families often spend more time at the bedside. Although the last offices is upsetting, I found that giving someone dignity and respect even after their death is an irreplaceable feeling.

Don't get me wrong, there were days when I came home and I said I would stop working in care, but I still do 2 years on, even alongside my studies at university. There are clashes with co-workers, there are clashes with nurses, managers, it happens, but in a good care environment, the love and respect for the residents brought the staff together. I was lucky in my first care job, I was surrounded by supportive staff, and I loved the residents.

Healthcare can get hectic and I've had days where I've cried and just felt lost. Taking 5 minutes, sorting a plan out (even though things rarely go to plan) and just doing what I can, helped a lot. There is a high workload for care workers, and this goes unnoticed sometimes, but it is rewarding and the lessons I've learnt, people I've met, and experiences I've had working in care will stay with me for life.



APM Juniors Newsletter

April 2026

Research Round-Up

This month we take a look at recently published research on music therapy as a palliative care intervention, and the evidence for palliative care simulations in undergraduate and postgraduate medical training.

If you have had your research in palliative medicine recently published please let us know by emailing elisha.de-alker3@nhs.net!

Music therapy in Palliative Care

Iturri A, Najún M, Vázquez N, et al.

Music therapy interventions on symptom management in adults with advanced cancer - multisession longitudinal impact: systematic review.

BMJ Supportive & Palliative Care Published Online First: 01 April 2026.

[doi: 10.1136/spcare-2025-005913](https://doi.org/10.1136/spcare-2025-005913)

In this systematic review, Iturri et al. find that music therapy improves spiritual wellbeing, anxiety, sleep quality and quality of life among adults with advanced cancer pain. Six controlled trials involving 438 participants across 5 countries were included. The music therapies ranged from passive listening to relaxation interventions, with varied designs. However, only half of the studies showed high methodological quality – the authors call for more methodologically rigorous randomised controlled trials to strengthen the evidence base for this promising complementary therapy.



APM Juniors Newsletter

April 2026

Research Round-Up

Simulation in Palliative Medicine education

Yeow M, Olson E, Wiste R, et al.

Emergencies in palliative medicine: novel simulation-based curriculum for end-of-life crises and symptom management.

BMJ Supportive & Palliative Care Published Online First: 23 March 2026.

doi: 10.1136/spcare-2025-005936

In this United States-based article, the authors present their findings from a simulation series called 'End of Life Symptom Management: Emergencies in Palliative Medicine', which they delivered to postgraduate doctors. Focusing on both communication skills and symptom management, their series included scenarios such as palliative sedation, acute pain crises and terminal haemorrhage. They found their curriculum improved the confidence of hospital-based palliative medicine fellows.

This is one of many studies showing the effectiveness of palliative care simulation. Recently at the Palliative Care Congress, we heard about the amazing work and resources available in the UK via **PalliSim**, a group of UK doctors aiming to enhance palliative medicine education through simulation. If you are interested in designing and delivering a palliative medicine simulation series locally, advice and resources are available on the PalliSim website.



APM Juniors Newsletter

April 2026

Research Round-Up

Palliative and end-of-life research resources

NIHR Palliative Research Incubator (PRI): a funded initiative aiming to encourage more people into research and to enable them to develop research skills and collaborations. It is a 3 year initiative holding online and in-person events suitable for anyone with a research interest, no matter their level of experience. Sign up to their mailing list and view all of the information here: [Palliative Care Research Incubator](#).

Upcoming events include:

- How the palliative care research society can help build your research skills
- The value of a sociological perspective on palliative care
- NIHR funded early career research opportunities

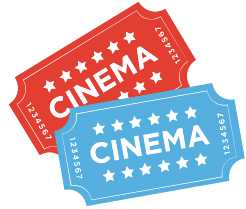
The Palliative Care Research Society: a national membership organisation for individuals interested in palliative care research to come together and network, collaborate and share resources. They offer workshops on research skills, conference grants and prizes and opportunities to share work for peer feedback. Find out more at [Palliative Care Research Society | Promoting palliative care research through information sharing, networking and training](#).

The UK Palliative Trainees Research Collaborative: a peer-led trainee research network who design and conduct original research studies utilising the UK trainee network. For more information or to join email chair.ukprc@gmail.com

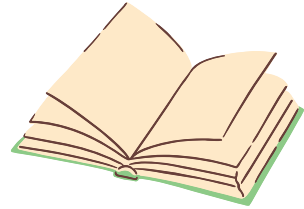


APM Juniors Newsletter

April 2026



Media recommendations

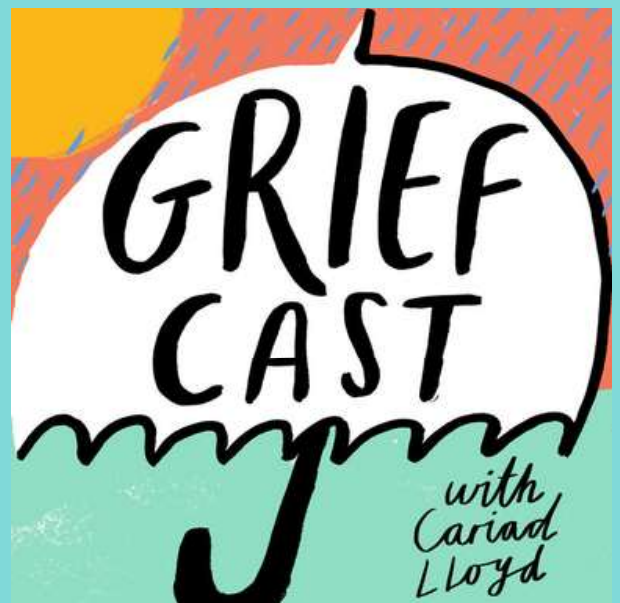


With so many books, films, podcasts and shows available that explore palliative care themes, we thought it would be a good opportunity to showcase some of our favourites. Each month our committee members share their recommendations with our readers, this month we have a podcast for you to take a look at!

Podcast recommendation of the month

Griefcast by Cariad Lloyd

A podcast recommended by our education coordinator, Yasmin. Cariad Lloyd, actor, comedian and writer created this after she noticed her comedian friends were starting podcasts and she was beginning to talk about the death of her dad. Each week she chats with media personalities as they share stories about the loved ones they've lost. A multiple award-winning podcast helping to open up conversations about death and grief.





APM Juniors Newsletter

April 2026

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?Hierachyld=0_29&programmeld=29

APM Junior Doctor Resources

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