



APM Juniors Newsletter

August 2026

A word from Dr Ellen Bodger Careers and Mentorship Coordinator

Hi everyone,

I hope you're settling into your new jobs well! August is always a busy month so please make sure to take some time for yourself.

Next month we have our main event of the year, the APMJ Conference. We have an amazing mix of talks this year and hopefully you'll be able to join us. If you'd like to sign up then you can find details later in the newsletter.

As ever we'd love to hear from our members and readers. If you've completed a QI project, had a taster week in Palliative Care or perhaps would like to reflect on the care you provided to someone with a life limiting condition then please feel free to get in touch with us at submissions.apmj@gmail.com and we will be able to work together on a piece for the newsletter.

See you next month,
Ellen

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Research Round-Up

Characterising 'general palliative care'

Drachmann I, Bergenholtz H, Benthien KS

Complexity of providing general palliative care: a hospital-wide qualitative interview study

BMJ Supportive & Palliative Care 2026;16:988-994.

We know the demand for specialist palliative care cannot be met by current services. Non-specialist palliative care provided by healthcare professionals of any specialty, sometimes called 'general' or 'generalist' palliative care, is therefore essential to ensuring patients with life-limiting illness receive good symptom control and holistic care towards the end of life.

In this qualitative interview study conducted in a university hospital in Denmark, the authors aimed to explore how general palliative care is organised, practised and experienced across clinical departments.

They found that many hospital departments provide palliative care without explicitly referring to it as such, for example needs assessments, life-sustaining treatment decisions and end-of-life planning. Collaboration with specialist palliative care teams, including informal case discussions, was highly valued - but unclear referral criteria and capacity limitations restricted or influenced this.

The authors concluded that general palliative care in hospitals is variably recognised and inconsistently organised, and that the use of the term 'complexity' to determine the need for specialist palliative care input is of limited use, given the increasing complexity of patient needs across the board.

These findings hopefully do not come as a surprise. This paper adds to the current evidence of what specialist and non-specialist palliative care look like in practice, and highlight areas for improvement. With the policy spotlight currently on the arrangement of palliative care services in the UK, and the Modern Service Framework for Palliative Care and End-of-Life Care currently in development, it is essential that we take forward what works and leave behind what does not.



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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



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APMJ Conference

APMJ Conference 2026
**Kaleidoscope
of care -
innovation for
everyone**
Sunday 27 September

Registration via: <https://apmonline.org/events/apmj-conf-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.



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Programme

09:00 - 09:05 - Welcome and Introductions

09:05 - 10:00 - Keynote Speaker: What it means to care?

10:00 - 10:50 - Parallel Sessions 1: Expanding Access

Room 1: Remembering Ourselves: Reflective Arts and Trauma-Informed Practice with Asylum Seekers at the Margins of Hospice Care

Room 2: Homelessness and Palliative Care - delivery challenges and local systems innovation

Room 3: Measuring to improve: Why audit care at the end of life?

10:50 - 11:00 - Break

11:00 - 11:50 - Parallel Sessions 2: Palliative Care Across Complex Settings

Room 4: Teaching Palliative Care in Conflict Zones

Room 5: Inclusivity and equity in bereavement support - what does it mean and how do we get there?

Room 6: Communicating Uncertainty in the Palliative Care Setting

11:50 - 12:30 - Oral Presentations of selected abstracts followed by Q&A

12:30 - 13:00 - Lunch - Virtual display of poster presentations

13:00 - 13:05 - Announcement of oral presentations/poster presentations and essay competition winners and runners up

13:05 - 13:55 - Plenary Session - Research in Palliative Medicine: Opportunities for Students and Trainees

13:55 - 14:45 - Parallel Sessions 3: Research Spotlight

Room 7: Assessment and Management of Sialorrhea in Severe acquired brain injury

Room 8: Palliative Care on the margins: prisons, homelessness, substance misuse and trauma informed palliative care

Room 9: Thinking Ahead: Making Future Care Planning Accessible

14:45 - 15:00 - Break

15:00 - 15:30 - Alternative pathways: SAS Careers in Palliative Medicine

15:30 - 16:00 - Career pathways to delivering supportive oncology

16:00 - 16:45 - Applying for and working in the best speciality (Palliative Medicine)

16:45 - 17:00 - Closing Remarks

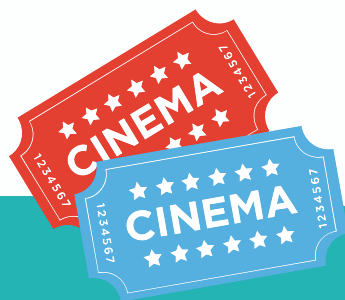


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Media recommendations

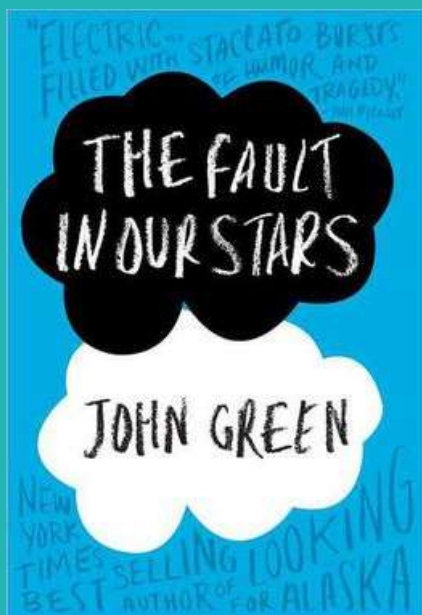


The Fault in Our Stars - book by John Green and film adaptation

Goodreads 4.1/5

Rotten Tomatoes 81%

This month we are recommending a slight throwback. The Fault in Our Stars focuses on the lives of Hazel Lancaster, a 16-year-old girl with metastatic thyroid cancer and Augustus Waters, a 17-year-old boy in remission from osteosarcoma. The story explores making most of living with a life limiting condition and the relationship these two loveable characters build. Whether you decide to read the book or watch the film this will make you both laugh and cry.

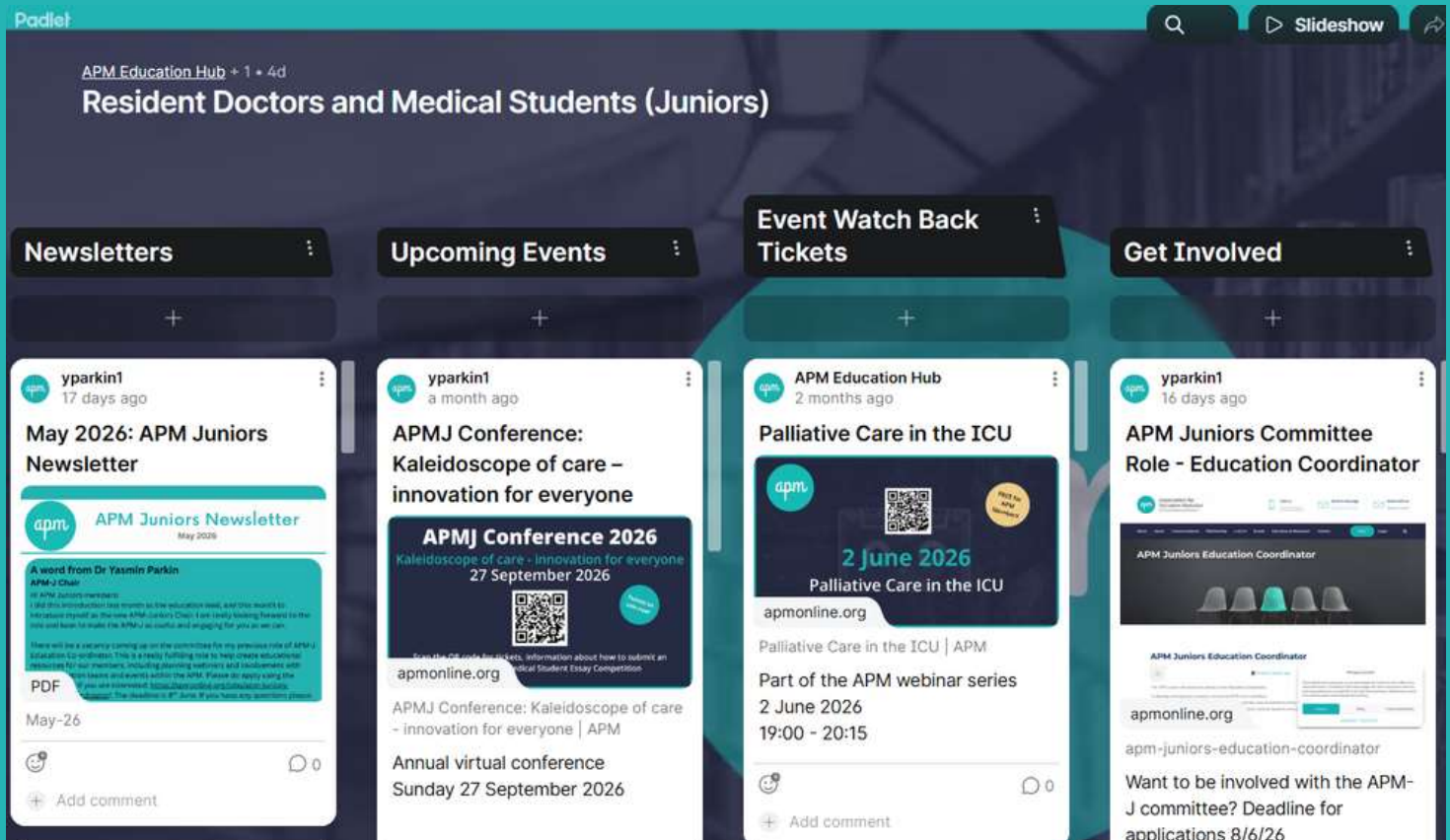




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APMJ Resource Highlight



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>