



# APM Juniors Newsletter

February 2026

## A word from Dr Evie Hall Conference Coordinator

Welcome to February newsletter! I'm Evie, the new Conference Coordinator. I am currently working as an IMT1 in the West of Scotland. Through APMJ, I look forward to supporting medical students and resident doctors in exploring and developing their interest and knowledge in Palliative Medicine. Outside of medicine, I love running, hillwalking and travelling.

We have several exciting opportunities to highlight this month including recruitment for AMPJ Conference Sub-Committee roles. This is a fantastic opportunity to get involved in organising our one-day virtual conference, taking place in September 2026.

We are also looking forward to the upcoming Palliative Care Congress in Brighton next month. This year's theme, "The Art of Possibility: Creativity and Science in Modern Palliative Care," promises an inspiring programme of expert speakers and interactive sessions, highlighting innovative practice and research. It's an excellent opportunity to connect with others who share an interest in the field while hearing from an incredible line-up of speakers.

Please see later in the newsletter for further details on both conferences!

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[submissions.apmj@gmail.com](mailto:submissions.apmj@gmail.com)





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## Careers

### Showing a 'commitment to speciality'

If you're considering applying for Palliative Medicine training in the future then you may have heard that as part of your application you'll be asked to demonstrate your commitment to the speciality. Whilst all medical specialties consider this, it's of particular importance in Palliative Medicine, as it is taken into account both during shortlisting for interview and also within the interview itself.

So you may be thinking, "what can I do to show my enthusiasm for Palliative Medicine?"

We've put together some ideas of ways you might be able to explore whether you'd enjoy a career in Palliative Medicine and how to demonstrate your commitment. It is also important to have a think of what you've learnt from these opportunities to show a good understanding of the skills needed as a Palliative Medicine doctor. Whilst having direct experience working in a palliative care setting can be helpful, not everyone will have this opportunity, and it's very possible to show commitment in other ways:

- Taster weeks - these 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.
- Jobs in other related medical specialities - 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.
- Courses and conferences - a quick online search will show a wide range of opportunities to expand your knowledge, with APM events being a great place to start. The APM Palliative Care Congress runs annually, and as APM Juniors we also hold our own seminars and conference each year. Keep an eye out in the newsletter and our social media for updates; the APM also runs events such as a virtual ethics course. For more information, look on the [APM events page](#). Outside of the APM it can be worth looking on hospice websites as they often run courses for health care professionals.



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### Showing a 'commitment to speciality'

- Research and qualitative improvement (QI) - QI is becoming an increasingly important part of medical training. Why not contact your local palliative care team and see if there are any projects you might be able to help with? Presenting your work at local governance meetings, or even regional/national meetings is a good way to boost your portfolio. If you have more time, contacting your hospital's research department may open up opportunities to help with projects/trials.
- Teaching - contacting the medical school associated with your trust can be a good way to find out about teaching opportunities, such as if they need facilitators for palliative care teaching. Another way to get involved is to teach colleagues on your current rotation. For example, if you're on cardiology, why not organise a lunchtime teaching session around palliative care in heart failure?
- Leadership - leadership roles no longer count for points at shortlisting, however they are a great way to demonstrate your skills to be a registrar. APM juniors often have committee roles pop up, including for the conference sub committee. Again the newsletter and social media are a good way to keep an eye out for these.
- If you're a medical student and already have an interest in Palliative Medicine then this can be a great time to explore further if it might be the right career for you. Why not spend some of your elective time at a local hospice, enter the annual APM medical student essay competition (the next will be in 2027), or even consider starting a society within your medical school?

This is just a small selection of ways you might be able to show your commitment to Palliative Medicine

In future months, we'll hopefully be sharing more careers advice. In the meantime, if you would like to find out more about applying for Palliative Medicine training then we have a guide available [here](#).



## Research Round-Up

This month we look at two international articles on artificial intelligence (AI) in palliative medicine published in the journal Palliative Medicine.

### Implementation of Artificial Intelligence

*Kikuchi S, Sakata M, Hasegawa T, et al.*

*Implementation of artificial intelligence in palliative and supportive care for people with cancer: A scoping review. Palliative Medicine. 2026.*

<https://doi.org/10.1177/02692163261416261>

AI is a hot topic in both medicine and beyond - but more important than interesting technology is useful technology! Kikuchi et al. aimed to map current evidence on how artificial intelligence is implemented in palliative and supportive care for people with cancer and their caregivers. From 199 identified studies, the authors found that machine learning was the most common use of AI at present. Machine learning is an approach which relies on structured clinical datasets to train models that find patterns and make predictions. Examples of their application include prognostic prediction and predicting adverse events in radiation or chemotherapy treatments. Only 26 studies involved direct use by patients with cancer and their caregivers. They considered that large-language models (similar to ChatGPT), which are trained on unstructured text data and are designed to generate content and summarise information, would be useful for patient and caregiver interaction and education. However, large language models are much more resource intensive to train.



## Research Round-Up

### Ethical considerations and Artificial Intelligence

*Rhee JY, Miller P, Tentor Z, Reich A, Wright AA, Lindvall C.*

*A qualitative study with patients, care-partners, clinicians, and bioethicists to identify ethical considerations of artificial intelligence tools in palliative care. Palliative Medicine. 2026.*

<https://doi.org/10.1177/02692163251409290>

Rhee et al. conducted a thematic analysis of the ethical implications of the use of AI tools in palliative care. From interviews with a group of 22 patients, carers, clinicians and bioethicists, they identified five main themes. These included agreement of the importance of oversight of AI tools and recognition that AI increases efficiency, scalability and a more unified approach to serious illness. The authors make recommendations for the implementation of AI-based tools in palliative care, such as establishing oversight committees and proactively educating patients to use these tools.



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## Research Round-Up

### Research Resources

**Palliative Care Research Society:** The PCRS aims to facilitate palliative care researchers to engage with and learn from each other in order to promote high-quality research. They signpost events for those interested in palliative care research – you can find out more and sign up via the [PCRS website](#).

**Palliative Research Incubator:** Useful for anyone involved in palliative care research, the recently established [Palliative Research Incubator](#) holds workshops both online and in-person. They also post recordings and slides from previous events, including their recent workshop on writing a successful NIHR fellowship application.

### Celebrating success

Has your palliative care research recently been published? Let us know! Email [elisha.de-alker3@nhs.net](mailto:elisha.de-alker3@nhs.net) and [submissions.apmj@gmail.com](mailto:submissions.apmj@gmail.com) so we can feature your article, celebrate your success and learn from each other.



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## Film and book recommendations

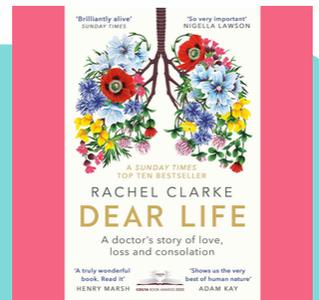


With so many books, films and shows available that explore palliative care themes, we thought it would be a good opportunity to showcase some of our favourites. Each month our committee members share their recommendations with our readers.

### Book recommendation of the month

#### Dear Life: A Doctor's Story of Love and Loss by Rachel Clarke

Goodreads rating 4.46/5



The book that made our Careers and Mentorship Coordinator, Dr Ellen Bodger, want to pursue a career in Palliative Medicine. A non fiction book looking at Dr Clarke's personal and professional journey in palliative care.

### Film recommendation of the month

#### Goodbye June

IMBd rating 6.7/10



A film directed by Kate Winslet, following a fractured family come together as their loved one approaches the end of their life. Covering how families experience grief but also their love and reconciliation. Also a reflection on the impression we can leave as health care professionals and the importance of good communication and empathy.



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## Opportunities in Palliative Medicine

### APM Juniors Conference Sub-Committee Recruitment

We are excited to announce that applications are now open for APMJ Conference Sub-Committee members.

Our one-day virtual conference will take place in September 2026. Planning meetings will be held monthly (occasionally bi-monthly) from April through to September via MS Teams. All sub-committee members are required to attend the conference day itself to assist with logistics.

If you are keen to get involved please see below role descriptions:

#### **Speaker Liaison Officer (2 roles available)**

Take a leading role in recruiting and liaising with speakers for the conference, organising the running order of the day, and coordinating the abstract competition.

#### **Publicity and Sponsorship Officer**

Lead on advertising the conference through deanery networks and social media. You will also take responsibility for securing sponsorship, and work alongside the APM events team to liaise with attendees and support production of the event pack.

#### **Medical Student Representative**

Work within the committee to represent the interests of medical students. This includes liaising with medical student representatives to promote the conference and organising the medical student essay competition.

If you would like to apply or have any questions about the roles, please submit a 200-word application to [office@compleat-online.co.uk](mailto:office@compleat-online.co.uk) by 1st April.



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## APM Peer Support Programme

APM members have expressed they would like more opportunities to connect, either through one to one support and conversations, or spending time in organisations seeing things through a new lens. The APM have announce Connecting through the APM is coming in early this year! First will be a Peer Support programme which will be followed later by a scheme to support Clinical Visits.

Many of us have gained from our interactions with colleagues around the country through sharing our experiences and finding out how others have achieved something that is proving challenging in our service. The APM are looking for members who are willing to share some of their experiences with another member seeking some advice or support.

If you would like to consider supporting others through our Peer Support Scheme, please read the FAQ's which you can access [here](#)

Please [click here](#) to sign up as a volunteer.

If you would like to highlight any opportunities related to palliative care, then please feel free to email us at [submissions.apmj@gmail.com](mailto:submissions.apmj@gmail.com)



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## Assisted Dying Legislation Survey

We are trying to gain an insight into medical students and resident doctors' opinions on the Assisted Dying legislation and would really appreciate it if you took a few minutes to share yours with us.

All of your answers will be kept fully anonymous. These will be presented as part of a seminar on the Terminally Ill Adult Bill at the upcoming Palliative Care Congress. Many thanks!

<https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=sITDN7CF9Ueylge0jXdO4xqSevj4gzpHgS8qyfWEiGBURExQWURXWIZDUENIRDVUVLY1VzI2UzRKRY4u>

## Upcoming events

### APM Palliative Care Congress

26-27<sup>th</sup> March 2026

Brighton Dome

Tickets available via: <https://pccongress.org.uk/registration/>

### 20<sup>th</sup> World Congress of the European Association for Palliative Care

14-16<sup>th</sup> May 2026

Prague, Czech Republic

Registration via: <https://eapcnet.eu/congress/2026/registration>



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## 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](https://portal.e-lfh.org.uk/myElearning/Index?Hierachyld=0_29&programmeld=29)

### APM Junior Doctor Resources

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