



APM Juniors Newsletter

July 2026

A word from Dr Rebecca Lucier

Medical Student Representative

Hi Everyone,

Welcome to July's Newsletter. I want to start by congratulating those of you who are graduating this summer and starting FY1 in August! It's a really exciting time and although it can feel quite daunting at first you'll soon get into the swing of things and the year will fly by.

If you are looking for some palliative care refreshers and tips before starting FY1, don't forget the 'Palliative Care for FY1's' videos we have on the undergraduate resources page on the APM website.

With the graduations this summer we have some new spaces opening up for our medical student representative roles. We aim to have one medical student from every university in the UK who acts as a rep for us for that university. This role entails being a link between us on the APM juniors committee and your medical school to help promote our events and teaching resources at your medical school. You can also ask us to help support you with palliative care events you are running. This is a great opportunity for any of you thinking about a career in palliative medicine to demonstrate your commitment to the specialty on your application further down the line.

If you would be interested in being the representative for your university, or have any further questions please do email me at rebecca.lucier@doctors.org.uk

Have a lovely summer!

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submissions.apmj@gmail.com



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Getting involved in Palliative Medicine as a FY1

It's nearly August, which for many of you will mean the start of life as a doctor. Congratulations! If you're reading this newsletter then you might be interested in pursuing a career in Palliative Medicine and so we thought we'd put together some ideas of ways you can become more involved in the speciality as a foundation doctor.

Arrange a taster day or week with your local inpatient Palliative Care team or at the local hospice

Sign up for the APMJ conference in September

Reflect on the patients with palliative care needs that you look after on a variety of wards

Send an email to your local palliative care team to ask if you can help with a quality improvement project (you'll need a project as part of foundation training)

Consider running a teaching session for your ward or medical students on palliative care

See if there are any palliative care research projects running in your hospital

Look to see if there are ethics or communication workshops you can join

Share your reflections or experiences by sending an item to publish in this newsletter



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APMJ Conference

A white rectangular poster with a thin black border. At the top, it says 'APMJ Conference 2026' in a bold, black, sans-serif font. In the center, the text 'Kaleidoscope of care - innovation for everyone' is written in a large, bold, black, sans-serif font, with 'Kaleidoscope' on the first line, 'of care -' on the second, 'innovation for' on the third, and 'everyone' on the fourth. At the bottom, it says 'Sunday 27 September' in a bold, black, sans-serif font.

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 - 11:00 - 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?

11:00 - 11:15 - Break

11:15 - 12:00 - Parallel Sessions 2: Palliative Care Across Complex Settings

Room 4: Teaching Palliative Care in Conflict Zones

Room 5: The Equitable bereavement care

Room 6: Communicating Uncertainty in the Palliative Care Setting

12:00 - 12:40 - Oral Presentations of selected abstracts followed by Q&A

12:40 - 13:10 - Lunch - Virtual display of poster presentations

13:10 - 13:15 - Announcement of oral presentations/poster presentations and essay competition winners and runners up

13:15 - 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: TBC

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)

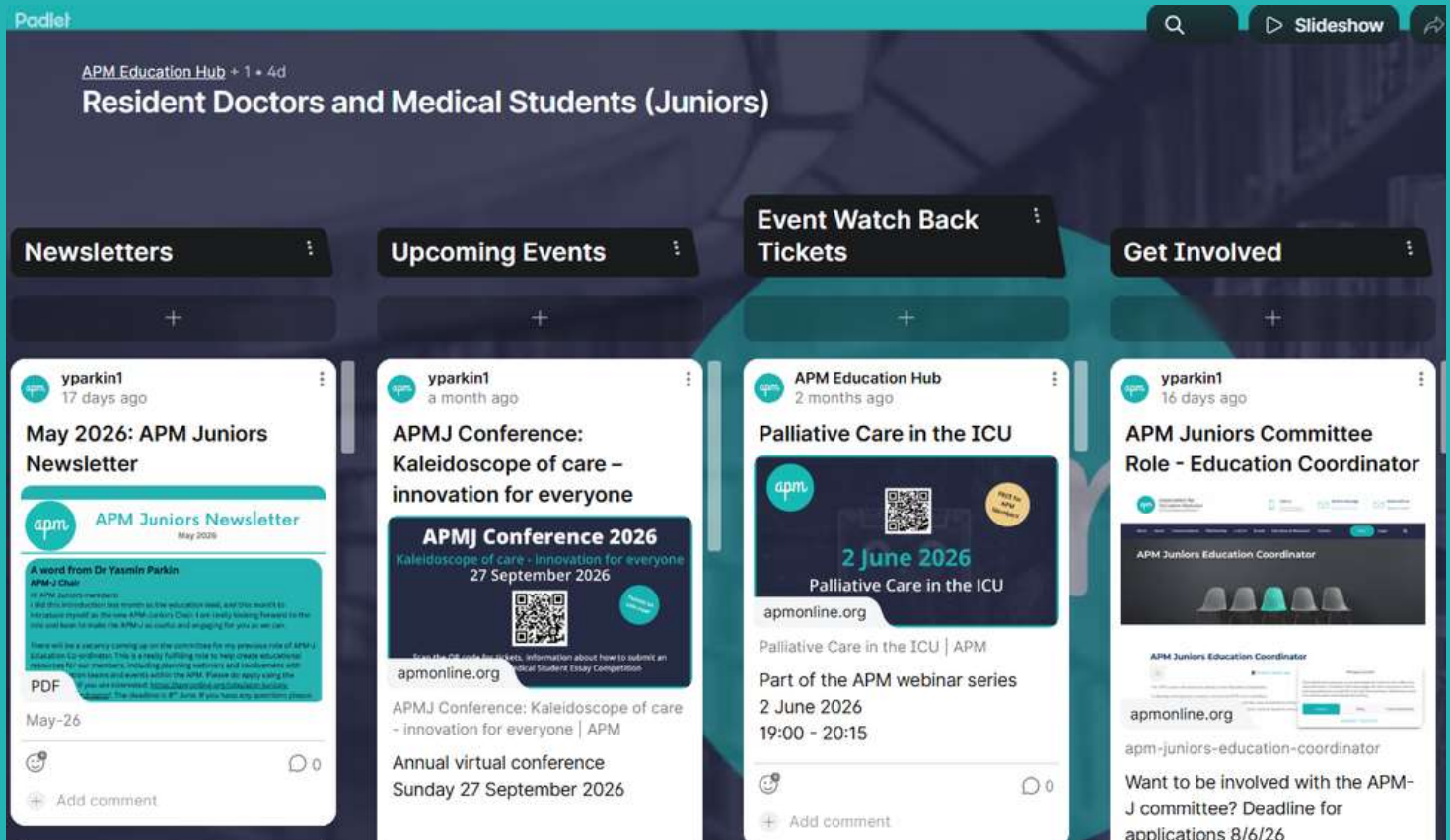
16:45 - 17:00 - Closing Remarks



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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>