



APM Juniors Newsletter

March 2026

A word from Dr Lauren Bennett Communications Coordinator

Hi, I'm Lauren. I'm thrilled to be part of the APM Juniors Committee as Communications Co-ordinator, a role that includes managing the team's social media accounts. I'm an IMT trainee based in Dorset, and I hope to apply for specialty training back home in Wales in the future. Outside of work, I love hiking and exploring in my camper van!

I'm planning to share a range of content that may be useful or interesting for APM Juniors – including upcoming events, educational resources, research papers, and practical guidance. I'll also provide information on developments around the Terminally Ill Adults (End of Life) Bill, highlight opportunities for training and networking, and give updates from our committee.

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Palliative care within Intensive Care

Medical trainee and APM member, Dr Divakar Hamal, has written this month's article exploring his experiences of palliative care within ICU.

15-20% ITU admissions die before hospital discharge, although a significant improvement since the 1970s; this still represents a high mortality rate. Optimal end of life care is therefore paramount within intensive care. Both palliative medicine and intensive care share similar approach to patient care, with both specialities dealing with uncertain prognoses, complex multi-system diseases, ceiling of care discussions and close communication with patients and their loved ones. There is a symbiosis between both specialties, especially as we now seek to move away from a 'fix it' narrative, traditionally seen in medicine. Not all disease trajectories are fixable, with the patient's wishes always at the heart of our care. Acceptance of withdrawal or withholding of life supporting treatments is specific to UK critical care and is particularly challenging for families in the event of treatment failure. It may lead to an accelerated dying process in which patient symptoms and family psychological distress is worsened. As palliative care professionals working within critical care we should therefore prioritise supporting patient's physical, emotional, psychosocial and spiritual needs; just as critical care clinicians support multi-organ failure in the sickest and most vulnerable patients.

Intensive Care Society (2026) Care of the Dying – Where Palliative Care Meets ITU. ICS Cast podcast, 21 January. Available at:

<https://open.spotify.com/episode/7AKmhU9LXHf9RapSDU2bnO> (Accessed: 22 February 2026)

The Faculty of Intensive Care Medicine (2019) Care at the end of life: A guide to best practice, discussion and. Available at: https://www.ficm.ac.uk/sites/ficm/files/documents/2021-10/ficm-critical-condition_0.pdf (Accessed: 22 February 2026)



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Palliative care within Intensive Care

If you would like to learn more about Palliative Care in an intensive care setting then we have an APM webinar coming up in June, specifically aimed at pre speciality trainee doctors

To register please use the following link:

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

This session will bring together lessons and unknowns from clinical practice and research to discuss how palliative care is an essential part of intensive care. The intensive care unit looks after some of the sickest patients in the hospital and their families. The support we can offer by integrating palliative care principles into their care can help to make their journey less distressing. The complexity of the intensive care unit, and palliative care as a concept mean that this interface can be complicated and warrants some thought. What does palliative care mean in the ICU? How does the variability in ICUs impact this care? What specific challenges do we face in this context and what can we do to work together to better provide this care? We hope to invite a thoughtful conversation and provide food for thought for your potential next steps to provide excellent palliative care in the ICU.

Speaker: Dr Stephanie Meddick-Dyson, a Palliative Medicine trainee on the new dual curriculum. She is a clinical academic and having completed Acute Medicine Acute Care Common Stem training and an NIHR Academic Clinical Fellowship, is now undertaking her PhD as an NIHR Doctoral Fellow. Her research is focused on implementation of palliative care in the intensive care unit.



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APMJ Event Highlight



Symptom Control Mini Series: Part 1, Pain and Breathlessness

29th April 2026

Online

This session is aimed at pre-specialty doctors and medical students. This will be case-based teaching to highlight different approaches to the management of pain and breathlessness, led by Dr Jess Walding, Specialty Doctor in Palliative Medicine. We will then hear from an Occupational Therapy perspective about the practical management and interventions for breathlessness by Senior Occupational Therapist Emma Green. Following this there will be a live Q&A.

Registration via: <https://apmonline.org/events/scms-part1/>



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Research Round-Up

This month we take a look at recently published research on Advance Care Planning (ACP), published by some of our APM junior members! We also take a look at some newly published evidence about palliative care in low- and middle-income countries. If you have had your research in palliative medicine recently published please let us know by emailing elisha.de-alker3@nhs.net!

Palliative Care in Low and Middle-Income Countries to Reduce Cancer Suffering

Atreya, S. et al. (2026) 'Palliative Care in Low and Middle-Income Countries to Reduce Cancer Suffering: A Systematic Review', Journal of Pain and Symptom Management, 71(4), pp. e420–e444.

<https://doi.org/10.1016/j.jpainsymman.2025.11.027>

Atreya et al. explore the development of palliative care in low- and middle-income countries (LMICs) and assess how palliative care contributes to alleviating human suffering among people with cancer. They found that palliative care interventions by multidisciplinary teams, combined with a bio-psycho-socio-spiritual approach, led to improved patient outcomes reduced hospital stays and decreased unnecessary end-of-life treatments. There was little evidence linking these developments to international frameworks such as the WHO Model for Palliative Care Development.

Although the impact of palliative care on non-cancer related suffering was not within the scope of this paper, it highlights the importance of understanding the integration of palliative care in often under-researched LMICs where resources for integration of palliative care into community and secondary care are often very limited.



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Research Round-Up

Attitudes to earlier advance care planning

Bushell S, Winter-Luke I, Dennis E, Murtagh FE. (2026)

Attitudes to Earlier Advance Care Planning: A Qualitative Interview Study in General Practice. Br J Gen Pract 2026, 76 (763), e132–e140.

<https://doi.org/10.3399/BJGP.2025.0393>

In this qualitative study, APM Junior members Dr Bushell, Dr Winter-Luke and Dr Dennis explore how people living with non-cancer long-term conditions understand ACP. Thematic analysis of interviews with 21 individuals highlighted three key forms of ACP: proactive planning, preparing for change, and discussing end of life. Their findings suggest that ACP could be discussed earlier with adults living with long-term conditions, before onset of advanced illness or severe frailty. If you are interested in finding out more about this research, or are considering undertaking a qualitative interview-based research project in the future, you can find the link to their paper above.

Celebrating success

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



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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

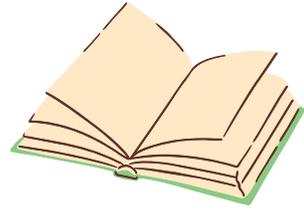


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Book and film recommendations



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, this month we have 2 books for you to take a look at!

Book recommendations of the month

When the Cranes Fly South

Goodreads rating 4.3/5

Described as a moving and life-affirming novel. This book explores Bo's desire to preserve his autonomy towards the end of his life. A story that really allows the reader to understand the perspective of someone who is frail or approaching the end of life as well as their family. A thought provoking read for anyone involved in the care of patient's like this.

The Spirit Catches You and You Fall Down by Anne Fadiman

Goodreads rating 4.2/5

A true story about Lia Lee, part of a family of Hmong immigrants in the US, who was diagnosed with severe epilepsy. A book about the importance of providing culturally competent care, with a big focus on communication across cultures, and what happens when this is done poorly.



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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



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Upcoming events

Symptom Control Mini Series: Part 1, Pain and Breathlessness

29th April 2026

Online

Registration via: <https://apmonline.org/events/scms-part1/>

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>



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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

APM Junior Doctor Resources

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