



APM Juniors Newsletter

May 2026

A word from Dr Yasmin Parkin

APM-J Chair

Hi APM Juniors members!

I did this introduction last month as the education lead, and this month to introduce myself as the new APM-Juniors Chair. I am really looking forward to the role and keen to make the APM-J as useful and engaging for you as we can.

There will be a vacancy coming up on the committee for my previous role of APM-J Education Co-ordinator. This is a really fulfilling role to help create educational resources for our members, including planning webinars and involvement with other education teams and events within the APM. Please do apply using the following link if you are interested: <https://apmonline.org/jobs/apm-juniors-education-coordinator/>. The deadline is 8th June. If you have any questions please email, submissions.apmj@gmail.com.

We were delighted to have a fantastic talk with great discussion last month on pain and breathlessness - watch this space for the rest of the Q&A responses (we will aim to have this in the next newsletter). Our next talk will be this Wednesday 13th May on nausea and agitation and promises to have a lot of really useful management strategies, so we would encourage you to sign up for this! The same goes for the Palliative Care in ICU talk which has already proven popular with sign ups - do take the opportunity to take advantage of these resources!

We hope those of you approaching ARCP deadlines are managing the portfolios okay and those coming to the end of their time at medical school are excited to start clinical work as doctors.

As always, if there is anything we can do to support and make the APM-J group more tailored to yourselves please do let us know.

Yasmin





APM Juniors Newsletter

May 2026

Upcoming Events



Part 2: Nausea and Agitation

13th May 2026

Online

After the success of our first event last month, this week will be hosting our second symptom control seminar. This session is 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

May 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>

APMJ Conference: Kaleidoscope of care - innovation for everyone

27th September 2026

Online

Registration via: <https://apmonline.org/events/apmj-conf-2026/>



APM Juniors Newsletter

May 2026

APMJ Conference

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

May 2026

Research Round-Up

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

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

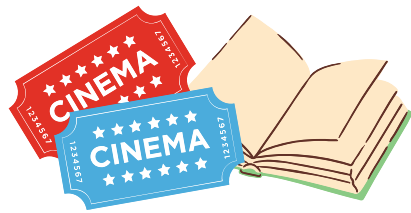
The Palliative Care Research Society: a national membership organisation for individuals interested in palliative care research to come together and network, collaborate and share resources. They offer workshops on research skills, conference grants and prizes and opportunities to share work for peer 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

May 2026



Media recommendations



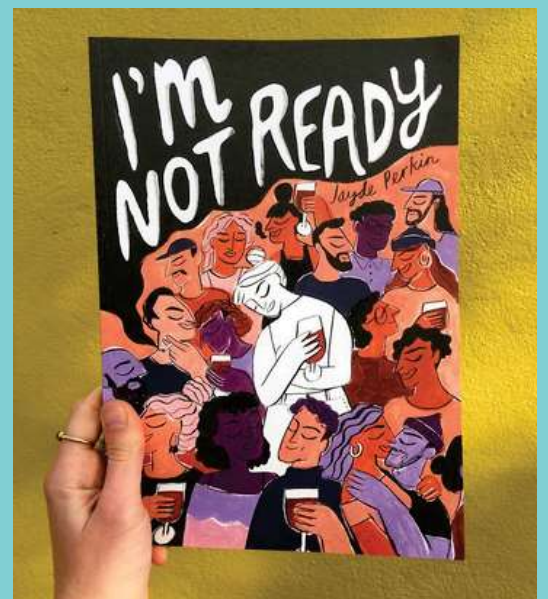
With so many books, films, podcasts and shows available that explore palliative care themes, we thought it would be a good opportunity to showcase some of our favourites. Each month our committee members share their recommendations with our readers, this month we have a podcast for you to take a look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

Book recommendation of the month

I'm not ready by Jayde Perkin

Goodreads rating 4.85/5

A graphic novel recommended by our previous chair, Dr Angus Grant. A beautifully illustrated read on grief, mourning and the inevitability of our mortality. Jayde Perkin reflects on her own experiences of loss and how grief can impact us in different ways.





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May 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/>

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