APM Juniors Newsletter

October 2026

A word from Dr Ellen Bodger

Careers and Mentorship Coordinator

Hi everyone,

Thank you to everyone who attended our annual APMJ conference last month. It was an amazing day with such a variety of talks and it was great getting to see the amazing research that resident doctors and medical students are doing in the speciality.

If you're looking for more ways to get involved with the APMJ then we have our third symptom control webinar in November, more details later in the newsletter. As always if you'd like to get involved in the newsletter then please email me via submissions.apmj@gmail.com.

Ellen

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Research Round-Up

What Not to Say: Language Traps in Palliative Care Communication

Lanocha N, Price C, Wheat Z, Macauley R, Taub S. What Not to Say: Language Traps in Palliative Care Communication. Journal of Palliative Medicine. 2026;29(11):1503-1507. doi:10.1177/10966218261473686

In this Special Report, Lanocha et al. identify some avoidable language traps and verbal missteps which can produce unintended consequences in relationships between clinicians and patients and their carers.

- Phrases that assume goals: 'This patient needs...' While it is important to advocate for our patients, phrases like this can be fuelled by underlying assumptions about goals of care. This may inadvertently cause patients and families to think this is a medical recommendation before considering what their preferences are. Once goals of care have been clarified, the authors suggest alternative phrases such as 'X would help us achieve Y goal'.
- Phrases that undervalue the work we do: Describing changes in goals of care as 'going palliative'. Palliative care can be offered alongside curative treatments as a 'both/and' rather than an 'either/or' choice. They suggest alternatives such as 'layering in the support of the palliative care team' and 'providing exclusive palliative care'.
- Phrases that can unintentionally cause harm: 'at least...' risks forced optimism and minimising grief. 'I'm grateful you had X opportunity' may be a suitable alternative; 'Stopping feeds' has emotional connotations and lacks clarity. 'Stopping medically provided hydration and nutrition to prioritise comfort' is an alternative.

At the end of the day, communication should be adapted to suit your communication style and the patient in front of you, but pausing to think about what we say and how we say it is important. What phrases to you find useful in serious illness communication?

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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:

- NIHR Palliative and End of Life Care National Forum webinar: Symptom management in palliative and end of life care
- The Role of the Research Delivery Network in Supporting Research Capacity in Palliative Care

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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Upcoming events

APM Monthly Webinar, 'Palliative Medicine Starter Kit' - A Guide to Palliative Medicine training for IMT3 Doctors and Junior Trainees
4th November 2026

This session will give an overview of palliatve medicine training including how to prepare for training

APMJ Symptom Control Mini Series: Part 3. Palliative Care & Oncological Emergencies
18th November 2026

Case-based teaching to highlight common scenarios including MSCC, SVCO, hypercalcaemia and seizures

APM Ethics Course
January 2027

A virtual, 4 week course on ethical issues in palliative care

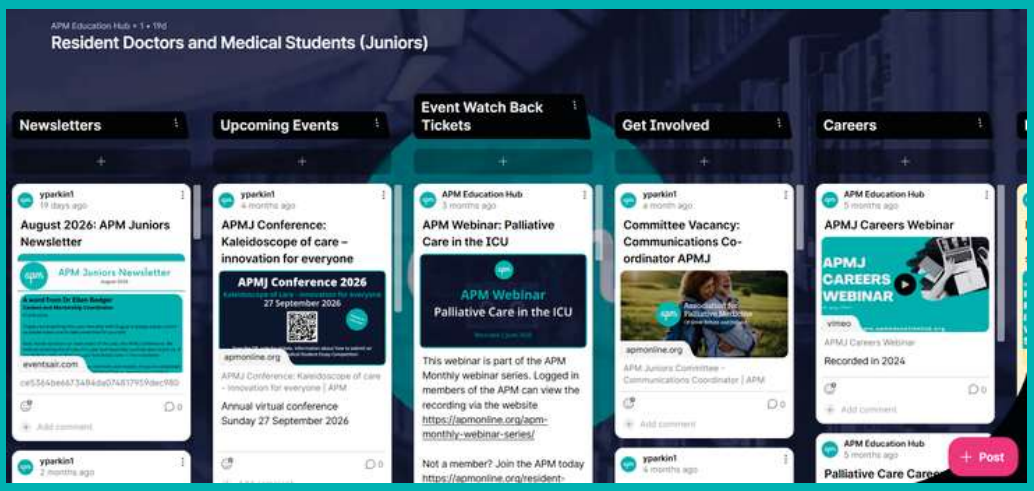
APM Palliative Care Congress 2027. Science and Spirit: Living and Dying in Modern Times
11-12th March 2027

For further details and to book on to any of the above events please look on: https://apmonline.org/events/

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APMJ Resources



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