



APM Juniors Newsletter

September 2026

A word from Dr Alexandra Morgan Education Coordinator

Hi everyone,

A big welcome to this month's newsletter!

It's a busy month behind the scenes as we get the final bits prepared for our annual conference this coming weekend. Tickets are still available, and the line-up of speakers, presentations and posters makes it set to be a fantastic day - we'd be delighted to have you to join along, so scroll down for the link for your last-minute tickets.

I'm a new face to the committee so should probably introduce myself! I've spent time working in Scotland, Australia and London before moving to the East of England for IMT and developed my love for Palliative Medicine & Education along the way. I joined the committee in July as the Education Co-ordinator and am loving it so far. Keep your eyes on our Padlet for the latest resources and updates, and on our future newsletters for upcoming events and webinars. If there's any topics of particular interest that you'd like addressed or covered in an event, I'd love to hear from you! Please send any ideas to submissions.apmj@gmail.com

That's all from me but I hope to see you at either our conference or an upcoming event soon...watch this space!

Alexandra



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submissions.apmj@gmail.com



Research Round-Up

How do you keep up to date with the evidence?

In a recent article on the BMJ Supportive and Palliative Care Forum, Angus Grant (previous chair of the APMJ Committee and Specialty Doctor in Palliative Medicine) shared his reflections on the questions: ‘How does a palliative care clinician keep up with the evidence?’

Whether you are a medical student with an interest in palliative care, or a resident doctor preparing to apply for specialty training, the battle to stay up to date against the rising tide of new evidence will be present throughout our careers. Angus reflects on the overwhelming volume of new evidence produced, and the difficulty of forming and sustaining the habit of keeping up to date with new literature. He mentions the ‘unknown unknowns’ that may not be found with a simple search – ‘the new trial, the changed guidance, the reframed debate that you would only encounter by reading broadly’.

His advice includes:

- Scheduling small (15 minute), fixed, regular reading slots rather than ‘as and when’ sessions.
- Giving yourself permission to read a summary and stop rather than reading every paper in depth – this makes the habit of reading literature more achievable and sustainable.
- Making it social to help with retention – for example, messaging a colleague about a paper.



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Research Round-Up

Where do I find the evidence?

You might be thinking ‘this sounds great, but where do I begin?’

We recently highlighted some useful resources on our APMJ Instagram account, including:

- The Monday Clinical Brief: a weekly email digest bringing together new research from the five leading palliative care journals (Palliative Medicine, BMJ Supportive and Palliative Care, Journal of Pain and Symptom Management, Journal of Palliative Medicine, and Supportive Care in Cancer).
- Conferences such as the Marie Curie Research into Practice Conference 2027 (which is also accepting abstracts until 23 rd October!)
- Podcasts featuring evidence-based discussions on palliative care such as On the Marie Curie Couch, and Palliative Care Journal Watch

If you’d like to receive the papers included in the Monday Clinical Brief without signing up for an annual fee, you could make your own ‘search alert’. Copy the following search query into PubMed, select ‘Create Alert’, and adjust the settings to send yourself a weekly email containing the most recently published evidence:

(“Palliative Medicine”[Journal] “Journal of Pain and Symptom Management”[Journal] OR “BMJ Supportive & Palliative Care”[Journal] OR “Journal of Palliative Medicine”[Journal] OR “Support Care Cancer”[Journal]) AND hasabstract[text] AND “last 10 days”[PDat]



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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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APMJ Conference



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

We're only a few days away from our annual APMJ conference. The team have been working hard to put together an excellent programme (see next page). With a range of talks including expanding access of palliative care, to providing good care in conflict zones, research and discussions on careers pathways. Please register using the link above, we hope to see lots of you there.



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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 - 10:50 - 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?

10:50 - 11:00 - Break

11:00 - 11:50 - Parallel Sessions 2: Palliative Care Across Complex Settings

Room 4: Teaching Palliative Care in Conflict Zones

Room 5: Inclusivity and equity in bereavement support - what does it mean and how do we get there?

Room 6: Communicating Uncertainty in the Palliative Care Setting

11:50 - 12:30 - Oral Presentations of selected abstracts followed by Q&A

12:30 - 13:00 - Lunch - Virtual display of poster presentations

13:00 - 13:05 - Announcement of oral presentations/poster presentations and essay competition winners and runners up

13:05 - 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: Palliative Care on the margins: prisons, homelessness, substance misuse and trauma informed palliative care

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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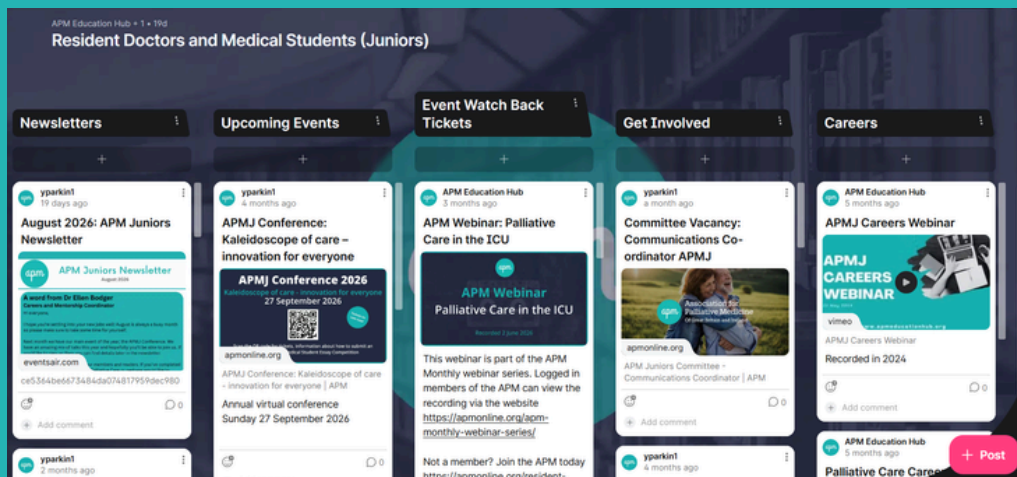
Save the date!

Symptom Control Part 3: Palliative Care Emergencies

18th November 2026

The next part of the APMJ webinar series, more details including how to sign up will be released soon!

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>



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Media recommendations



Stacey Dooley: Inside the Undertakers

Available on BBC iPlayer

A slightly different choice for this month. A documentary released in 2023, presenter and journalist, Stacey Dooley confronts her fear of mortality by working with a family funeral business. She meets a range of people aiming to open up conversation about death and dying. The show also looks at what happens after someone dies, which is an area we often know less about as healthcare professionals.

