



University Hospitals Birmingham
NHS Foundation Trust



UHB RESIDENT DOCTOR'S BULLETIN

December 2024

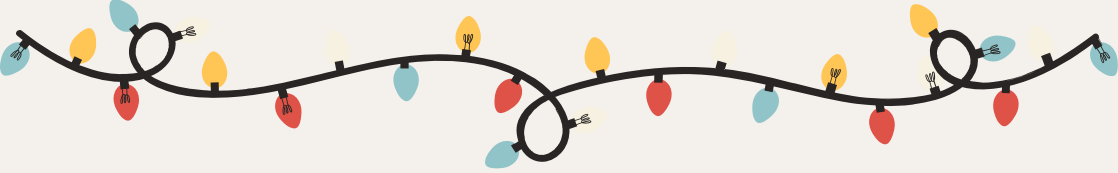
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Chief Registrars

MONTHLY MESSAGE



As we approach the busy winter period and pressures are high, it's important to take a moment to unwind and enjoy the festive season.

There are a variety of festive events taking place throughout December for Resident Doctors, including lunchtime buffets, christmas hampers and a virtual advent calendar. More details on the festivities can be found in the Doctor Updates section.

Taking time to recharge is crucial for maintaining well-being during this demanding season. We look forward to seeing you at the events and wish you a wonderful festive season!



Don't miss your chance to be entered into a draw to win a £20 Love2Shop voucher! [Click here](#) to enter. The winner will be announced in the January bulletin (6th January 2025) keep your eyes peeled.

We look forward to keeping you updated with both our ongoing and new projects and getting to know you all.

If you need to get in touch please don't hesitate, we will be delighted to hear from you chiefregistrars@uhb.nhs.uk

*Best wishes
Mehrreen, Mo & Helen*

Communication PLATFORMS

Resident Doctor Wellbeing Officers

HGS

Darren Taylor - 07917599396

Nicola Poole - 07385223235

QE

Kerry Mulligan - 07464494492

Lydia Hemus - 07385223234



Chief Registrar Announcement Channel

The Whatsapp channel provides trust updates relevant to doctors. This may be useful tips/updates on practical things, educational events, workforce drop-in sessions, opportunities to get involved in QIP or social events. Posts are only shared in working hours.

Scan the QR code to join the community!

PME Dashboard on Moodle

The PME Dashboard on Moodle is an information page that has been designed by Doctors with Doctors in mind. It includes generic information about the Trust as well as grade specific information such as teaching timetables. Click [here](#) to view the PME Dashboard.

Recent Updates

The Foundation, IMT, and LED ad SAS icons have been relocated into a new icon called 'Training Programmes' as we are in the process of including information on the other training programmes.



Medical Academy X page

Follow our Medical Academy X page - @UHBMedAcademy

The page will be used to share our vision and innovations, advertise events, workstreams as well as engage with partnership organisations, such as NHSE.

Trickle

Trickle is a communication platform that is available as a mobile app, it is designed to give Doctors a place to voice their thoughts and concerns anonymously. It allows you to work collaboratively with your colleagues and the medical education team to make improvements and find suitable solutions.

Team ID: nhs-uhb

If you are experiencing issues with signing up, please contact Trickle@uhb.nhs.uk



Doctor UPDATES

Christmas Events for Resident Doctors

There are a variety of events taking place in December for resident doctors, come along to meet colleagues and grab some lunch and goodies!

Christmas Hampers

As a gesture of thanks, the Medical Education team are providing a hamper in each of the mess rooms located around the Hospitals.

Hampers will be available from the 9th December at GHH, 10th December at QE, 11th December at BHH, and 12th December at SH.

Merry Christmas and a Happy New Year!



RESIDENT DOCTORS ARE INVITED TO A CHRISTMAS BUFFET BETWEEN 12-2PM

Monday 9th
December 2024

Good Hope Hospital - Med 1 & 2, Medical Academy

Tuesday 10th
December 2024

QE Hospital - The Balcony, 1st floor

Wednesday 11th
December 2024

Heartlands Hospital - Med Ed 4, Education Centre

Thursday 12th
December 2024

Solihull Hospital - Room 7, Education Centre



Advent Calendar for Resident Doctors

Each day throughout December, you will have access to the Resident Doctors Advent Calendar where you will be able to reveal a message. The first message will be able to view from 1st December here - <https://app.myadvent.net/calendar?id=iiktqgn0go1u6fk81ug4l8hakoyqni8h>

The advent calendar is also available to view on the PME Dashboard on Moodle - [Course: Communication & Events](#)

LED BY DR AVINASH BANSODE

MINDFULNESS FOR MEDICS

4 WEEKS OF DROP-IN STYLE GUIDED MINDFULNESS SESSIONS FOR DOCTORS

STARTING ON TUESDAY THE 19TH NOVEMBER 5PM-5:30PM

THE FAITH CENTRE, FIRST FLOOR QE ATRIUM

Doctor UPDATES

Mindfulness for Medics

Mindfulness for medics drop-in sessions are taking place in the faith centre at QE. Upcoming drop-in sessions are taking place on Tuesday 3rd and 17th December, 5-5:30pm

Crash Course Teaching Programme

The opportunity has arisen to participate in a teaching programme aimed at University of Birmingham and Aston Medical students.

The tutorials will be flexible as you'll be able to liaise with your small tutor group to organize sessions at times that best suit you. For F1s in particular, it is a great way to start preparing for speciality applications next year. We will be offering certificates to evidence your participation and collect feedback forms on your behalf for your portfolios. If you have any specific requirements, please let us know.

If you're interested or would like more details, please register your interest here (<https://forms.gle/fqUBz3Y5EujkBQim6>) or send us an e-mail.

Dr Yasmin Farah F3 - yasmin.farah1@nhs.net
Dr Junayna Khan F3 - khanjunayna@gmail.com

Restructure of Resident Doctor Forums

The Quality team and the Chief Registrars have been working to improve the Resident Doctor Forums. RDF's have been restructured, to see the new format, please visit

<https://www.moodle.uhb.nhs.uk/mod/page/view.php?id=66601>

Doctor UPDATES

Mock OSCE sessions

The mock OSCE will be held on the first floor of the undergraduate teaching centre at BHH.

This activity is open to all doctors at BHH and you will receive a certificate of participation for your contribution. Please indicate all the circuits you are available to attend if you can attend more than one. Please make sure you arrive 15 minutes before the start of your circuit to ensure the day runs smoothly. If you have any queries please drop an email to mira.gobran@uhb.nhs.uk

IMT 1 Peer to peer support

Are you an IMT2 or IMT3 and would like to offer support to IMT1 colleagues with signposting, E-portfolio navigation, general wellbeing support, point of contact?

The team will provide you with a support guide and be on hand to support you with this scheme.

If you are interested in taking on the role or have any questions, please contact the postgraduate@uhb.nhs.uk

GHH Grand Round Christmas Quiz



Join us for the GHH Grand Round

CHRISTMAS QUIZ

Wednesday 18th December 13:00 - 14:00 in
Thomas Guy 1, Medical Academy

Prizes available for the winning team!

Multiple rounds including music, pictures etc.

EVENTS

Emergency Physician's ECG Course (EPEC)

Monday 16th December 2024



For more details and to book, please visit - [Emergency Physician's ECG Course \(EPEC\)](#).

GPST Courses - Stage 2 MSRA Course

GPST Courses are holding Stage 2/MSRA Courses for the 6th Year. This one day course for the MSRA will be taught by a doctor who was in the top 10% of their cohort and gained their top choice GPVTS within the London Deanery..

Visit www.gpstcourses.co.uk for more information.

Specialities scheduled to use MSRA/Stage 2 for entry criteria include: ACCS emergency medicine, CT1 anaesthetics, Clinical radiology, General Practice, Psychiatry, Neurosurgery, Obs & Gynae, Ophthalmology and Paediatrics.

Visit <https://gpstcourses.co.uk/product/full-day-sessions-stage-2-3/> to find out more about the courses and book directly.

Dates for the Stage 2/MSRA Zoom Courses: 14th December 2024.

PassPACES

- 4-day intensive revision courses covering all PACES stations
- Typically, 90-100 patients with exceptional clinical signs.
- Neurology/ Ophthalmology and Cardiology/ Respiratory days.
- 5 station mock examination with individual feedback.

Course dates:

8th - 11th January 2025

12th - 15th January 2025

18th to 21st January 2025

22nd - 25th January 2025

28th - 31st January 2025

3rd - 6th February 2025

Book early to avoid disappointment - www.passpaces.co.uk

Intelligent PACES

The course will take place on Saturday 25th and Sunday 26th January 2025.

Spaces are limited, so be sure to secure your spot!

For more information or to register, please visit our website www.intelligentpaces.com or email admin@intelligentpaces.com

EVENTS

STAMP EM

System and Tips for Analytical Medical Practice (Emergency Medicine) is taking place at QE Hospital, Lecture Theatre 2 on 12th December, 09:00-17:00. To reserve a space, please send an email to STAMP_Course@hotmail.com - include the following details:

- First name, last name
- Current grade and specialty
- Current hospital
- Morning clinic, afternoon clinic or whole day



Once informed of availability, continue to payment:

BACS payment:

Bank: NatWest Sort code: 600710

Account: 82258368 Name: "STAMP EM"

(Your on-line banking system may not recognise this account name, but it can still make the payment).

Reference (to identify your payment & date): Type "STAMP46", followed by last name and initial, e.g. "STAMP46BloggsJ"

Send an e-mail to inform us of the payment.

UHB's 5th Annual SAS & Locally Employed Doctors (LEDs) conference

Wednesday 4th December
Lecture Theatre 3, 1st floor,
QEHB
8.30am - 17.00pm

To register, please visit
https://app.medall.org/event-listings/the-5th-annual-locally-employed-doctors-sas-doctor-conference-2024?utm_source=x

The poster for the Annual SAS/LED Conference 2024 features a dark blue background with a large green circle at the bottom. Text includes 'WEDNESDAY 4TH DECEMBER 2024', 'SAVE THE DATE', 'ANNUAL SAS/LED CONFERENCE 2024', 'TOPICS: BLOOD AND BLOOD RELATED PRODUCTS, GENOMICS, RESEARCH, CARDIAC CONDITIONS, STROKE AND THROMBECTOMY, INTERVENTIONAL RADIOLOGY', 'GET READY!', 'IT'S COMING...', and 'OPPORTUNITY TO SUBMIT ORAL/POSTER PRESENTATIONS, MORE DETAILS TO FOLLOW'.

INTERVIEW OF THE MONTH

Dr Mehreen Malik
Chief Registrar 2024-2025



Question 1: What inspired you to become a Chief Registrar?

I was the wellbeing resident doctors lead in the anaesthesia/ITU also the resident doctor's representative, I was very invested in trying to improve wellbeing on departmental level. I met the previous chief registrar who told me about this wonderful role and how I can bring about a change on a trust level and how interesting management is and I can be the voice of all resident doctors to bridge the gap and improve working lives of doctors working in the trust. I am really thankful to have lovely mentors I'm meeting who are helping me to help a lot of resident doctors and to inspire them and guide them in their career paths.

Question 2: What are you passionate about?

I love being an anaesthetist, I'm passionate about improving work culture and promoting wellbeing of people around me. I also love mentoring and helping people in distress, it gives me great sense of achievement to take away someone's pain (hence my love for labour epidural).

Other than work I love gardening, passionate about growing roses in my garden.
I love trying out different recipes and trying out new cuisines and dining out.

Question 3: What are you most proud of?

I am proud to be a doctor working in one of the largest Trusts in the UK coming from a third world country with very less representation as female education is very suppressed.

I am proud to be a mom, a doctor, a daughter, a wife; a woman and celebrate every moment of this beautiful gift of life I have and wish to spread smiles and love.

Question 4: What is on your bucket list?

My professional bucket list includes completing a PG Cert in medical education for this year. I have a few travel spots I still need to visit and read 100 books this year.

Question 5: How would you spend the perfect day off?

Spending time with family, sitting by the window curled up with a book and a cup of hot chocolate in winters, and wouldn't want to come inside if its summer till the last bits of light left.

A day well spent would be a day spent on a beach ending with a stroll late night and no internet connection and social media.

Submission Guidelines

The bulletin is published by the Postgraduate Medical Education Team and the content is curated with Doctors in mind. We focus on courses, training, relevant updates, and social events. The content in the bulletin has been copied and summarised from the main sources to provide you with brief headlines and the option to access more information if available.

Please ensure that your announcements are concise and limited to around 150 words. We retain the right to edit the content prior to circulation to maintain brevity. Some announcements are not suitable for distribution on the bulletin. We will get in touch if this is the case.

Finally, please include links to external websites if extra information is available and exceeds the word limit as we will not be attaching PDF documents to the bulletin.

Please email your material to Ms. Molly Russon at molly.russon@uhb.nhs.uk

CHANCE TO WIN A £20 LOVE2SHOP VOUCHER



feedback

Let us know what you think of the bulletin, we'd love to hear from you!

[Click here!](#)

By completing the feedback form, you will be entered into a draw to win a £20 Love2Shop Voucher! Winner will be announced in the January bulletin.

Telephone: 0121 424 7305

Email: Molly.russon@uhb.nhs.uk