



**University Hospitals Birmingham**  
NHS Foundation Trust



# UHB RESIDENT DOCTOR'S BULLETIN

November 2024

# *Table of* CONTENTS

01	Chief Registrar Message
02	Communication Platforms
03	Doctor Updates
07	Education Events
10	Interview of the Month
11	Feedback & Submission Advice

---



# Chief Registrars

## MONTHLY MESSAGE



Hello Resident Doctors,

The weather is certainly changing and with it the workload is predictably increasing, not that summer seemed to bring a great deal of respite!

As "winter pressures" continue we encourage you to look after yourselves and your teams. The NHS talk about "Winter Toolkits" for the system, but what is in yours? Please consider some of these simple measures: booking some annual leave, meeting up with our Resident Doctor Wellbeing Officers, getting your flu/COVID jabs, arranging coffee with a colleague.

"One kind word can warm three winter months." - Japanese proverb

We are not pretending to have the solutions to the significant system issues we all face heading into this winter but want to empower you to take time to care for yourself. We strongly encourage you to use the exception reporting system when you are needing to work extra hours or missing educational opportunities - this is not exclusively about financial reimbursement / TOIL but also helps to form a bigger picture of staffing issues and areas where additional measures are needed. If anyone is discouraging you from filing an Exception Report we would like to hear from you ASAP.

"Just because you take breaks doesn't mean you're broken." - Curtis Tyrone Jones

As we continue to move forward with our work as Chief Registrars you will hopefully start to see some changes to your Resident Doctors Forum with more focus on feedback around what has been done and creating new actions. We have also tried to give some clarity around important topics to cover - using 6 P's - Patient care, Preventing Burnout, Psychological Safety, Professional Development, Physical Environment and Positive Points.

It is currently a heavy time in terms of surveys: both the National staff survey and NETS are currently underway. UHB has created the LED Autumn Survey 2024 to mirror the information collected in the NETS survey to ensure we understand the issues faced by all our Resident Doctors. Please use these as an opportunity to highlight both good practice and areas for improvement.

We are here and happy to be contacted, stay safe, take a moment for you.

"Almost everything will work again if you unplug it for a few minutes, including you." - Anne Lamott

[With regard to the bulletin specifically, there is a feedback link on the last page - by completing the feedback form you will be entered into a draw to win a £20 Love2Shop voucher!](#)  
[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](mailto:chiefregistrars@uhb.nhs.uk)

*Best wishes*  
*Mehreen, Mo & Helen*

# Communication PLATFORMS



## 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.

---

## 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 regarding medical education 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](mailto:Trickle@uhb.nhs.uk)

# Doctor UPDATES

## Medical Workforce Drop-in sessions

The Medical workforce team are hosting regular drop-in sessions for all resident doctors to attend. Sessions will be taking place on the below dates and will be ongoing from 9am-4pm, feel free to attend at any point.



**Thursday 14th November 2024** (Room: Chamberlain, 1<sup>st</sup> Floor, Clinical Skills, Partnership Learning Centre)

**Thursday 13th February 2025** (Room: Chamberlain, 1<sup>st</sup> Floor, Clinical Skills, Partnership Learning Centre)

**Thursday 8th May 2025** (Room: Chamberlain, 1<sup>st</sup> Floor, Clinical Skills, Partnership Learning Centre)

**Thursday 14th August 2025 Thursday** (Room: Chamberlain, 1<sup>st</sup> Floor, Clinical Skills, Partnership Learning Centre)

**Thursday 13th November 2025** (Room: Chamberlain, 1<sup>st</sup> Floor, Clinical Skills, Partnership Learning Centre)

**Tuesday 14th January 2025** (Room: MWF Office, 2nd Floor, Frank Kerr Building)

**Tuesday 8th April 2025** (Room: MWF Office, 2nd Floor, Frank Kerr Building)

**Tuesday 8th July 2025** (Room: MWF Office, 2nd Floor, Frank Kerr Building)

**Tuesday 14th October 2025** (Room: MWF Office, 2nd Floor, Frank Kerr Building)

**Wednesday 18th December 2024** (Room: Seminar 16)

**Wednesday 19th March 2025** (Room: Seminar 10)

**Wednesday 18th June 2025** (Room: Seminar 12)

**Wednesday 17th September 2025** (Room: Seminar 12)

**Wednesday 17th December 2025** (Room: Seminar 10)

## UHB Staff Survey

Chance to win up to £500 in vouchers!

The NHS National Staff Survey is live. We want to hear the voices of our resident doctors about how it feels to work and train at UHB.

It is important that your voice is heard, to help the organisation understand your experiences on an in-depth level. You are entitled to 20 minutes in addition to your usual breaks to complete this survey. You will find the survey link in your email inbox.

Find out more about the survey, how anonymity is guaranteed and where you can find somewhere quiet to complete your survey here: [www.uhb.nhs.uk/staff-survey](http://www.uhb.nhs.uk/staff-survey)

# Doctor UPDATES

## National Education and Training Survey

The NETS offers a platform for healthcare learners and doctors in training posts to share their experiences to help shape the future of training programs.

An email will have been sent to doctors in training posts, alternatively the survey can be accessed here - [www.hee.nhs.uk/nets-2024](http://www.hee.nhs.uk/nets-2024)

Please take 10 minutes to complete the survey, your contribution is greatly appreciated.

NETS

NHS

Take the survey  
Drive the change



[www.hee.nhs.uk/nets-2024](http://www.hee.nhs.uk/nets-2024)

## Locally Employed Doctors Survey

The Locally Employed Doctors Survey is also live - The LED/ITF survey reflects the NETS 2024 questions. please scan the QR code to complete the survey.

## Education & Training Surveys Roadshow



Thank you if you have already completed your survey.

Please join us at our roadshows - there will be representatives from the Postgraduate Medical Education Teams including LED and Med ED Quality departments available to answer any queries you may have and an opportunity to complete your survey if you have not already done so.

Date	Site	Time	Venue
Tuesday 22nd October 2024	QEH	12.00-14.00	The Balcony, 1st floor, Atrium
Monday 4th November 2024	BHH	12.00-14.00	Outside Lecture Theatre, Education Centre
Tuesday 12th November 2024	GHH	12.00-14.00	Orchard Restaurant Foyer
Wednesday 20th November 2024	Solihull	12.00-14.00	Seasons Restaurant Foyer

# Doctor UPDATES

## 'Welcome to the UK Practice' workshop sessions

Online Session Link: [Join the meeting now](#)

### Welcome to the UK Practice Workshop sessions

Wednesday 06<sup>th</sup> November 2024

13:00 – 16:00

Online Session Link: [Join the meeting now](#)

Should you have any questions, please do not hesitate to contact the JSD Inbox in the first instance: [JSDEducation@uhb.nhs.uk](mailto:JSDEducation@uhb.nhs.uk)

### Programme Outline

#### Website Links:

[Welcome to UK practice: information for doctors - GMC \(gmc-uk.org\)](#)

#### Programme:

- Welcome and introduction to the GMC and how we can help you
- An introduction to our guidance and learning resources
- 'Hello my name is...' – getting to know each other
- What makes a good doctor?
- Doctors share their experience of starting out in UK practice and learn about the duties of a doctor in the UK
- Ethical scenarios. What would you do? How can our guidance help you?

**YouTube case study:** [\(1\) Welcome to UK practice with Dr Abhishek Ray - YouTube](#)

This programme is delivered by GMC – Regional Liaison Adviser (Helene Hillier).

This workshop is a part of the [NHS welcoming and valuing international medical graduates programme](#),

it is strongly recommended that doctors attend this workshop in the first 12 months of working in the UK.

## NHSE - New Study Leave System

Please see document for an update on a new study leave system which is being implemented by NHSE - <https://drive.google.com/file/d/1wA-oahbK2SUaYa09JFWcXgROX8E154X2/view?usp=sharing>

# Doctor UPDATES

## BMJ Best Practice

BMJ Best Practice is an evidence-based, point of care tool giving step-by-step guidance on how to diagnose and treat conditions, illnesses and diseases.

Searching is easy and offers a simple Google style search method, plus the option to browse speciality.

All BMJ Best Practice information is aligned to the patient pathway of:

- Assessment
- Testing
- Diagnosis
- Management
- Follow-up

The information is compiled from the expertise of 1,600 clinical authors working across the world, as well as recognised guidelines from organisations such as the National Institute for Health and Care Excellence (NICE).

BMJ Best Practice offers CME/CPD points accredited by The Royal College of General Practitioners.

Links for app:

[BMJ Best Practice on the App Store \(apple.com\)](https://apple.com)

[BMJ Best Practice - Apps on Google Play](https://play.google.com)

## Heartlands Doctors Rest Room

Heartlands Resident Doctors' rest room, which is located on 1st floor of the education centre next to the library, has been set to 24/7 lock with swipe access required to enter the room.

If you do not have swipe access, please contact [bhhaccesscontrol@uhb.nhs.uk](mailto:bhhaccesscontrol@uhb.nhs.uk)



All Resident Doctors are invited  
to meet the CMO, Kiran Patel

### RESIDENT DOCTORS

MEET WITH KIRAN PATEL,  
CHIEF MEDICAL OFFICER

WEDNESDAY 6TH NOVEMBER 2024

HEARTLANDS HOSPITAL, LECTURE  
THEATRE

12:00 - 01:00PM

- OPEN Q&A SESSION
- REFRESHMENTS PROVIDED



## 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](http://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: 9th November, 30th November and 14th December 2024.

### Specialty Medicine for Physicians

The 14th Specialty Medicine for Physicians Conference will be taking place on 25th-27th November 2024. Please see booking form below to register for the conference -

[https://docs.google.com/document/d/17sYX8H0xo3RKGRyZ\\_Pi0V3H9\\_NjQyn33/edit?usp=sharing&ouid=108799077284080943551&rtfpof=true&sd=true](https://docs.google.com/document/d/17sYX8H0xo3RKGRyZ_Pi0V3H9_NjQyn33/edit?usp=sharing&ouid=108799077284080943551&rtfpof=true&sd=true)

### 2024 G4J (Geriatrics 4 Juniors)

Date: 9th November 2024

One-day conference, designed for Foundation Doctors, Internal Medical, and GP Trainees interested in developing their skills and knowledge about effective healthcare for older people.

For more information and to register, please visit <https://www.bgs.org.uk/24G4J>



Education

# EVENTS

## Glasgow Surgical Forum



ROYAL COLLEGE OF  
PHYSICIANS AND  
SURGEONS OF GLASGOW

Royal College of Physicians & Surgeons of Glasgow are organising the next Glasgow surgical Forum which will take place on 28th and 29th November. To book or view the programme, please visit -

<https://url.uk.m.mimecastprotect.com/s/IXGICB1MvSzX81NHzfPF2Sntm?domain=community.rcpsg.ac.uk>

## GUM Taster Day

This taster day is aimed at IMT's and Foundation doctors within the West Midlands region who are considering GUM as a career.

DATE: Wednesday 20TH November 2024

VENUE: Seminar Room One

Whittall Street Clinic

Whittall Street

Birmingham

B4 6DH

If approved, please register your interest with [Michelle.Rees@uhb.nhs.uk](mailto:Michelle.Rees@uhb.nhs.uk) by Monday 11th November 2024. Please include your email, current grade, place of work and contact details.

You will be informed whether you have been allocated a place by Friday 15th November 2024.

## CORE Topics Coventry



Association  
of Anaesthetists

## CORE TOPICS Coventry

Thursday 14 November 2024

Organisers: Dr Rohit Mittal, Coventry and Dr Krish Radhakrishnan, Birmingham

Location: Advanced Manufacturing Training Centre, Coventry



Education

# EVENTS

---

## Heartlands Surgical Teaching

Surgical Teaching is vital for enhancing clinical skills, knowledge, and enhancing a collaborative working environment. Weekly sessions are carried out for resident doctors as well as the extended surgical team. Teaching is delivered each Thursday (except third Thursday of each month) at 12-1pm in the presence of a surgical consultant and/or registrar. This is in-person, and a room is pre-booked in the Heartlands Education Centre. The room number allocated for teaching is usually displayed at the Education Centre information desk. No prior registration is needed to attend the session, and all are welcome to attend. An online link is also shared on the day of teaching for those wishing to join online.

Lunch bags are available for attendees!

If you have any questions please contact [sumayah.khan@uhb.nhs.uk](mailto:sumayah.khan@uhb.nhs.uk)

---

## West Midlands 'Introduction to ENT' Course

Interested in ENT or wanting to be more prepared for starting your ENT rotation? Join us on 30th November 2024, at Queen Elizabeth, Birmingham, for the next West Midlands ENT Emergency Course.

Register now to be "emergency safe" & confident in managing ENT emergencies during on call shifts!

More details and registration can be found at

<https://westmidlandsentcourse.org.uk/>

Any questions, please contact:  
[wmentcourse@gmail.com](mailto:wmentcourse@gmail.com)



# INTERVIEW OF THE MONTH

Dr James Bailey  
Consultant Acute Medicine  
Operational Lead for  
Medical Education GHH



Question 1: What inspired you to become an Operational Lead for Medical Education?

I have always had a passion for education, and over the years, I've seen firsthand how impactful a well-structured and supportive educational environment can be for doctors in training (now resident doctors). I also like solving problems and becoming an Operational Lead for Medical Education felt like a natural step to ensure we continue to improve and adapt our medical education programs to benefit residents and, ultimately, patients.

Question 2: What are you passionate about?

I am passionate about medical education and its potential to shape the future of healthcare.

Question 3: What are you most proud of?

I don't feel like I've been in post long enough to feel too proud just yet but I'm pleased with how we've built on the success of the Grand Round over here and seeing fantastic attendance.

Question 4: What is on your bucket list?

I'd love to complete an international marathon. I've got into running in the last year or so and I've never been to New York so competing in a marathon there would be a great way to combine travel and one of my personal goals.

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

I'd start with a jog around Sutton Park, then invite friends and family over for some of my homemade Neapolitan pizza experiments in the garden, paired with a nice glass or two of wine.

### 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](mailto: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](mailto:Molly.russon@uhb.nhs.uk)

