



University Hospitals Birmingham
NHS Foundation Trust



UHB RESIDENT DOCTOR'S BULLETIN

October 2024

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Chief Registrars
**MONTHLY
MESSAGE**



Hello Resident Doctors,

As the three of us get our teeth stuck into our new roles as your Chief Registrars we are spending more time focusing on Comms and feedback.

We know how busy you all are and how hard it can be to keep track of events, opportunities, support and updates.

Recruitment is ongoing for a Chief Resident in all specialties at all sites (ST3/equivalent or above). These Chief Residents will be a vital point of contact for Comms and how you escalate both concerns and positive achievements. If you are interested please discuss with the Education Lead in your department.

We are also looking at the Doctors Forums, WhatsApp groups, Trickle, X, emails, posters, and this bulletin to maximise the sources of available information and improve the quality.

We have been excited to experience a Senior Leadership Team who want to hear the voice of Resident Doctors but we are very aware that there is currently a lack of "You said, We did" that is feedback to you in a meaningful way and we are working on a structure for this.

On the note of hearing your voice the National Staff Survey is open! You will get an email to your Trust email Subject: Staff Survey 2024. This is a National survey owned by NHS England and helps identify key priorities for the Trust. Resident Doctors are typically poorly represented in the survey. Use this year as a chance to have your say!

Your thoughts on these and other mechanisms we can use to improve Doctor Comms are greatly welcomed, either catch us in person or use the Chief Reg email below.

[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

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

UHB Careers Event for Medical Students & Doctors

17th October 2024

18.00 – 20:30 Hrs

Education Centre, Birmingham Heartlands Hospital

- Interact with College Tutors
- Chance to meet with Trainees sharing recruitment hints & tips
- Explore career options
- Hear from various Speciality Departments
- Grow your professional network
- Opportunity to attend Speakers Sessions
- Chance to participate in games to win incredible prizes
- Plus, join us for free hot food!



Doctor UPDATES

Doctors Career Event - 17th October

Join us at Heartlands Hospital for an evening career event where you can speak to a range of specialties and hot food is provided.

To register for this event, please visit:

https://auth.medall.org/oauth2/authorize?client_id=ac7af612-70f0-46c2-aa10-dafd34540d8e&nonce=34e2b04e047518e3fb9ef0f4c481ef13&redirect_uri=https%3A%2F%2Fapi.medall.org%2Fomniauth%2Fapi%2Fcallback&response_type=code&scope=openid%20email%20profile&state=031bd7746c7115403a605a9111a725b0

Webinar series: 'Our greatest Challenges and How We Overcame Them'

Have you ever wondered what life is like working as a consultant/senior registrar in the NHS? Are you facing or anticipating challenges such as balancing parenthood with your medical career, dealing with bullying, dealing with situations when things have gone wrong, struggling to manage the emotional impact of patient deaths or just struggling to find the motivation to get through your shifts?

This webinar series aims to address these concerns and provide support.

Join us for an engaging online series featuring a fantastic line up of consultants and senior registrars from a wide range of medical and surgical specialties. Each speaker will share key learning points from their specialty and discuss the personal and professional challenges they have faced throughout their careers, along with the strategies they used to overcome them.

Event details:

Platform: Microsoft Teams

Schedule: Every other Wednesday, 7:00 PM – 8:00 PM

First Session: Wednesday, 18th September 2024

Last Session: Wednesday 22nd January 2025

Sign up:

https://docs.google.com/forms/d/e/1FAIpQLScv_oP1uZBhL4gAw3mbfpmhCj0QkuGb_vPUXyI5Wix-lkTJZoA/viewform?pli=1

National Foundation Doctors Presentation Day

Friday 17 January 2025

Hold the date

Current foundation doctors in recognised Foundation Programmes in the UK or Malta are warmly invited to hold the date for the next NFDPD. We will invite you to submit abstracts relating to work undertaken during Foundation training in due course. Successful abstracts will be presented as 10-minute oral or 3-minute poster (mini-oral) presentations. Judges to include representatives from the UKFP, GMC, MSC, BMA & more.

Work may be entered in the following categories:

SUSTAINABILITY **EDUCATION** **RESEARCH**
CASE REPORTS **QUALITY IMPROVEMENT**

The abstract submission window is Monday 7 October 2024, 09:00 to Monday 21 October 2024, midday.

Late submissions will not be accepted.

Visit the [UKFPO website](https://www.ukfpo.org.uk) for more information about the event
All queries should be sent to foundation.nfdpd@nhs.net

Doctor UPDATES

National Foundation Doctors Presentation Day 2025

Please find poster and visit the [NFDPD webpage](https://www.ukfpo.org.uk) for further information and to apply.

Up to two applications may be submitted per presenting author. Foundation doctors will be allowed to deliver one presentation should their abstract be successful.

Evidence-based Mindfulness Provisions for UHB Staff

Evidence-based Mindfulness Provisions for UHB Staff

A. Guided Mindfulness Sessions

| | Start Times | | | Site | Venue |
|------------------------------------|-------------|-----------|-----------|---------------------|--------------------------------------|
| | Session 1 | Session 2 | Session 3 | | |
| Mondays | 2:00 PM | 2:30 PM | | BHH | Quite Room, Chaplaincy Centre |
| Tuesdays | 1:00 PM | 1:30 PM | 2:30 PM | QE | Faith and Community Centre (Level 1) |
| Wednesdays | 2:00 PM | 2:30 PM | | GH | New Education Centre |
| Thursdays | 2:00 PM | 2:30 PM | | SH | Education Centre, Well-being Hub |
| Only on Mon, Wed and Thurs. | 2:00 PM | 2:30 PM | | Online Teams | ID: 327 462 656 942 Passcode: E6uEiP |

Email: Avinash.Bansode@uhb.nhs.uk (Mob): 07766362935

B. 8 WEEKS Mindfulness for Life Courses



BOOK A PLACE



Doctor UPDATES

Postgraduate Medical Education Showcase Events - Winner

Congratulations to Shashank Cheemalapati for winning the Love2Shop voucher at the Postgraduate Medical Education Showcase Events.

Exception reporting is now available for Locally Employed Doctors

Please find more information on Exception Reporting here -

<https://www.moodle.uhb.nhs.uk/mod/book/view.php?id=657756&chapterid=4033>

Trust me, I'm a Daddy - Discounted tickets for all NHS staff

Michael Akadiri, a comedian and doctor, will be performing in Birmingham on 12th October 2024 at the Glee Club. Continuing the tradition from his debut - All NHS staff & students are entitled to a discount! All they need to do is purchase an NHS/concession ticket and bring their NHS staff ID with them on the night.

Watch his debut stand up special, No Scrubs on YouTube:

<https://www.youtube.com/watch?v=yAdT6u-keJM>

Book tickets here - <https://www.glee.co.uk/performer/michael-akadiri/>



EVENTS

Mess Etiquette

See information below on how the rest areas should be used, please be mindful of those that use the facilities after you. The guidance on how the rest rooms should be used applies to all four sites.

WHEN LEAVING THE SPACE PLEASE...



Put used linen in the bag

Linen is supplied by Housekeeping. Please place used linen in the white bag and this will be collected by housekeeping.



Leave the curtain open

Curtains are to provide privacy but it can be intimidating when they are all closed and you enter a dark room. Please be considerate.



Leave the chair in the upright position

Chairs should be returned to an upright position to prevent damage to the furniture.



Place rubbish in the bin

The bin is outside the door, please place rubbish in the bin. Leave the space as you would wish to find it.

Move Engaged back to Vacant

VACANT

In order to maximise the number of people who can access the space and prevent disruptions to your rest please ensure the Vacant/Engaged plaques are kept up to date.

EVENTS

British Society for
Haematology
Listening • Learning • Leading



Haematology Taster Day

Are you a doctor interested in a career in Haematology?

Registration is £10 or free with (free) BSH Associate Membership. To register, please visit <https://b-s-h.org.uk/education/conference-and-events/events/bsh-haematology-taster-day-2024>

Email haematologytaster@gmail.com with any questions

23rd of October 2024

9.00 – 16.30

Virtual Event

Why haematology: Find out what working in haematology is really like

What is haematology: Listen to talks on 'the lab', procedures and real life cases

Opportunities in haematology: Join our interactive sessions on teaching, research and working abroad

Applying for Haematology: Discover more about the application and interview process and how to boost your CV

Take the opportunity to ask all your training questions!

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>



Join us for the first of a 5 part interactive teaching series - FY1's

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

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

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



WEDNESDAY
4TH
DECEMBER
2024

SAVE
THE
DATE

ANNUAL SAS/LED CONFERENCE
2024

GET READY!

TOPICS :

- BLOOD AND BLOOD RELATED PRODUCTS
- GENOMICS
- RESEARCH
- CARDIAC CONDITIONS
- STROKE AND THROMBECTOMY
- INTERVENTIONAL RADIOLOGY

IT'S COMING...

OPPORTUNITY TO SUBMIT ORAL/POSTER PRESENTATIONS ,MORE DETAILS TO FOLLOW

West Midlands Surgical Society

WMSS meeting will be held on Friday 1st November 2024 at Walsall Manor Hospital, Walsall. A broad range of abstracts and interesting keynote speakers will be presented on the day and lunch will be provided. Please note the abstract submission deadline has already passed.

Registration and Abstract Submission is via the MedAll website:

<https://app.medall.org/event-listings/west-midlands-surgical-society-conference-2024>

If you have any questions, please contact outreach@rcsed.ac.uk

NeuroPRACTICE November 2024

Next course: Friday,
November 1st, from 9:30 to
16:30, at The Sid Watkins
Building of The Walton
Centre Neurology NHS
Foundation Trust
Website/Programme:

If you have any questions,
please contact
outreach@rcsed.ac.uk

Register: [NeuroPRACTICE
Course - November 2024 |
University of Liverpool](#)

NEUROPRACTICE

1 NOV • SID WATKINS BUILDING, WALTON CENTRE, LIVERPOOL • £97.50

An intensive one-day update on the latest in the management of common neurological presentations focusing on the key skills required for clinical assessment, investigation and management of common neurological and neurosurgical presentations.

Topics discussed on the day will typically include:

- Chronic pain and fibromyalgia
- Tingling and numbness
- Dizziness
- Acute back pain
- High yield Neurological examination
- Clusters and hemicranias
- Headache, migraine or not?
- Transient neurological symptoms
- Movement Disorders
- Functional Neurological Disorders

The course is aimed at primary and secondary care healthcare professionals and relevant to anyone seeing common neurological presentations (including GPs, ANPs, A&E doctors, junior doctors and more).

Book Now

The Walton Centre 
NHS Foundation Trust

 UNIVERSITY OF
LIVERPOOL







Student and Trainee Association for Sexual Health and HIV (STASHH)

Sunday 24th November 2024

An online event hosting a range of topical and interesting talk by Genito-urinary Medicine (GUM).

Submit an abstract here (Deadline is 18th October 2024) -

https://docs.google.com/forms/d/e/1FAIpQLSf8REecR6HP1B9V_NgVX4t4YD97tz1hrCAGF1_NGi_ADVPe_g/viewform

To find out more;

You can find us on social media @STASHH_UK, via the BASHH website, or via our linktree.

https://linktr.ee/STASHH_UK

Or contact us with any questions at stash@bashh.org.

Participate in Mock Interview

Teaching Days for Year 13's

Join a mock interview panel for secondary school students who have been selected from schools across the country based on their desire to become future clinicians.

There are a selection of mock interview days that are taking place at St Mary's University, Waldegrave Road, Twickenham, TW1 4SX.

[Saturday 9th November 2024](#)

[Sunday 10th November 2024](#)

[Saturday 14th December 2024](#)

[Sunday 15th December 2024](#)

If you are interested in taking part or if you would like some more information, please complete and submit this form

<https://airtable.com/app1q7WknGpFEdVFk/shre3vqYmHebqkDX>

Core Surgical Training

with Miss Pattenden

Miss Clare Pattenden, Consultant Renal Surgeon, is hosting surgical training sessions at QE Hospital on Core Surgical Training.

The sessions will take place:

Thursday 17th October 2024 - Lecture Theatre 5 - 17:00 - 1:00

Monday 21st October 2024 - Seminar Room 13 - 15:00 - 17:00

INTERVIEW OF THE MONTH

Mr Salih Al-Ani
Postgraduate Clinical
Teaching Fellow



Question 1: What inspired you to become a Clinical Teaching Fellow?

During my F1 year, I had the privilege of working with an extraordinary neurosurgeon who was not only a highly skilled surgeon but also a remarkable mentor. One moment that stands out is when he successfully restored eye movement to a young female patient after a complex tumour removal surgery. It was an incredibly emotional moment that reinforced for me the power of precision in surgery and the importance of teaching. This experience, along with my early achievements - passing my MRCS and earning my MSc in Surgical Sciences with distinction - led me to a career where I can both teach and support my colleague doctors.

Question 2: What are you passionate about?

I am passionate about advancing medical education and improving patient care. One of my major goals is to help develop a universal language map for neurosurgeons to minimise damage to critical brain areas during surgery. This could be a transformative tool in improving the safety and effectiveness of neurosurgical procedures.

Question 3: What are you most proud of?

While I'm proud of achieving my MRCS and MSc with distinction early in my career, what stands out more is being able to inspire and guide junior doctors. Watching them grow in confidence and skill, knowing I've contributed to their journey, is incredibly fulfilling.

Question 4: What is on your bucket list?

I'd love to work on research that pushes the boundaries of neurosurgery, especially in mapping brain language functions. Outside of work, I'd love to visit Japan and explore its cultural richness, hike Machu Picchu, and experience healthcare systems in different parts of the world.

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

I'd spend the day enjoying nature with a hike, followed by trying a new cuisine - maybe something like Ethiopian or Peruvian food. I recently tried Japanese ramen, and the complexity of flavours in a single bowl was an amazing experience. There's something deeply satisfying about discovering new dishes and sharing those moments with friends and family.

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