



University Hospitals Birmingham
NHS Foundation Trust



UHB DOCTOR'S BULLETIN

September 2024

Table of CONTENTS

- 01 Chief Registrar Message
 - 02 Chief Registrar Projects 2024-2025
 - 03 Doctor Updates
 - 04 Education Events
 - 05 Interview of the Month
 - 06 Feedback & Submission Advice
-



Chief Registrars

MONTHLY MESSAGE



Welcome to the September bulletin, for those of you who remain at UHB we have just said fond farewells to Jen and Max the RCP Chief Registrars 2023-2024, and we now take the reigns as your Chief Registrars for 2024-2025.

Mehreen Malik

Queen Elizabeth Hospital
Anaesthetics LED - H



Born and raised in Karachi (the city of lights) Pakistan. I am the wellbeing trainee and JSD lead for Anaesthesia department; also JSD representative for UHB. My next venture is the RCP Chief Registrar post where I will continue to make my workplace my family and a better place to work. I am a mommy of an almost teenager, enjoy cooking, gardening and predicting UK's weather updates.

Helen Spindler

Heartlands
Emergency Medicine ST6



I was born in Burton and didn't move too far heading off to University in Leicester, with a brief trip to Leeds to Intercalate in International Health. I moved to Thames Valley for my Foundation Years and then home to the West Midlands for EM training. My time outside of work is spent with my husband and two daughters, they are 6 and 2, who keep us pretty busy.

Mo Mirza

Good Hope Hospital
Acute Medicine LED - H



After studying physics and then medicine as a graduate, I have worked all over the West Midlands and North West. I am passionate about teaching on the Acute Medical Unit and improving doctors' conditions. I spend most of my free time fixing up old cars.

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



Doctors Wellbeing Group

A QI-based group, where resident doctor members work projects related to working conditions & wellbeing. There is a senior supervisory board of consultants - who support the projects, sign off portfolio requirements, and help guide the direction of the DWG going forward. The aim is to generate measurable data to be able to guide interventions for change and raise awareness of issues to trust board level.

[Doctor Wellbeing
Group survey
2024 on Vimeo](#)

UHB Doctor Wellbeing Survey

An annual survey of all Doctors working at UHB, the 2024 survey highlighted improvements in rest spaces and our fantastic Wellbeing Officers but raised concerns about incivility, payroll errors and rotas that we will be working hard on. We look forward to repeating the survey in Spring 2025 as a marker of progress and to highlight areas of concern at a Board level.



Civility Saves Lives

A group of healthcare professionals aiming to raise awareness of the power of civility in patient care and the impacts of incivility on teamwork and patient outcomes.

Contact your specialty lead to apply. For more information, contact Ola.Erinfolami@uhb.nhs.uk

Rep Forums and Chief Residents

Rep forums (JDFs) should run on a regular basis in each department, usually chaired by chief residents. Chief residents are appointed registrars with protected time to represent resident doctors in their department, and support workplace improvements.

[Learning from
Excellence](#)

Learning from Excellence (RADAR)

A positive reporting system with dual purpose; to improve the quality of the care we give and to improve staff morale. It enables staff to capture examples of what is working well in the systems they work in and provide positive feedback to those involved. Each report gets sent to the person named to give positive feedback and reinforce good practice.

Chief Registrar
PROJECTS

Postgraduate Medical Education Showcase Event



All events will run from 12 noon until 3pm

Tuesday 3rd September - The Balcony, Queen Elizabeth Hospital
Tuesday 10th September - Med Ed 3 & 4, Heartlands Education Centre
Thursday 19th September - Chamberlain & Fowler, Good Hope Hospital

What is the purpose of this event?

The Postgraduate Medical Education team would like to welcome you to UHB! All grades of Doctors are welcome, new and existing. During this event you will have the opportunity to meet the postgrad team and your colleagues, as well as discuss any questions or issues you may have. Lunch and refreshments will be provided, and there will be a variety of stands to showcase what postgrad offers.

Stands include:

- Study Leave
- Quality team
- Communications platforms
- Foundation trainees
- IMT trainees
- LED's/IMG's
- FAQ/Signposting material

Welcome



For more information, please contact molly.russon@uhb.nhs.uk

Doctor UPDATES

Postgraduate Medical Education Showcase Events



If you are having trouble accessing, or have any queries, please contact Trickle@uhb.nhs.uk you should have received an email from Trickle to your UHB email.

'Trickle' is available to download on Apple and Android app stores.

Trickle

Trickle is now available to all grades of Doctors at UHB!

Trickle is a communication platform, that is also available as a mobile app, it is designed to give Doctors a place to voice their thoughts and concerns anonymously regarding medical education. It allows you to work collaboratively with your colleagues and the medical education team to make improvements and find suitable solutions. The top 5 issues will be reviewed, and an action plan initiated on a regular basis.

We are hosting Trickle drop-in sessions via Teams over the next couple of weeks, you are welcome to join, and the postgrad team will answer any questions you may have. See dates, times and links below:

Thursday 5th September 2024	10.00am – 11.00am	Join the meeting now Meeting ID: 391 796 319 234 Passcode: LKcnqf
Monday 9th September 2024	14.00 – 15.00	Join meeting here Meeting ID: 311 229 086 402 Passcode: pdRMRS
Tuesday 17th September 2024	12.00pm – 13.00	Join the meeting now Meeting ID: 310 072 337 487 Passcode: A9NEDS

Doctor UPDATES

4-Week free bus travel

Did you know a pilot study was launched in December 2023, since then there has been a great response from staff. The offer has now been extended to staff who:

- Drive to work.
- Get dropped off.
- Taxi
- Walk/cycle/e-scooter.
- Train

Please complete the form to indicate your interest for a 4-week free bus pass:
<https://forms.office.com/e/AmcAtcn1Zk?origin=lpLink>.



Join the Chief Registrars Whatsapp Announcement Channel

Sign up to the Chief Registrars Whatsapp announcement channel by scanning the QR code. The Whatsapp channel provides Trust updates relevant to doctors. Including useful tips/updates on practical things, educational events, workforce drop-in sessions, opportunities to get involved in QIP and social events. Posts can only be shared by the Chief Registrars and are only posted in working hours.

HEE Study Leave Update

Health Education England (HEE) published an updated Study Leave guide earlier this month which is available on Moodle (<https://www.moodle.uhb.nhs.uk/course/view.php?id=1731>).

Aspirational Leave Approval is now required for all courses costing over £1200. This is also a requirement for all study leave requested by FY1 for Poster Presentation or Taster Days. International Leave Approval is required for any overseas course or conference and must also be approved for funding by the HEE. Both approvals are a requirement for all grades here at UHB. We strongly advise to obtain the approval for both types of leave before any costs are incurred as reimbursement refusal will occur.

Both forms are available to download from the HEE website or request a copy at HGSStudy.leave@uhb.nhs.uk



EVENTS

Frailty West Midlands Physicians Association

Date: Wednesday 6th November 2024

Location: Queen Elizabeth Hospital
Birmingham

Participants are invited to submit
research abstracts/case reports/QIP
reports on any general medicine topic.
Send to:

wmpa@millbrookconferences.co.uk

Deadline: Friday 13th September.

[Summary - WMPA Autumn Meeting
2024 — Frailty \(millbrook-events.co.uk\)](#)

Topics:

- Frailty and ageing - the evidence around intensive care admissions
- The role of palliative care in supporting frail patients
- Advance care planning
- Virtual wards

Frailty is everyone's business

Our population are living longer. We have newer technologies and we must adapt and change the way we practice medicine to serve our patients to ensure they receive equitable care.

For more information please email
wmpa@millbrookconferences.co.uk or scan the QR code

wmpa.org.uk

[@WMPA_UK](https://twitter.com/WMPA_UK)



Keynote lecture delivered by
Sir Andrew Goddard KBE,
past RCP president

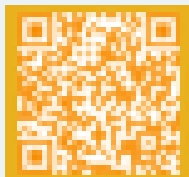


Acute and General Medicine Course

Saturday 21st and Sunday 22nd September
2024

Birmingham Conference Centre

For more information and to apply, please
scan the QR code.



www.medexceluk.com
admin@medexceluk.com
X @medexceluk
Tel +44 7544006780

Birmingham ESEGH Course - IMT's

A Two-day course in December 2024 aimed at those interested in GI/Hepatology as career. The course is tailored to the blue book and GI curriculum in preparation for the MCQs ESEGH exam in 2025 at a cost of £75 for the two days.

For more information and to book onto the course, please visit [Birmingham ESEGH MCQs Course \(hospitalcharity.org\)](#)

EVENTS

Wolverhampton Emergency and Critical Care Echocardiography Course

Date: Monday 16th September 2024

Venue: Royal Wolverhampton NHS Trust

Wolverhampton Medical Institute,
New Cross Hospital, WV10 0QP

Course fee: Doctors £250, non-doctor, £225

For Registration contact:

Barry Hewitt - E-mail : barry.hewitt@nhs.net

https://eu.surveymonkey.com/r/Wton_Emergency_and_Critical_Care_Echo_Cardio_Course

Genitourinary Medicine Taster Day 2024

Join us on Monday 14th October 2024 from 9.30 – 16.30 on Microsoft Teams for a day of talks aimed at giving an overview of the specialty.

- Learn about the specialty and what it involves
- Understand training requirements, the curriculum and how it is delivered, including dual accreditation with GiM
- Find out about research opportunities and out of programme experiences
- Explore a day in the life of a GUM SPR
- Receive an overview of common sexual health and HIV scenarios

Registration and admission are free:

- Please apply for study leave
- Register via the following [link](#) or QR code; please use an email you can access from outside of work.

For queries relating to the day please contact:

Christina Nigrelli, ST5 GUM, Croydon University Hospital:
christina.nigrelli@nhs.net



Education

EVENTS

Harrogate Experience in Leadership and Management (HELM) Course

The course is intended for senior trainees within two years of their CCT date, within all acute hospital specialties, and aims to help facilitate their transition to consultant. The course includes workshops on CV preparation and interview skills, as well as topics presented by hospital directors and senior clinical leaders.

Education Centre of the Harrogate District Hospital
£300 for two days
4th and 5th November 2024

For any queries, or to request an application form, please contact our Medical Education Team at hdf.stryaside.education@nhs.net



DNACPR & Escalation

A promotional banner for a symposium. The banner has a teal and white color scheme. At the top left, it says "DNACPR & Escalation Decisions: Symposium" in bold black text. Below that, it says "Navigating DNACPR: Legal Considerations and Clinical Practice". The date and time are "2:30-5:30pm, 4th October 2024". The location is "Lecture Theatre, Education Centre, Birmingham Heartlands Hospital". On the right, there are logos for NHS, University Hospitals Birmingham, NHS Foundation Trust, and MDU. Below the logos, it says "Available in person and on Microsoft Teams". In the center, there is a photo of an elderly patient in a hospital bed with an oxygen mask. A yellow circle with a QR code and the text "Registration now open please scan QR code" is overlaid on the photo. Below the photo, it says "Featuring cross-field talks from experienced professionals." and "Topics include:". The topics listed are: "DNACPR: Ins and Outs of the Law", "Talking About Death and Limitations: Palliative Care Top Tips", "Level 3 Care: Appropriate for Escalation?", and "Front Door DNACPR: Time and Practicalities". Below the topics, it says "Time will be allotted for Q & A at the end of each talk." On the right, there are four icons: a scale of justice, a trolley, two hands holding a heart, and a stethoscope. Below the icons, it says "Speakers include:" and lists: "Kelly Trimble: Solicitor, Head of Legal Services UHB", "MDU Medicolegal Team", "Dr J. Messing: ITU Consultant HGS", and "Dr. C. Pollard: Consultant Physician, ID and AIM". At the bottom right, there is a blue box that says "REFRESHMENTS KINDLY PROVIDED BY MDU" and another QR code with the text "Please scan QR code for symposium itinerary".

EVENTS

2024 Cardiovascular Health in Older People

[Cardiovascular Health Special Interest Group Meeting](#) is taking place on 20th September 2024.

The conference will cover areas of interest to all specialties responsible for the healthcare of older people with cardiovascular health conditions.



British Geriatrics Society
Improving healthcare
for older people

[View the full programme here.](#)

MRCP PACES Course

·4-Day comprehensive course:

o£1349

o Course dates: Sept 19th-22nd & Oct 3rd-6th (if your exam is before the course date we will offer a full refund)

·1-Day intensive course:

o£399

o Course dates: Sept 21st & Oct 5th (if your exam is before the course date we will offer a full refund)

- Venue: Guy's campus, London Bridge

Please visit www.bitepaces.com or email us at support@bitepaces.com for more information.

[MRCP PACES courses](#)

West Midlands Surgical Society

West Midlands
Surgical Society
Conference



West Midlands Surgical Society Winter meeting is taking place on Friday 1st November 2024 at Walsall Manor Hospital, Walsall. A broad range of abstracts and interesting keynote speakers are presented on the day. Lunch will be provided. This is a great opportunity to showcase commitment to the continued professional development of a surgical portfolio. 6 CPD points are confirmed from RCS Edinburgh. Registration and Abstract Submission is via the MedAll website:<https://app.medall.org/event-listings/west-midlands-surgical-society-conference-2024>

Abstract Submission Deadline is 18th September 2024.

INTERVIEW OF THE MONTH

Mr Sudarsanam Raman Consultant General & Colorectal Surgeon



Question 1: What influenced you to become a Surgeon?

I was very much fascinated in surgery and owe this to two 'role models' very early in my professional career. My first role model was our surgical professor during medical college days in Chennai (India), who was a brilliant surgeon, stickler to punctuality and his amazing commitment to teaching. My second role model (also my long-term mentor) was a colorectal surgeon (in Wales) whom I first met during my first placement in NHS, following my success in PLAB exam in 1998. His leadership skills coupled with professionalism, commitment to his team, staff and patients were exemplary, including his dedication towards training 'budding surgeons'. He was a true well-wisher for many and unearthed every single 'hidden potential' in me, to make me what 'I am today'!

Question 2: If you could give a doctor wanting to get a career in surgery, one piece of advice, what would it be and why?

'Hard work with commitment, emotional resilience & team working' is the key to pursuit of a 'fulfilling' surgical career!

Question 3: What are you passionate about?

Am passionate about teaching (& training 'surgeons of the future'). A favourite quote of mine in this regard, to all my trainees – 'be greedy to learn, but not selfish to share/teach what's learnt'!

Question 4: What are you most proud of?

My patients, my team, and my family, having been blessed to be part of them!

Question 5: What is on your bucket list?

Trip to the Caribbean Islands with family, to watch a live cricket match (especially if India are playing)! 😊

Question 6: How would you spend the perfect day off?

Spend time with my daughter, 'cooking & baking' together...

Career Opportunities

Chief Resident positions available for Emergency Medicine at Heartlands and Good Hope Hospital. To apply, please send your CV to susan.dorrian@uhb.nhs.uk and selina.ball@uhb.nhs.uk [Chief Resident JD and PS](#)

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

feedback

Telephone: 0121 424 7305
Email: Molly.russon@uhb.nhs.uk

Let us know what you think of the bulletin, we'd love to hear from you!
[Click here!](#)