

Health Education England West Midlands School of Paediatrics Newsletter



May 21 Edition

Editor: Dr Alex Philpott – Head of School

Please note that the deadline for submission of content for the monthly newsletter is the 20th of each month.

Please only send content requests to facultysupportteam.wm@hee.nhs.uk

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Message from the Head of School

Welcome to the May newsletter. Since the newsletter started, the amount of information that it contains has grown and to try and make it a little easier to navigate we have introduced a contents page – please let us know if this works for you, or not!

In this newsletter it gives me great pleasure to share the details of the [Dr Vishna Rasiah award](#). I am sure you will join me in congratulating all of our nominees.

In April we had our 1st Trainee clinic, giving the trainees an opportunity to meet with a TPD to discuss training or careers. Many of the questions we have already received relate to GRID and SPIN and we are creating a central database of consultants who supervise GRID/SPIN trainees and trainees who have been successful at GRID/SPIN interview and who are happy to be contacted by trainees who are considering a career in that speciality. The aim is to improve the support for trainees applying and also to encourage our trainees to apply for specialities they may not previously have thought about. If you are willing to be involved, please email faculty @ Facultysupportteam.wm@hee.nhs.uk

And yet another request for volunteers. Dr Mohammad Sawal is coordinating a regional approach for MRCPCH teaching. This can be face to face or virtual. If you have any spare time and could offer a teaching session for the clinical exam – general paediatrics or speciality – or anything relevant, please contact Dr Sawal via faculty. This can be a regular or adhoc session and from consultant or a senior trainee. Our vision is to guarantee every West Midlands trainee access to high quality teaching.

Finally, while life is starting to return to normal for many of us, there are still some team members who are still directly affected by Covid 19 and this may be a useful resource:

The Supervision of COVID-19 Displaced or Shielding Trainees programme is now live. This programme was developed for the educational supervisors of displaced or shielding doctors in training. However, supervisors and educators of trainees in other settings may find it useful.

The e-learning content was developed in collaboration with displaced trainees who share their experiences of being displaced and demonstrates how they can be supported to progress in their training.

The e-learning programme can be accessed here:

<https://www.e-lfh.org.uk/programmes/supervision-of-covid-19-displaced-or-shielding-trainees/>

I hope you get to enjoy some good bank holiday weather, and see you all in June.

TPD - ST1-3	Clare Onyon	Clare.onyon@nhs.net
TPD - ST4+ -8	Matt Cawsey	matt.cawsey@nhs.net
TPD- Quality Assurance	Sagarika Ray	Sagarika.ray@nhs.net
TPD- Teaching programmes	Penny Broggio	penny.broggio@hee.nhs.net
TPD - Neonatal Teaching Programmes	Rob Negrine	rjsneg@doctors.org.uk
TPD - Assessments	Sarah Ellis	Sarah.Ellis@uhcw.nhs.uk
TPD - General Simulation	Annabel Copeman	acopeman@nhs.net
TPD - Neonatal Simulation	Matt Nash	Mnash1@nhs.net

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Dr Vishna Rasiah Award

The West Midlands School of Paediatrics invited all educational supervisors, tutors and trainees across the region to nominate ST1-8 trainees for this award. The award was intended to recognize any trainee who had done something, however big or small which enhanced well-being and care for the multi-disciplinary team and families.

We want to thank those who nominated as all nominations were of such a high standard. We want to congratulate all nominees and praise them for all the outstanding work they are doing. The results have been shared with Dr Liza Harry and Katelyn, Vish's wife and daughter.

Winner - Lucine Nahabedian - For being instrumental in moving teaching to online and being a superb colleague and asset to the department

Runner up - Elke Reunis - For going above and beyond with general acts of kindness as well as being supportive and receptive of other team members

Runner up - Shoshana Layman - For being instrumental in creating the Hospital-on-call Box (HOC BOX) that has helped with trainee well being

Highly Commended:

Hannah Cooper – For setting up a junior doctor's wellbeing box and was very supportive at teaching and mentoring the tier 1 doctors

Habiba Ali – For supervising a quality improvement project aimed at improving the quality of care provided to LGBTQ+ patients across specialties

Hannah Vawda – For being a very nurturing leader with other SHOs and junior doctors

Hayley Djemai – For organising and co-ordinating an excellent paediatric in-house teaching programme, completing a number of QI projects and organising quizzes and social evenings to boost team morale

Ashely Holt – For being an outstanding role model for those more junior and having an exemplary attitude

Ayaz Vantra – For being a very good trainee; hard worker and good teacher

Congratulations to everyone. This will be an annual award so please start thinking about your nominees for next year.

Media Information

Trainee website: www.westmidlandspaediatrics.com

If you would like to add something to the website or feel that you have a topic or group that would benefit from a webpage, then please let the WMPaeds Trainee Committee know.

Email address: westmidlandspaediatrics@gmail.com

Twitter account: @WMPaeds

Facebook page: Paediatric Trainees in the West Midlands

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NB: Please apply directly to join the Facebook Group and answer the security questions. Inviting others to join prevents people from joining, as they do not have access to the security questions.

West Midlands Paediatric Trainee Committee Update:

ARCP 2021:

The date for completion of portfolio requirements on Kaizen for ARCP 2021 is midnight on **21st June**. Please see the trainee website for the ARCP checklist documenting all the necessary parts required: <https://www.westmidlandspaediatrics.com/arcp-information>

Paediatric Peer Mentoring Program:

Thank you to everyone who has signed up to be a mentor! Due to the exciting number of mentors we have decided to open the buddy program up to all paediatric trainees in the West Midlands :) Looking for someone to talk to about career planning, Exams, ARCP, GRID, SPIN, OOPE or LTFT? New to the UK and want some top tips on how to settle in? Get yourself a mentor! Drop us an email on wmpaedmentoring@gmail.com Likewise, if you've done some of these things before and want to help a buddy get through it, get in touch to sign up to become a mentor! Mentees will be able to select their mentor depending on what specific area they are hoping to address.

Trainee committee representative positions:

We will be recruiting trainees for the positions of ST1-3 representative, Wellbeing representative and IMG (International medical graduate) representative in a few months' time. Elections will be called for these positions in the coming months.

Getting in touch:

Just a reminder that you can contact us via the 'contact us' function on the website at www.westmidlandspaediatrics.com or via email to: westmidlandspaediatrics@gmail.com

The trainee representatives maintain a committee on-call rota so please be assured we will act on emails and communications promptly.

Trainee Support Network (TSN) Update:

Please email WMPaediatricsTSN@gmail.com if you are interested in getting involved, or finding out more about what we do!

Trainee welfare support

There are lots of wellbeing-related resources available on the trainee website, including resources to help you reduce the impact of fatigue caused by shift work:

<https://www.westmidlandspaediatrics.com/trainee-wellbeing>

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We are in the process of updating the resources on the welfare page, and will be creating a new welfare page over the coming months to make these easier to locate (including resources for International Medical Graduates) - if you know of helpful resources which are not included on the trainee website, please let us know so that we can share them with other trainees!

WMPaediatricsTSN@gmail.com

International Medical Graduates mailing list:

IMG support network is creating a mailing list of all IMGs to be able to disseminate IMG specific information easily. If you are interested to be included in the mailing list, please email

wmpaediatricsimg@gmail.com

Virtual Teaching Schedule

We continue to share details about the BCH Hospital at Night Friday teaching (BCH Registrar-led specialty teaching sessions with Consultant input) and regional Neonatal journal clubs. Please find further information on the trainee website

ST2/3 Regional Teaching:

Introduction of *new* Holistic Trainee Development Curriculum

We are delighted to announce that a new series of Holistic Trainee Development (HTD) sessions will be embedded within ST2/3 regional teaching days from April 2021 onwards.

These new sessions have been designed around the new Holistic Trainee Development (HTD) Curriculum - generated over the last 18-24 months by a group of trainees, in conjunction with Penny Broggio and Alex Philpott. The aim of the HTD series is to boost support throughout ST2/3, in order to better prepare trainees for stepping up to work as a registrar. These will complement existing teaching sessions, the STEPS simulation day and ST3-4 Transition day.

We very much hope you find these sessions useful! We would be really grateful if you could provide constructive feedback during your Regional Teaching days - this feedback will be extremely important in helping to guide future sessions.

If you have any suggestions regarding topics you'd like to see included, or if you are a Consultant/ST4+ trainee who would be interested in delivering one of the HTD sessions, please contact us on: wmpaediatricteachingst2and3@gmail.com

New members of the team!

We would also like to introduce the new members of the team who will be joining us to organise the HTD series from September 2021 onwards: Sean Monaghan, Vidya Santharam, Siva Chelladurai and Shosh Layman - welcome to the team!

LEAP into Leadership! ST3-4 Transition Day 2021

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Please see poster attached

This year's ST3-4 Transition Day will be held on **Thursday 5th August 2021**.

This day is designed to complement the HTD sessions and STEPS simulation day, and is aimed at all trainees currently in ST2 or ST3 who will be progressing to work on tier 2 rotas over the following 12 months (ST4 or ST3 step-up jobs).

The purpose of the day is to address some of the common factors which cause anxiety during this transition; we cover a number of important topics including Leadership skills, Educational tips, Acute assessment tips and Personal/ team wellbeing (LEAP!)! We also ensure plenty of time for you to have any outstanding questions answered by current Paediatric Registrars.

Study leave applications are fully supported by HEE WM School of Paediatrics; please email facultysupportteam.wm@hee.nhs.uk to register (please ensure the title of your email is ST3-4 Transition Day).

Support a foundation doctor with their Paeds application!

The UK Aspiring Paediatric Society (UKAPS) have set up a Paediatric application support scheme for foundation doctors applying for paediatric training. They are recruiting current paediatric trainees who would be interested in providing advice to prospective trainees, applying for speciality training this Winter. Not everyone gets a job in paediatrics during Foundation years, so UKAPS want to level the playing field and give everyone the chance to have someone to talk to about their application and training experience.

To sign up, please complete the form via the link below. You can commit as much or as little time as you like to the scheme.

<https://t.co/hjJbyEoAXW>

Stepping Up West Midlands - FAO ST7-8 trainees

We are aiming to help improve support for those of us who will be in this transition over the next few months or years. We are working to get some things set up that will make this rather daunting next step in our careers that little bit smoother. We will keep you posted on upcoming plans.

In the meantime, we have set up a 'Stepping Up West Mids' Whats App group for trainees ST7-8 and consultants in their first 3 years to ask questions, share resources and access support.

If you would like to be added to this group please e-mail me your number (anna.ratcliffe2@nhs.net) or message me directly on 07868706223.

ARCP's

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Please find dates below for 2021:

Summer 2021 ARCP Dates:

Tuesday - 06/07/2021

Friday - 09/07/2021

Wednesday - 14/07/2021

Friday - 16/07/2021

Tuesday - 20/07/2021

Wednesday - 21/07/2021

If you have any specific queries about your ARCP please email Cherry Clarke in the Assessments Team via the email address above, or Dr Sarah Ellis, TPD for Assessments sarah.ellis@uhcw.nhs.uk

Resus Courses

In anticipation of the upcoming summer ARCPs (2021) we are very aware that there is a significant number of trainees who find themselves in the difficult position of having an resus course that is no longer valid (beyond Covid extensions that have been put into place by ALSG).

The Trainees survey shows that if you are in this position you are not alone. Unfortunately, we are not in a position to put on more courses within the West Midlands – most trusts are limiting place numbers on courses and then restricting access to in house staff only. In view of this we have agreed that as a one off at the ARCPs this summer only the following will apply.....

- Please continue to try and book onto a course ASAP
- Upload the booking form into documents folder to show that you have a course booked
- Make clear on ARCP checklist that you have booked and have a course pending
- Document a refresher / update session locally in house as evidenced by a mini-cex / simulation / DOPS etc
- Get ES/CS to comment in your ARCP report that you have had a local update session covering the practical skills of NLS/APLS
- Without a valid resus course (assuming ALL other areas of curriculum / portfolio review are met) you would still be able to achieve a Covid outcome 10.1 and this would not delay progression.

If there are any questions then please do get in touch.

GRID

The number of applications to Sub-speciality Grid training has previously been limited to two application rounds with a candidate being able to apply for up to two sub-specialities per recruitment year. A candidate who was deemed appointable in their first or second application but was unable to take up a post due to programme numbers or personal circumstances has also been able to apply on a third occasion provided they had adequate indicative training time to complete sub-speciality training before their CCT date. Provided there is enough time to complete the sub-specialty accredited training, there seems no trainee focussed reason to limit applications.

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Following review of Sub-specialty Recruitment, the College has taken the decision that trainees will now not be limited in the number of attempts that they can apply to Sub-specialty training. Applicants will continue to be able to apply for up to two sub-specialities per recruitment round. They must have adequate indicative training time left to complete their Sub-speciality training at the start of their post. To ensure consistency across sub-specialities, a maximum of 1-year WTE at level 3 training or equivalent can be counted towards Sub-specialty training in future application rounds, as long as it has been approved by the relevant CSAC prior to the application process. This applies equally to both less than full time and full-time trainees.

This communication has also been sent to CSACs and to trainees who were unsuccessful in an appointment last year.

West Midlands Adolescent Health Network

Are you interested in improving your skills when managing young people? Have you been told to improve your local transition pathways and don't know where to start? Does trying to remember what all the S's in a HEEADSSSS assessment stand for leave you feeling flustered?

We are a group of paediatric trainees who are looking to increase the links between the health professionals in the region with an interest in adolescent health. We are initially looking for interest within paediatrics but over the next few months hope to grow the network to include other specialties and allied professions and aim to host monthly educational/ networking events, via Zoom initially but hopefully graduating to regular face-to-face events.

If you're interested in taking part, whether your grade is ST1 or professor, please get in touch via wmadolescent@gmail.com.

We look forward to hearing from you!

Upcoming meetings and Courses

Please note some courses below have been rearranged, cancelled or postponed in view of the COVID 19 outbreak.

Join West Midlands Virtual MRCPCH Clinical Exam Revision Sessions

Dr Sawal, Dr Carroll, Dr Philpott, & others have kindly volunteered their time to host weekly Clinical Exam revision sessions via Zoom. If you would like to attend these please:

1) Join the WhatsApp group by clicking the following link

<https://chat.whatsapp.com/BQady7iJZoHAJy2ydq1qdP>

2) Introduce yourself including your name, grade and place you are currently working.

3) Please send an email to fahadsiddiqui@nhs.net with the best email address for him to contact you on for Zoom login details & updates.

Please feel free to share this with any West Midlands paediatric doctors who are revising for the Clinical Exam

Metabolic Emergencies Study Day

Please see more information on the flyer attached

Date: 11th May 2021

Time: 9:45am – 4pm

Stuart Green Memorial (virtual) Lecture

Please see poster attached

Tuesday 22nd June 5:30pm – 6:30pm

We are delighted that this year's Stuart Green Memorial Lecture (deferred from 2020) will be given by **Sarah Lippett**, graphic novelist, details below and attached. The lecture will illustrate her experience of growing up with a rare disease, managed at BCH and beyond!

The lecture will be virtual - details below and attached. If you would like to attend, please register via this link <https://www.eventbrite.co.uk/e/150750206927>

Virtual Careers Conference, 24 June 2021

Valuing our Medical & Dental Workforce

Please see flyer attached

Booking Now Open!

Health Education England, in conjunction with MDRS Careers Group, COPMeD, COPDenD, NIMDTA, HEIW and NHS Education for Scotland, are delighted to announce booking is now open for this year's Virtual Careers Conference:

Date: Thursday 24 June 2021

Time: 10:00 – 15:30

Location: Virtual

What is it? This conference will provide delegates with practical advice and resources to support their own, and colleagues career progression as well as consider alternative routes. Furthermore, it will raise awareness of, and provide access to a range of professional development opportunities for a multi-professional audience.

The day will consist of:

- 2 Keynote Speeches
- 4 Workshop Slots
- Q&A Panel

Please find attached the full agenda for the day.

Who is it for? The conference is open to students, trainees, and qualified professions from the following groups:

- Doctors
- Dentists
- Physician's Associates
- Advanced Clinical Practitioners
- Medical and dental career support staff

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How do I book? To register yourself a space, please click [here](#).

You will be asked to register for one workshop within each of the 4 slots. Please ensure you only register for **one** workshop per slot.

Spaces are limited. If the event is fully booked, you will be taken to a waiting list. Please complete this with your details, and a member of the team will be in touch if any spaces become available.

Midlands Regional Paediatric Society (MRPS)

Please see flyer and form attached

Wednesday 19th May 2021

This meeting will be a virtual MS Teams programme starting at 13:00hrs

****3 CPD CREDITS ARE AWARDED****

Surveys

Survey on Cancer Predisposition Syndromes

As you are aware there is a 'genetics' boom in which we are learning more and more genetic information on our patients. As a consequence of this, we are identifying more patients and families who are or might be predisposed to cancer. Some of these patients may benefit from screening programs. Currently these patients are cared for in a wide variety of settings, in different specialities across the region.

We would very much like to learn who these patients are and where they are cared for, so we can map a network for their care. This is particularly to look at facilitating pathways where needed and identifying areas which might need support, especially if numbers increase.

On behalf of our working group looking at cancer predisposition syndromes, we would be very grateful if you would complete the survey (see link below). It should take around 15 minutes and any information or comments you can give us is valuable.

<https://www.surveymonkey.co.uk/r/FX3P7HW>

We would also very much like to identify one person from each centre who would be willing to act as a link in a network for patients with cancer predisposition syndromes. If you are interested in helping with this project, please contact me.

Many thanks and please contact me if any questions,

Best Wishes

Jenny

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Jenny Adamski
Consultant Neurooncologist

Jenny.adamski@nhs.net

Message from the RCPCH Regional Leads

In this newsletter we want to introduce ourselves to you all. I am Mohammad Sawal, Consultant Paediatrician at the Royal Wolverhampton Hospital and I am one of the Royal College Regional Leads for the West Midlands. My other colleague lead is Professor Raj Gupta who is a neurologist at Birmingham Children's Hospital.

One of the aspects of our jobs is to support all of the trainees, from the entry process, training years, clinical exams and START assessment. Our role is advisory and supportive and we welcome any one of you to approach us for any assistance and support during your training years in the West Midlands.

Please see below survey to complete, this will give us some information how the Royal College of Paediatrics and Child Health assist and support trainees.

<https://www.surveymonkey.com/r/9FYNNYK>

We wish you all the best and look forward to your responses in the survey. When you complete this please remember to tell us if you are Tier one or Tier two trainees.

Mohammad Sawal
Consultant Paediatrician
Royal Wolverhampton Hospital

Simulation

All of our courses and registers can be found on the Eventbrite website: <https://rwtpaedsimed.eventbrite.co.uk>.

Please remember that if you have registered your interest, this does NOT mean that your space has been confirmed on the course.

We are working to establish a few more courses before Sept 2021 so please keep checking our Eventbrite page, the trainees' facebook page or twitter feeds.

If you have any queries about spaces on courses, please contact us:

Email: rwh-tr.paedsimed@nhs.net

Twitter: @RWT_paedsimed

Stepping Up to Enhance Performance at ST4+ Course (STEPS)

This course focuses on preparing for the step up to becoming a registrar or reinforcing skills for those who have newly stepped up to a registrar role.

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Dates

27th July 2021 – 4 spaces available at <https://steps270721.eventbrite.co.uk>

Palliative Care course

This is a one-day course focusing on the journey that patients take when they are known to have life limiting conditions. We explore symptom management, discussions with parents, filling in paperwork and bereavement care. Given the restrictions of COVID, we will have space for 8 senior paediatric trainees to attend this course face to face.

Dates

19/7/21 – now full. Please register on waiting list if you can attend at short notice (e.g cancellation, isolating)

28/7/21 – 2 spaces available – REGISTER YOUR INTEREST at

<https://paedspalcaresim280721.eventbrite.co.uk>

Return to Work

This course is for paediatric trainees who have been out of clinical practice for any reason (including parental leave, illness, OOPE or OOPC) and provides the opportunity to practice clinical scenarios that you may encounter on your first day back at work. We hope to have some courses available for this summer so will advertise on Eventbrite/facebook/twitter/newsletters if we are able to secure these dates.

Dates

To be confirmed – please contact the team if you would be interested in attending in the future.

Acute Behavioural Crisis in CAMHS (ABC in CAMHS)

This one-day course uses simulation to explore the management of acute behaviour crises in CAMHS patients mixed with workshops taught with CAMHS psychiatrists. This course is a must if you see any children with mental health issues in your workplace.

Dates

Monday 10th May 2021 – now full. Please register on waiting list if you can attend at short notice (e.g cancellation, isolating)

SUDIC

This course focuses on preparing for the step up to becoming a registrar or reinforcing skills for those who have newly stepped up to a registrar role.

Dates

05/05 – now full. Please register on waiting list if you can attend at short notice (e.g cancellation, isolating)

Looking forward to seeing some of you soon!

The Paeds Sim Team at New Cross

Neonatal Simulation

SHINE Course (Simulation to Help In Neonatal Emergencies)

A free course open to all West Midlands Paediatric trainees where you will have an opportunity to practice common neonatal emergency scenarios in a safe and supportive learning environment.

Are you just about to rotate on to your first registrar post in neonates? Does it feel like you have not done neonates for ages and need a refresher? Are you close to CCT and might be working as a consultant in a hospital with a neonatal unit? Do you feel like you just need more neonatal experience? If yes, this is the course for you! This course is very popular and receives consistent excellent feedback. Places are limited so apply now.

Next dates are **11th May 2021** (fully booked now) and **19th July 2021** at BWH

Neo-CCCom-S (Neonatal Critical Care Communication training through Simulation)

Please see poster attached

Do you want to improve your communication skills around difficult conversations such as breaking bad news, discussing medical errors, dealing with conflict and discussing end of life care? Do you want to explore parents' perspective and learn more about trauma informed communication? If yes, this is your opportunity to develop these transferable skills in a safe, supportive and confidential environment.

This is a **NEW** free course open to West Midlands Neonatal GRID & SPIN trainees, those aspiring to do neonates and also level 2 & 3 general paediatric trainees who wish to develop their communication skills further.

This course is designed with the generic and neonatal curriculum in mind, feedback from trainees, consultants and patients. Communications skills explored are transferable to other specialities.

The first date for this course will be the **25th May 2021 at BWH**

Places are limited to **8 candidates per course** so book early.

To book a place or register your interest for SHINE or Neo-CCCom-S contact Diana Aguirre on d.aguirre@nhs.net with your full name, grade and place of work.

PRAM Update by Rashmi Mehta

PRAM (Paediatric Research Across Midlands) is a paediatric trainee-led audit and research collaborative based in the West Midlands. We have a wide range of ongoing projects, including

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work with other paediatric networks. We have multiple successful publications and presentations from previous projects.

If you are interested in being involved in any of our projects, or have an idea for a future project, please email us at pramnetwork1@gmail.com. You can also visit our website at <http://www.pramnetwork.com> or follow us on Twitter @PramNetwok

RCPCH Trainee Research Network

We are delighted to announce that College has launched RCPCH Trainee Research Network, and it supports PRAM Network along with WREN and PenTRAIN. Further details on research and opportunities can be accessed through the following link: [RCPCH Research Trainee Network](#)

Broncho-pulmonary dysplasia and pulmonary hypertension (BPD-PH)

Dr Mona Noureldein with PRAM, is developing a project looking into pulmonary hypertension secondary to broncho-pulmonary dysplasia in West Midlands' babies. We have now recruited local leads from Neonatal Intensive Care Units and Local Neonatal Units for this project and will be soon moving on to the next stage.

HEEADSSS project

We have developed a project looking at the use of the HEEADSSS tool during adolescent clerking. The first stage of data collection has been completed and an abstract has been submitted for the RCPCH conference. A big thank you to all the collaborators involved.

Please can all who work in paediatrics (trainees, consultants, ACPs) complete this survey around the use of the HEEADSSS screening tool? [Click here to access the survey.](#) It takes less than 2 minutes and is anonymous. Thank you.

Medical Education/ Acute Paediatrics

We are continuing to develop project ideas around medical education and acute paediatric topics.

NAME (National Audit of the Management of Encephalitis)

We have been given an exciting opportunity to participate in the National Audit of the Management of Encephalitis 2020. The University of Liverpool Brain Infections Group is looking for Paediatric sites to contribute to this national audit. Dr Makwana in Sandwell will be overall supervisor for this in the West Midlands. If this is something you would be interested in please contact Dr Makwana (nmakwana@nhs.net) with your name, grade and hospital site you are currently working at. It looks like an excellent general paediatric project!

Interesting Article

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“Thinking about thinking in paediatric critical care” Mehta H and Plunkett A, *Paediatrics and Child Health* March 2021 DOI:<https://doi.org/10.1016/j.paed.2021.03.003>.

In this article the authors take us through the different acute scenarios which as clinicians, we commonly face in our practice. The clinical decisions we make, could be subject to metacognitive bias based on dual processing theory which includes two systems of thinking; first system: fast and intuitive and second system: slow and deliberate. The first system is affected by availability, group thinking, substitution, anchoring, search satisfying and confirmation bias. The second system though devoid of bias can lead to decision fatigue following cognitive overload. The authors conclude with helpful debiasing strategies to improve the quality of decision making.

The book, by Daniel Kahneman ‘*Thinking fast and slow*’ which proposes a ‘dual process theory’ to understand human cognitive processes, is an equally fascinating read.

Neonatal Journal Club

The neonatal journal club, organised by Dr Negrine and Dr Cawsey, has been running successfully with fantastic participation and great engagement across the West Midlands on 2nd Wednesdays of the month.

In month of April, the article highlighted below was discussed at the Journal club by Dr R Mehta. “Real-time continuous glucose monitoring in preterm infants (REACT): an international, open-label, randomised controlled trial”; Beardsall et al., *The Lancet* 2021 DOI:[https://doi.org/10.1016/S2352-4642\(20\)30367-9](https://doi.org/10.1016/S2352-4642(20)30367-9).

In this paper, the authors conduct an open label trial to evaluate the efficacy and safety of CGM (continuous glucose monitoring) in preterm infants less than 1200grams or less than 33⁶ weeks gestation requiring intensive care.

Here are the summary points from the presentation/discussion:

1. The study did not show any harm from CGM in preterm infants.
2. The optimal target for treatment thresholds for hyperglycaemia in this group of preterm infants is still not clear.
3. The beneficial effects of CGM on long term outcomes of preterm infants are unknown and further adequately powered study is required.
4. The current technology of CGM is not bespoke for preterm infants and still in experimental phase.

Dates for your diary: Upcoming Conferences and Events in 2021

BAPM Trainees Spring Meeting (Virtual): 11th May

RCPCH Conference (Virtual): 15th - 17th June

ESPNIC Virtual Congress (Virtual): 15th - 18th June

The Neonatal Society summer meeting London (Hybrid): 24th-25th June; Abstract submission now open, closing date 20th May

Institute of Medical Ethics Conference, Birmingham: 1-2nd July 2021; postponed from July 2020

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jENS Conference, Athens: 14-18th September 2021; Abstract submission now open; closing date 12th May 2021

Excellence in Paediatrics Conference, Amsterdam: 2-4th December: Abstract submission now open

Promoting Paediatrics

Do you feel passionate about Paediatrics as a career? Do you want to help recruit people into your chosen career?

Promoting Paediatrics is a team of keen individuals who are currently doing great work in the region to widen interest in the career of Paediatrics to both school and medical students. We are looking for more enthusiastic Paediatrician to help us to continue this work! We run many different types of events including going to careers fairs at schools along with a very successful recent event for school students at BCH which looked at medicine as a career; how to get into medical school and the life of Junior Doctor.

If you are interested in joining the group, please contact:

promotingmedicine@gmail.com

Follow us on Instagram: [promotingpaediatrics](https://www.instagram.com/promotingpaediatrics)

Dr Vicki Currie 07783705901

Other Useful Information:

Reminder – Sickness Reporting

Can all trainees include programmes.wm@hee.nhs.uk when reporting any sickness to your ES/CS

College Tutor Guide

Please see attached updated guide

HEEWM School of Paediatrics Contact List

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