Health Education England West Midlands School of Paediatrics Newsletter

July 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

As we move towards, what will be for many, the end of the training year there seem to be an awful lot of things to think about. The rapidly approaching ARCPs have and will take up a huge amount of time for trainees and trainers, and I'd like to thank everyone who is participating in these. For those trainees, ARCPs not only describe your progression through paediatric training, but also how we as a region are supporting your training. We are aiming to do a piece of work around these ARCPs to give us more information to look at general & specific areas we may need to change. For the trainers, thank you for all of your help. I am well aware of the time required to ensure that all e-portfolios are rigorously & fairly examined – so thank you again. We have just completed another virtual diet for MRCPCH and while it was hoped we would move back face to face, this is looking unlikely. As someone who has participated in the recent exams it is heartening to see the quality of doctors coming to the exam remains high. For those heading towards exams, the window for these will open soon.

The NETS survey opened on 22nd June and every trainee should participate. By doing this, you can help HEE improve the quality of education and training that is being delivered – it should only take 10 minutes and can make a huge difference.

Finally, I'm going to end on a pleasant note - nominations for the PAFTAs are open. If you are thinking of nominating someone, please just do it! It gives a huge amount of pleasure for both trainees and trainers to be nominated. And we will get to celebrate with some very happy people on the 18th August.

See you all next month.

TPD - ST1-3	Clare Onyon	Clareonyon@nhs.net
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TPD - General Simulation	Annabel Copeman	acopeman@nhs.net
TPD - Neonatal Simulation	Matt Nash	Mnash1@nhs.net

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

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.

Trainee Clinics

We are resuming the Trainee Clinics within the School of Paediatrics giving all trainees the opportunity to request a 20-minute virtual meeting with a Training Programme Director or Head of School. This is a forum intended for discussing careers (e.g. GRID/SPIN), exams, discussion about OOPs or LTFT and other situations.

These appointments are not an opportunity for detailed E-portfolio review as this should remain something that is undertaken with your educational or clinical supervisor.

If you would like to request an appointment, please complete this form https://forms.office.com/Pages/ResponsePage.aspx?id=K5Gn_5ewMUGcD9DoB1WyqyRrUmelwaNHkuqFL2YRZ6tUMFVQQjl0RDNUUjJCOTE1SFNaREg1OTFaUS4u

The Faculty Support Team will then be in touch to book you an appointment should that be appropriate from the information you provide.

The next few dates for appointments we have are: July 29th
September 30th
October 20th

West Midlands Paediatric Trainee Committee Update:

Trainee committee representative positions:

We will be recruiting for the positions of ST1-3 Representative, Welfare Representative and International Medical Graduate (IMG) Representative in the next few weeks- watch this space! The current Representatives in the above positions are happy for you to contact us directly for further information (via the main TC email address) if you think you may be interested.

Updates from the Trainee Oversight Committee ('TOC') meeting on 29th April 2021:

Please see attached to the newsletter the 'Big 5' announcements from this meeting.

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.

The West Midlands PAFTAs 2021

The West Midlands PAFTAs (Paediatric Awards For Training Achievement) are BACK!!

We hope they help us to celebrate the people and places that make West Midlands Paediatrics great, and provide extra reasons to be cheerful!

There are 7 regional prizes up for grabs and you can make as many nominations, for as many of the awards, as you like.

Anyone can nominate for any of the awards. There is no limit to the number of nominations you can make for each award, so you can really spread the joy for all those people and places you think deserve a special mention.

Deadline for nominations is 5pm on Friday 16th July

You can make your nomination(s) by completing our online nominations form found at: https://www.westmidlandspaediatrics.com/paftas2021

Date for your diaries: Awards night will be 'screened' live via zoom on August 18th from 8pm as part of an evening of fun and festivity all from the comfort of your own home!

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:

As always, if you want to get in touch with us or get involved, email the TSN on WMPaediatricsTSN@gmail.com

Welfare resources

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. If you know of any particularly helpful resources which other trainees might also benefit from, please let us know and we will add them to the website:

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

IMG Support Network (IMGSN) Update:

IMG support network have presented their survey on the experiences of IMG trainees in West Midlands at the RCPCH conference 2021! If you would like to access the full results of the survey, please email us wmpaediatricsimg@gmail.com

We have some exciting new projects in the pipeline. We welcome interested trainees to join our

group and participate in current projects or bring new ideas. If you are interested, please send an email with a brief introduction and a short statement on why you would like to join us.

Greetings Paediatric IMGs, Team Soft Landing is here for you:

We want to give all international medical graduates (IMGs) Paediatricians the support we wish we had when we first arrived to work in the NHS from overseas.

We are a voluntary non-profit organisation hoping to make your first landing in the UK that bit softer. Run by IMG Paediatricians for IMG Paediatricians. Check out our free courses and sign up for our newsletter.

Get in touch with us if you have any ideas, need support or know of someone (trainee or non-trainee) who would benefit from getting to know us.

Looking forward to hearing from you!

Anandi Singh -West Midlands Regional Rep for Team Soft Landing softlanding.reps@gmail.com
team.softlanding@gmail.com
Twitter @Paedsoftlanding
Website soft-landing.org

ST2/3 Regional Teaching:

Introduction of *new* Holistic Trainee Development Curriculum

The first three months of the new series of Holistic Trainee Development (HTD) sessions (April - June) have received really positive feedback - a huge thanks to the speakers who have worked with us to create and deliver these fantastic new sessions! 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. Please continue to provide constructive feedback during your regional teaching days; this is 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

LEAP into Leadership! ST3-4 Transition Day 2021

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).

ST4/5 Regional Teaching:

Organising Committee Vacancies!

A huge thank you to Hannah Cooper and Navta Masand, who have done an absolutely brilliant job of overseeing the organisation of ST4/5 Regional Teaching days over the past year!

Hannah and Navta will be looking for a small team of people to take on the overall organisation of ST4/5 Regional Teaching from September 2021. Please look out for an email that will be sent around to trainees who will be within the ST4/5 cohort next year. The organisation works best with a group of 2-4 people.

If you are interested, please email wmpaediatricteachingst4and5@gmail.com

ARCP's

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 assessments.wm@hee.nhs.uk, 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.

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 HEEADSSS 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 virtual 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 <u>fahadsiddiqui@nhs.net</u> 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

Genetics MDT Update - Helen McDermott

The next dates for the joint genetics-paediatric developmental disorders MDT are: Tuesday 27th July at 2pm

If you have a case to discuss or haven't got joining details via your department please email: bwc.genetics.paedmdt@nhs.net

It is a good opportunity to present as a trainee during your community placement but you can attend regardless of if you have a case or not."

<u>Training in Practical Project Management + Population Health</u> <u>Intelligence Training Prospectus + job vacancies (Birmingham) + workshop on Economic Response to Covid-19</u>

Please see attached documents

Four items of interest:

- Training in Practical Project Management, two places available per West Mids' local
 authority. Contact your Director of Public Health to be nominated. Two half day
 workshops (12th Oct 9-12 noon & 4th Nov 9-12 noon) and self-directed learning
 exercises, tailored to public health practitioners. Provides participants with knowledge,
 understanding and skills to successfully manage public health projects. All participants
 are provided with a PPM toolkit, a comprehensive suite of project management tools,
 templates and guides which guide practitioners from scoping a project through to project
 conclusion
- Population Health Intelligence Training Prospectus (see attached and contact <u>LKISMidlands@phe.gov.uk</u> to book training)
- Workshop on **Economic Response to COVID-19** (see attached to book, 20th July 2021, 9.30-13.45)
- Numerous job vacancies at Birmingham City Council:

Public Health Service Lead (Knowledge) closing date 23rd June 2021 (This role is for a Senior Analyst/Manager)

Permanent Full-Time

https://www.wmjobs.co.uk/job/93960/public-health-service-lead-knowledge-/

Public Health Senior Officer (Test & Trace) Closing Date 27th June 2021 (Intelligence and Governance)

Fixed Term Until 30th September 2022

https://www.wmjobs.co.uk/job/94796/public-health-senior-officer-test-and-trace-/

Public Health Service Lead (Test & Trace) Closing Date 27th June 2021 (Intelligence and Governance)

Fixed Term Until 30th September 2022

https://www.wmjobs.co.uk/job/94794/public-health-service-lead-test-and-trace-/

Public Health Officer (Test & Trace) Closing Date 27th June 2021 (Intelligence and Governance) Fixed Term Until 30th September 2022

https://www.wmjobs.co.uk/job/94783/public-health-officer-test-and-trace-data-analyst-and-governance/

Public Health Programme Support Officer (Knowledge) closing date 21st June 2021 (This is an analyst role)

Permanent Full-Time

https://www.wmjobs.co.uk/job/93972/public-health-programme-support-officer-knowledge-/

Public Health Programme Senior Officer (Governance) Closing Date 13th June 2021 Permanent Full-Time

https://www.wmjobs.co.uk/job/94505/programme-senior-officer-governance-/

Programme Senior Officer (Test and Trace) Closing Date 22nd June 2021 Fixed Term until 31st August 2022

https://www.wmjobs.co.uk/job/94840/programme-senior-officer-test-and-trace/

Simulation

Regional Paediatric Simulation Courses

We still have some spaces left on our courses which cover a variety of topics. Courses with spaces available are highlighted in bold but waiting lists are available in case of last-minute cancellation spots. All the 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.

If you have any queries about our 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.

Dates

27th July 2021 – 1 space available 11th October 2021 – 3 spaces available

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 - now full.

01/11/21 - please register your interest if you would like to attend.

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.

Dates

6th August – 5 spaces available 8th October – 5 spaces available 17th December – 6 spaces available

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

29th October 2021 – please register your interest

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

30th **November 2021** – course now full. Please register on the waiting list if you can attend at short notice.

Looking forward to seeing some of you soon! The Paeds Sim Team at New Cross

Paediatric Post Graduate Virtual Learning Platform (PGVLE)

The Paediatric PGVLE aims to act as a repository for educational material for regional teaching days and to signpost to content that can be used to sign off domains in your curriculum. For the time being, we would like bring your attention to the fact that you should have all received log ins for the PGVLE. If you have not received this or have problems logging in, please contact the deanery support team.

Moving forward, we are hoping to upload content starting with ST1 neonatal teaching and progressing in academic year order to ST8s. For those who are organising regional teaching, you will be asked to obtain copies of presentations from your speakers and to send these to

<u>paedspgvle@gmail.com</u> at least a week in advance. Please note that files to be uploaded cannot exceed 1MB however we will have access to a private You Tube channel in case of any large videos that need to be shared. A further guide with information for organisers will be made available soon.

Thanks,

The Paediatric Digital Fellows Team

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 date 19th July 2021 at BWH. Future course dates will be announced in due course.

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

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.

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 course is designed with the generic and neonatal curriculum in mind, feedback from trainees, consultants and patients.

We launched this course on the 25th of May 2021 and after it's success, we plan to continue running this course on a regular basis. Future course dates will be announced in due course.

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 and why this course will be of value to you.

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

For earliest access to opportunities and news, join our mailing list by emailing pramnetwork1@gmail.com. You can also visit our website at http://www.pramnetwork.com or follow us on Twitter @PramNetwok. Keep an eye out for a website upgrade in the next few months!

RCPCH Trainee Research Network:

RCPCH Trainee Research Network supports PRAM Network. Further details on research and opportunities can be accessed through the following link: RCPCH Research Trainee Network. Please complete this five minute RCPCH Research Trainee Network survey to understand trainees' needs and help us develop trainee support network for participation in Child Health Research.

RCPCH conference:

PRAM and its collaborators in West Midlands have been busy at this year's RCPCH conference with oral presentation on Learning Disability and poster presentations on Debrief and HEEADSSS projects. An enormous well done to all involved! The abstract links will be made available via the website as soon as they are published.

REaSoN Meeting:

PRAM will be presenting three posters on KP-SRC project at the annual neonatal REaSoN meeting this year. Again, a huge well done to all involved!

PENAP Survey:

We are looking for local leads to conduct PENAP survey (July- September 2021) across West Midlands. PENicillin Allergy burden in Paediatric secondary care (PENAP): survey of paediatric clinicians' experience across the Midlands. If you are interested in this project, please mail us with the subject heading PENAP survey and which trust you would like to cover. Please don't hesitate to contact us if you have any questions regarding the project.

Interesting article:

O'Shea JE, Scrivens A, Edwards G, et al. Safe emergency neonatal airway management: current challenges and potential approaches Arch Dis Child Fetal Neonatal Ed Epub ahead of print: [20th June 2020]. doi:10.1136/ archdischild-2020-319398 <u>Link for the article</u>.

As PRAM has a huge neonatal presence, I've avoided neonatal interest articles except for those which have been presented at the monthly regional journal club. However, this article has sparked much discussion especially in relation to the competency of neonatal intubation, which will relevant for many trainees.

I certainly have found myself in a situation where I haven't been able to intubate and have had to ask for plan B as a tier two trainee. As a ST1 trainee starts their first post in neonates, their anxiety is heightened by the delivery calls and the thought that what if they can't intubate. Should neonatal intubations be a mandatory competency for a junior trainee, especially when a trainee would have an interrupted neonatal placements? Or should senior trainees training to be neonatologists be offered more practice to achieve proficiency? In anaesthetic literature more than 40 intubations are required to become proficient with a success rate of 80%.

As we move towards more non-invasive ventilation, we will be doing far less intubations and some of the intubations will be specialised ones, for example as for LISA (Less Invasive Surfactant Administration). Laryngeal masks and video laryngoscopy are the plan B in many cases.

So, what happens to those emergency intubations of a preterm infant who is born outside the centralised centre? Clear strategies should be in place adapted to the different working areas, competencies of stakeholders involved to protect both the babies and the trainees. The authors argue the use of laryngeal mask in these emergency situations and also its use by junior trainees to support the airway. More research into developing smaller laryngeal mask for babies of lower gestation is needed. Laryngeal masks can also be used as a conduit to administer surfactant. Video laryngoscopy is helpful in a more controlled environment.

To increase intubation success rates pre-medication with fast drug packs is actively encouraged, with the intubation attempts limited to three. Third attempt should be undertaken by the most competent person on the floor.

The guidance by UK resuscitation council published in May 2021 suggests use of laryngeal mask in infants of ≥ 34 weeks gestation (>~2000g) if face mask ventilation or tracheal intubation is unsuccessful.

We certainly need to be discussing and debating about who should we prioritise neonatal intubation training for, have our plan Bs in place if the intubations are unsuccessful, limiting our intubation attempts and reaching out for laryngeal masks in emergencies. This article certainly sets a scene for such a debate!

Dates for your diary: Upcoming Conferences and Events in 2021

iENS Conference, Athens: 14-18th September 2021

LfE4 conference with Civilty Saves Lives: Virtual 8th October 2021; Abstract submission now open until 31st July 2021

BPNA (British Paediatric Neurology Association): Virtual 19th-21st January 2022; Abstract submission open now until 17th September 2021

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

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

HEEWM School of Paediatrics Contact List			
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ARCP Appeals		ARCPappeals.wm@hee.nhs.uk
Professional Support Uni	it	Psu.wm@hee.nhs.uk
Supported Return to Trai	ning	supportt.wm@hee.nhs.uk
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