President’s Report

Greetings from the RSM’s new President

This is my first contribution to RSM News as President of our Society and I should like to start by expressing the hope that you have all had an enjoyable summer break and that you are now, as I am, keenly anticipating the beginning of our new Academic year. I am very mindful of the great honour and responsibility entrusted to me as your President, and remain determined that we should build upon the extraordinary success of past activities and strive to achieve even higher quality in all that we do.

In this regard we can take inspiration from the achievements of our colleagues who were admitted as Honorary RSM Fellows in July, including the extensive contributions to our profession by Lord Walton who was honoured by the award of the Society’s Gold medal.

One of the questions frequently posed to any new presidential incumbent is ‘what are you going to do during your term in office?’ I feel particularly fortunate as I am already, having spent several years on Council, familiar with the recent history and challenges facing our Society and also that I am the first person to be elected for a term of three years as President.

A major priority remains to consolidate and advance those areas that are already core objectives. These include our Library and Academic services, as well as the Medical Innovations, Public Engagement and Global Health programmes.

It is in the area of Society membership, though, where some of our greatest challenges lie. With the increased availability of new technology the Society needs to be ever more innovative in addressing the needs of our current members while seeking to attract new members. I hope that all of our Fellows and associates will encourage more friends and colleagues to join us as we continue to enhance our membership offerings in the months ahead.

Other areas in which I would like Council to consider new engagement include advocacy by the RSM in areas where we have particular expert knowledge and also the development of partnerships whereby we can promote career opportunities in healthcare to disadvantaged sections of society. This agenda will be innovative, heighten the profile of our Society within our professions and with the public and also provide a new opportunity for the RSM of the future.

Finally, recognising the importance of effective communication with our members, I will be writing a short piece every month in our E-bulletin. I hope that you will find this useful and that you will also wish to send in your comments and ideas (email president@rsm.ac.uk). Be assured that I will consider them carefully!

B Sethia
RSM President
My first duty in this contribution to RSM News is clearly to welcome B Sethia as the new President of the Royal Society of Medicine. B comes with a wealth of experience from within the RSM and has certainly hit the ground running!

In addition to B as President, Council has the benefit of three new members, namely Reverend Hilary De Lyon, a curate from Norfolk, Professor Roger Motson, a surgeon from Colchester, and Dr Natasha Robinson, an anaesthetist from Northampton. We look forward to them contributing to the life of the RSM and bringing their particular perspective to matters we discuss at Council.

As I write, I look forward to a Council Awayday where we will be discussing strategic matters relating to the future of the RSM. As you all know, the RSM has amazing potential and the real issue for us is how to focus our activities to best advantage. Once we have digested the outcome of this Awayday I will ensure that members are fully informed as to decisions made.

Many of you will have noticed that we have a new website which is a huge improvement on the old one, not just in terms of how it looks but also its very rich functionality. This project has not been easy but thanks to the efforts of everyone involved will be seen as a major step forward in terms of the services we can offer.

As we embark on a new academic year, it is clear that the programme put together by Sections is as rich as ever and I am sure will further add to the growth in attendances in meetings at the RSM and provide tremendous material for our RSM Videos programme.

Our Public Engagement and Medical Innovations programmes continue to flourish and a particular highlight at the end of the last academic year was the meeting An Audience with Malala Yousafzai arranged by Mike Rawlins. This was a hugely uplifting event where Malala for the first time met the three key players in saving her life, together in one room (see p11).

Following a request at the last Annual Meeting of Fellows, it has now been decided to move this meeting to earlier in the year to make it more relevant to the period being reported. The next Annual Meeting will therefore be held on Monday 2 March 2015.

I would like to take the opportunity to shamelessly promote one particular event in our calendar which I believe does not get the appropriate support it deserves: the Wesleyan RSM Young Trainee of the Year Award meeting on the evening of Thursday 20 November. This is an opportunity to come and hear presentations from the best in our Sections. There is also the opportunity for those that wish to, to pose tricky questions as part of the evening’s assessment process! I would urge you to come and take part in what is a really enjoyable evening.

Finally, on behalf of the RSM I must also say many thanks to Sir Michael Rawlins for his strong leadership of the RSM over the last two years and also to our other trustees who have now ended their term of office.

Ian Balmer
Chief Executive

Welcome to the new academic year

Inauguration of new Honorary Fellows

New RSM Honorary Fellows

On 15 July 2014, during a ceremony which included the inauguration of Mr Babulal Sethia as RSM President and the presentation of the RSM Gold Medal to Lord Walton of Detchant, the following eminent doctors were appointed as RSM Honorary Fellows:

Professor Dame Sally Davies
Professor Sir Simon Wessely
Professor Parveen Kumar
Professor Sir Magdi Yacoub
Professor Donald Berwick
Sir John Sulston

Queen’s Birthday Honours

The Council and senior officers of the Royal Society of Medicine would like to congratulate the following members who were recognised for their achievements and service in the Queen’s 2014 Birthday Honours lists.

KBE
Professor Sir Colin Blakemore
Professor Sir Cary L Cooper

DBE
Professor Jessica Corner

CBE
Professor Lesley A Page

OBE
Professor David J Williams

MBE
Mr A Banerjee
Dr William D Evans
Dr Andrew J Vallance-Owen

Christmas opening hours

Members’ Restaurant
Closes after dinner service on Tuesday 23 December 2014
Re-opens on Monday 5 January 2015

Bar and Buttery
Closes on Tuesday 23 December 2014
Re-opens on Monday 5 January 2015

Domus Medica
Closes on Wednesday 24 December 2014
Re-opens on Saturday 27 December 2014

Chandos House
Closes on Sunday 21 December 2014
Re-opens on Monday 5 January 2015
If the 2014/15 academic year at the RSM emulates the last two record-breaking years, we are in for an exceptional performance in terms of numbers of meetings, delegates and CPD points awarded.

Some of the Autumn meetings are particularly eye-catching. Taking place on Thursday 20 November is the final of the Wesleyan RSM Young Trainee of the Year when five young doctors representing the cream of our trainees will present their research. A distinguished panel of academics and clinicians will be on hand to judge the presentations, including the newly elected President of the Royal College of Physicians, the Director of the Wellcome Trust and the Medical Director of Cancer Partners UK.

Increasing the understanding of neurodegenerative disorders

Then on 25 November there is a meeting devoted to neurodegenerative disorders, developed through the good offices of Anne Silk, a stimulating and generous friend to the RSM’s Academic department.

One of Anne’s missions is to increase awareness of these important diseases among healthcare professionals and the wider public and the Anne Silk Lecture, devoted to the understanding of neuroscience, is now an annual event in our Public Engagement programme. Professor Giovanna Malucci delivered this year’s lecture in April entitled Neurodegeneration - from molecules to medicines and the November meeting (which will also be an annual event) will reach out to basic scientists and clinicians and importantly, to other healthcare professionals.

I am particularly pleased that the co-sponsor of this meeting is the British Neurosciences Association. This event is of course complementary to the programme of our own excellent Clinical Neurosciences Section.

Ellison-Cliffe Lecture

A perennial favourite in many of our diaries is the Ellison-Cliffe Lecture on Tuesday 21 October. This annual event started in 1987 and this year Dr Ellison with her usual perspicacity has chosen the distinguished neuroscientist Dr Michael Harding, joint Head of the Division of Neurobiology in Cambridge, to discuss circadian body clocks, genes, cells and circuits that set the tempo to our lives.

Medicine and Me: helping improve patient care

The RSM should take great satisfaction from the success of the Medicine and Me programme which is sponsored by extremely generous anonymous donors. These meetings bring healthcare professionals together with patients and carers living with common and not so common disorders. These events make an excellent contribution to our charitable mission to improve patient care. In the past year we have discussed diabetic eye disease, intensive care survivors, congenital adrenal hyperplasia (CAH) and stroke. It was truly rewarding to have well over a hundred delegates for the CAH meeting given how rare the condition is. The contribution of patients and carers who describe their journey through diagnosis and management of their condition is unique to these events. Having been hors de combat at the wrong end of the knife recently, I appreciate even more the importance of the patient view. It would be a real bonus to these meetings if more Fellows and trainees attended.

School programme blossoms

Our schools programme continues apace, in the last year attracting more than 600 students considering a career in medicine. Our aim now is to reach out to more students in schools where perhaps the possibility of a medical career is not even discussed. To this end we organised a meeting for careers officers and heads of science to help them advise their students on how to prepare for possible entrance to medical schools. Delegates from over fifty schools across the country attended and I have no doubt this will grow in the future.

As I write the commemorations of the outbreak of World War 1 are taking place across the whole of the UK and Europe, bringing home the dreadful horror of war but also the spirit and sacrifice of those who gave their lives. The RSM’s Ceremony of Remembrance on Wednesday 5 November will be all the more poignant as we honour doctors and clinical personnel killed or injured while serving in military conflict.

Comic Christmas Lecture

To finish on a lighter note I am delighted that Dr Phil Hammond, doctor, journalist, broadcaster, campaigner and comedian has agreed to deliver our evening Christmas lecture for school students on Monday 8 December. Students should register early as this event will certainly be oversubscribed.

Professor John Betteridge
RSM Dean
The Academic Fund, created to help support the charitable educational aims of the RSM through the activities of the Sections, played an important role in the Society’s 2013/14 academic year.

Chaired by the Dean, the committee comprises the Chair and Chair Elect of the Academic Board, together with six Section nominees who are elected by the Academic Board for three-year terms. The committee includes one lay member.

The Academic Fund, which for this academic year will be capped at £50,000, is financed by a percentage contribution taken from Section surpluses.

During 2013/14 the Academic Fund committee supported educational activity across the Sections in the following ways:

1. Support for meetings
   The committee committed £8,350 across 12 meetings. This funding allowed six different Sections to run excellent meetings that were not financially viable at the planning stage.

2. International speaker grants
   A total of £43,800 was allocated to the funding of 25 international speakers to participate in Section meetings. Speakers were invited from across Europe, Canada, the USA, Kenya and from as far afield as Australia. The feedback from the meeting organisers was excellent with all reporting that invited speakers enhanced the academic content of the programme while playing a role in raising the profile of the meeting.

3. Visiting Professorship
   The Academic Fund supports one Visiting Professorship each year. In 2013/14 the committee approved a bid from the Clinical Immunology & Allergy Section for Professor Anthony Rosen, visiting from The John Hopkins Hospital, Baltimore, USA. Professor Rosen participated in three days of activity during June 2014, including an RSM evening meeting titled Integrating clinical service with research and education, the John Hopkins experience and how this can be applied in the NHS. He also took part in a regional meeting in Cambridge titled Autoantigens: Forgotten partners in autoimmune disease and provided a lecture at Imperial College, London.

For more information about the Academic Fund email sarah.thomas@rsm.ac.uk.

Profile: Coloproctology Section
Established in 1913, the Section of Coloproctology is one of the oldest RSM Sections and, with 400 or so members, is today one of the largest. Section members come from all disciplines associated with coloproctology, including colorectal surgeons, gastroenterologists, pathologists, radiologists, oncologists, doctors in training and specialist nurses.

The broad mix of meetings organised by members of the Section council include in-house short papers meetings, symposia held in collaboration with other RSM Sections and other societies, and regional teaching days.

The highlight of the year is the overseas meeting, which in recent years has been held in Poland, Germany, Switzerland, Israel and Italy. With a blend of scientific content, cultural exchange and bonhomie, these meetings represent a perfect example of work-life balance. Next year’s conference in Leuven, Belgium, promises to live up to the high standard of previous meetings.

Every three years the Section organises a much larger tripartite gathering in conjunction with the American, Australasian and European colorectal societies. This year’s meeting in Birmingham was attended by over 1,600 delegates, making it the largest colorectal meeting ever held.

Uniquely among the RSM Sections, the Coloproctology Section endows a number of travelling fellowships every year, funded from the profits of the tripartite meeting, to enable trainees to present their research at the overseas meeting. In addition, the prestigious John of Arderne medal is awarded annually to the presenter of the best short paper who is also invited to the overseas meeting.

For more information or to join the Section please contact the Membership Team on 020 7290 2991 or email membership@rsm.ac.uk.
RSM Prizes
The Academic Board has approved several new prizes for students and trainees for the forthcoming year. Full details can be found at www.rsm.ac.uk/prizes-awards

Here is a selection of prize submission deadlines and recent prize winners.

Forthcoming prizes

**November 2014**
- **Emergency Medicine Students’ Prize**
  Submission deadline: 7 November
- **Ophthalmology Photographic Competition**
  Submission deadline: 13 November

**December 2014**
- **Paediatrics & Child Health Alex Russell Prize**
  Submission deadline: 1 December
- **Laryngology & Rhinology Short paper and poster prize**
  Submission deadline: 5 December

**January 2015**
- **Psychiatry Mental Health Foundation Research Prize**
  Submission deadline: 16 January
- **Obstetrics & Gynaecology Herbert Reiss Trainees Prize**
  Submission deadline: 16 January

**Prize Winners**
- 1 May – 30 September 2014
  - **Odontology President’s Prize**
    Dr Jennifer Haworth and Fahd Saleh
  - **Respiratory Medicine Young Respiratory Investigator Prize**
    Miss Fang Yi Cheung, Mr Adam Dossaji, Dr Gideon Katzenberg and Dr Zubair Sarang
  - **RSM Professionals RCM ICG-6 Interventional Cosmetics Poster Presentation**
    Dr Livia Soriano

**What's on at the RSM**

**Upcoming events**

- **Key advances in neurodegenerative disorders**
  Wednesday 26 November
  Designed to update doctors, specialist nurses and others involved in the treatment and care of patients with neurodegenerative disorders, this meeting will offer delegates the opportunity to air concerns on the impact of diagnosis, investigation and management. The day will focus on advances in neuroscience and challenges for clinical translation, as well as looking at new approaches to management of some common problems in neurodegenerative disorders.

- **Civilisations and atrocities**
  Wednesday 3 December
  This meeting will address key humanitarian and ethical issues in medicine and medical research in the context of the harshest of human experiences. The work of the “Human Values in Healthcare Forum” will be presented by Dr Paquila de Zulueta of Imperial College, London, who will also discuss the issues raised by the records of doctors working under the Nazi regime and the medical experimentation they conducted.

- **Microsurgical breast reconstruction in breast cancer care**
  Tuesday 9 December
  This meeting will provide an analysis of microsurgical reconstruction of the breast as offered to patients with breast cancer within the breast cancer multidisciplinary care team. Topics will include the analysis of the timing and type of reconstruction, the influence of adjuvant therapy in breast cancer care upon reconstructive strategies and the range of presenting challenges related to microsurgical and aesthetic outcomes.

- **Nutrition and age-related muscle loss, sarcopenia and cachexia**
  Tuesday 9 / Wednesday 10 December
  The aim of this meeting is to understand the roles skeletal muscle plays in maintaining our health and well-being as we age, as well as the factors that contribute to its loss and what we can do about it. The meeting will explore the importance of nutrition in preventing and treating sarcopenia (the loss of mass, strength and function) and cachexia (involuntary rapid loss of body weight and muscle mass).

- **Death, drugs and dilemmas - an introduction to forensic and legal medicine for students and trainees**
  Friday 12 December
  The aim of this meeting is to help students and trainees develop transferrable skills in the area of clinical, forensic and legal medicine, including the management of medico-legal issues in their daily practice. The latest guidance and techniques on detecting and treating the complications of internally concealed and illicit drugs will be presented. Participants will learn how to complete a death certificate against gold standard principles and develop an understanding of how the coronial system in the UK functions.

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H ere are some highlights from events coming up at the RSM over the next few months. To find out more about these or any other events visit www.rsm.ac.uk/diary.
Library

Open all hours on the first floor

S
ince July the first floor of the Library has been open 24/7, allowing members easy access to the first floor collection for reference work. This has proved to be very popular, especially on Sundays when the Library was traditionally closed.

To enhance the service further, the Library team is planning to investigate the viability of a self-service station which will allow loans and returns to be made out of staffed hours. There is an opportunity to sponsor this facility so members who are interested or who would like to make a donation are invited to contact the Library by calling +44 (0)20 7290 2940 or emailing library@rsm.ac.uk

The changes to the second floor have also proved popular, with increased desk space and moveable desks which allow members to work collaboratively or individually.

Information skills programme and more learning opportunities

The Library is continuing the popular Information Skills Programme with 13 bookable sessions throughout the year for up to 10 delegates covering an *Introduction to Literature Searching* along with an advanced session. In addition there will be courses on *Evidence Based Medicine and Critical Appraisal* coming up, so do please keep an eye on the RSM website and the e-bulletins for further information. These courses are also supplemented by a new service called *1to1 Sessions Online* where members can be trained on the databases from the comfort of their own homes/offices. This is particularly beneficial to members based outside London.

Free exhibition programme

The Library also continues to hold a series of free exhibitions on the second floor. These are open to the public. The current exhibition is about medicine and World War 1 and is entitled “*All engrossing, all devouring war….*** This runs until the 24th October.

Library opening hours

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<td>Monday - Thursday</td>
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A new History of Medicine Society at the RSM

On 11 October 1912 the inaugural meeting of the RSM’s History of Medicine Section was held. Founded by Sir William Osler who became the Section’s first President, the aim of the Section was to encourage research and scholarship, and provide a meeting ground for people who felt the study of medical history has a value in education. It was an immediate success, even continuing through the dark days of World War I. Shortly before dying Osler suggested its foundation was one of the best things he had done for the medical profession.

Over the years, chaired by many eminent medical and non-medical historians, the Section embraced the breadth and depth of medical history and attracted members and contributions from every branch of medicine. Papers have been given on early diseases, treatments and cures in ancient civilizations, biography and advances made by the ‘fathers’ and ‘mothers’ of the profession.

In a time of increasing specialisation meetings can offer insights into medicine as a whole and make valuable contributions to the wider field of medical humanities. Student scholarship is actively encouraged by the annual award of the Norah Schuster Prize for an essay on any aspect of medical history.

For the 21st Century the Section has been replaced by an internal RSM History of Medicine Society, which continues to provide lectures and visits. The new season commences on Wednesday 22 October, when the new President, Professor Stanley Gelbier, will introduce a programme looking at *Medical Care in World War I.*

A joint meeting with the Open Section on Wednesday 3 December on *Civilisations and atrocities* includes a focus on Nazi doctors. In the New Year several well-known speakers will take a look at contemporary histories and methods of gathering and recording information, concluding with an overview of the RSM’s own Archive of Memoirs.

Where possible the new Society will support other Sections in recording aspects of the histories of their branches of medicine. Our secretary is working with the Society’s archives to produce a paper on Dr Lilian Lindsay OBE and her contribution to the work of the RSM’s Odontology and History of Medicine Sections. Another project is on four eponymous odontological lecturers, and involves examining the archives to produce a record of the CE Wallis lecturers and their backgrounds. The Secretary and archives to support other Sections and a new season of history and exhibitions.

For the 21st Century the Section has been replaced by an internal RSM History of Medicine Society, which continues to provide lectures and visits. The new season commences on Wednesday 22 October, when the new President, Professor Stanley Gelbier, will introduce a programme looking at *Medical Care in World War I.*

We welcome ideas and participation from the wider RSM. Everyone is warmly invited to attend our meetings and become involved. For further information contact history@rsm.ac.uk.
The Global Health programme at the RSM has been very active for the past few months with numerous global health alerts and film screenings.

In April we hosted an evening alert in partnership with Medact, titled, Torture: An Ethical Dilemma for the Medical Profession, which included speakers from Amnesty International, Physicians for Human Rights and Medact. After an engaging lecture, there was a mutual agreement that both Medact and the RSM form a partnership and host a four-part course for medical professionals who treat victims of torture and for those who would like to learn more about dealing with these challenging cases.

In May, we collaborated with the White Ribbon Alliance to bring together a lecture on the state of the world’s midwives around the world. We were pleased to welcome Sarah Brown, Global Patron of the White Ribbon Alliance and wife of former Prime Minister, Gordon Brown. She spoke about the importance of educating girls and her own work that she is doing around maternal care.

In July the Global Health Film initiative screened a film titled Remote Area Medical (RAM). RAM is a volunteer-based medical and dental relief organisation providing free health care to those who are unable to access healthcare around the world. We were joined by Stan Brock, founder of RAM and heard him speak about his journey founding and working for RAM. To bring a UK perspective on access to healthcare we had Leigh Daynes, who is the Executive Director of Doctors of the World UK, an organisation based in East London which provides medical care and support to vulnerable people.

Global Health Research Fellows Award

Congratulations to Cormac Donnelly (MSc student at LSHTM) and Natalie Marie Lovell (MSc student at LSE) who are this year’s winners of the Global Health Research Fellows Award. As part of RSM’s research partnership with the United Nations Refugee Agency (UNHCR), the RSM fellows have spent their summer conducting research projects focusing on health in conflict settings and refugee health.

E-learning partnership

Earlier this year, the Global Health Department created a partnership between the Uganda Diaspora Health Foundation in the UK and the Makerere University College of Health Sciences in Uganda. Our aim for the upcoming academic year is to pilot an e-learning project which will improve research skills and evidence-based medicine learning for medical students in Makerere University College of Health Sciences.

Upcoming events

Friday 31 October
Global Health Film initiative - “Winds of Change”
A film about climate change and farming in Kenya

Saturday 15 November
2nd Annual UK Medical Diaspora Conference: Connect, Engage, Impact
In partnership with the Royal College of Physicians

Thursday 4 December
Global Health Film initiative- “Return to Homs”
A film about the conflict in Syria

Wednesday 11 March
Global Health Alert- Who controls big food?
An evening discussion about the big food industry, obesity and non-communicable diseases.

Global Health events are popular so book online in advance at www.rsm.ac.uk/diary to reserve a seat.

We welcome your feedback and suggestions for future events. If you would like to get in touch, please email globalhealth@rsm.ac.uk.

Retired Fellows Society

The RFS has enjoyed another full set of activities: talks, walks and, for the Camera Club, a visit to Exeter in May.

Also in May we had a talk by Alan Chapman, an Oxford historian, on Experimental Medicine in the early Royal Society, touching on the work of Thomas Willis, Robert Hooke and Christopher Wren.

The June lecture was by Sir Leszek Borysiewicz, Vice Chancellor of the University of Cambridge, who spoke on farming in Kenya.

Vaccines, from science to policy.

There were two extra mural events in May; a walk around Paddington and a visit to Lambeth Palace and another in June; a walk around Covent Garden.

Forthcoming meetings include:

Thursday 16 October
The healing presence of art: A history of western art in hospitals, from the Renaissance to the 20th century
Professor Richard Cork

Thursday 20 November
Modern reproduction: blood, guts, loss and King Midas
Professor Susan Bewley

Thursday 4 December
Recent advances in medicine and surgery
An update on a variety of important medical conditions
Three extra mural events are planned before Christmas: a walk in the footsteps of Samuel Pepys, a visit to the Geffrye Museum and a return visit to Lambeth Palace.

The Camera Club continues to flourish and the RFS Newsletter appears regularly.

Richard Lansdown
Editor, RFS Newsletter
RSM welcomes new President

To mark the inauguration of the Society’s new President, Lois Rogers, award-winning journalist and former medical editor at the Sunday Times, came into the Library to discover B Sethia’s plans for the Society over the next three years.

Major plans are underway to revitalise the RSM as a new leader with global ambitions moves into the presidential chair.

In addition to developing the Society’s global health initiative, promotion of medical innovations and academic programme, Mr Babulal Sethia, known simply as B, proposes to raise its profile by stepping into the minefield of medical and ethical advocacy on issues such as access to treatment and end of life care.

“There is much more we can do to expand our role as a source of medical education, and become better known as an authoritative voice on healthcare issues,” he says.

“This organisation is unique in the world. It covers 60 medical sections or specialisms. We need to share the knowledge resources we have here among more doctors and the wider public.”

His previous lives include a stint as a Buddhist monk, a job as a merchant seaman plying the West Coast of Africa, and a sideline as a wine importer.

He is a polymath who passed grade eight, the highest piano exam, before he was out of short trousers. His earliest ambition was to be a celebrity concert pianist.

Despite such diversity of philosophical interests and creative talent, Sethia, the son of one of Mahatma Ghandi’s inner circle, ultimately focused on paediatric heart surgery — arguably one of the most technically challenging and emotionally demanding areas of medicine.

His career has also involved clinical administration and wide experience in the minefield of medical egos and NHS bureaucracy.

He became a health service pariah in danger of losing his job at Birmingham Children’s Hospital in the 1980s, when he had the temerity to speak out about the risks of NHS waiting lists.

One of his patients, an eight week-old baby whose operation was postponed five times, subsequently died.

“I was threatened with the sack, but I couldn’t be disciplined for talking. It was only after that they put in rules saying you had to discuss problems with your line manager,” he says.

“People have to be allowed to speak in order to get things done. My absolute ambition is always to get things done.”

The RSM Council hopes this drive will equip him for the challenge of steering the 200 year-old Society into a new era of communicating its vast body of knowledge and skills to a wider public.

He has arrived just as the Society has been pledged £2 million, to be paid over a number of years, by philanthropist Naim Dangoor, a prominent Iraqi Jew given asylum by Britain in 1964, who has donated huge sums to a variety of educational causes from a fortune amassed through his property empire (see p10).

It is the largest ever donation received by the Society, which remains primarily a medical education charity.

The money is to be used for a new lecture theatre, the expansion of the RSM’s postgraduate education programme, and its programme to bring teenagers from underprivileged backgrounds into a career in healthcare.

“I want us to develop better partnerships with charities like the Sutton Trust that exists to help disadvantaged children, and more collaboration with universities, the medical Royal Colleges and colleagues overseas,” Sethia says.

“There are two billion people in the world with no access to basic surgery. We need to branch out and bring people together to create more healthcare educational opportunities so it is no longer regarded as an elite profession.”

Sethia, 63, who has four adult children, and lives in Worcestershire, has been married to his wife Nicky, 58, for 36 years. Born in Edinburgh, the son of a wealthy jute importer from a family of Indian Jains, he was sent away to boarding school aged...
just seven and then moved on to Rugby, one of Britain’s major public schools.

After leaving school aged 17, he observed at first hand the horrors of Nigeria’s Biafran civil war when working on cargo ships as a £10 a month assistant purser. It was a bloodbath that left an estimated 3 million dead from battle or starvation. The experience sharpened Sethia’s sense he had enjoyed a life of privilege, and his resolve to focus on a future career in medicine.

He trained at St Thomas’s and now works at the Royal Brompton Hospital in London. He has advised on the establishment of acute services in more than 20 different countries, and is also a regular practical contributor to the work of the International Palestine Cardiac Relief Organisation.

Like most doctors, he is driven by a desire to repair and improve. Among his shopping list of ambitions is the development of the Society’s medical innovations programme, which he hopes will among other things, continue to champion the use of smart phone apps and telemedicine in 21st century healthcare.

Another major drive is the development of an education bartering scheme, where aid funding will be swapped for tokens to buy medical training.

“This is probably my biggest ambition,” he says. “Getting people to do things for themselves far exceeds the benefit of driving aid around in lorries.

“I’m hoping to get funding to set up a pilot project and then get the UN involved to expand into other areas of expertise beyond medicine.”

With an absolute ambition to get things done, he might just achieve it.

B Sethia was installed as RSM President in a ceremony at the Society’s headquarters on the evening of Tuesday 15 July 2014. Visit www.rsm.ac.uk/president to see videos of B Sethia in conversation with Lois Rogers.
RSM marks Dangoor family generosity

The Society’s largest ever philanthropic gift, donated by Dr Naim Dangoor, was marked with an evening lecture delivered by Lord Winston on Wednesday 7 May at the RSM’s Wimpole Street headquarters. The evening included the naming of the Naim Dangoor Auditorium and The Dangoor Centre for Medical Education.

Dr Dangoor’s generous £2 million donation, which the Society will receive over the next few years, will support the RSM’s provision of post-graduate medical education and will allow the Society to extend its work in support of young people from disadvantaged backgrounds who wish to work in medicine and health care.

Speaking on behalf of his father, who celebrated his 100th birthday in April this year, Mr David Dangoor said: “The UK gave our family refuge when we were exiled to the UK in the 1960s following political unrest in Iraq. Since then we have sought to express our gratitude towards the country by supporting the promotion of education, in particular through our work with the Westminster Academy and by helping students through university scholarship and bursary schemes. We are looking forward to working with the Royal Society of Medicine to extend its work with disadvantaged young people.”

Rising stars gather at 9th Medical Innovations Summit

Some of the UK’s brightest young scientists took to the platform at the RSM’s 9th Medical Innovations Summit on Saturday 5 July. Eighteen-year old twin sisters Ameeta and Aneeta Kumar, winners of the UK Young Scientist of the Year competition, described their project to develop a diagnostic tool for identifying cancerous tumours at an early stage of development. Beating off competition from 4,000 other entries, the pair are now embarking on a career in medicine.

Also in her teens, Amber McCleary explained how the antibacterial and healing properties of the copper-infused pyjamas she and inventor Paula Ward produced last year quite possibly saved the life of a new mother who had acquired MRSA from a caesarean section wound.

Also taking part in the day-long summit were Andy Puddicombe and Dr David Cox of Headspace, who described the latest version of their app which is leading the meditation and mindfulness revolution in the UK.

In all 13 innovations were presented at the event, which yet again proved to be a real meeting of minds where entrepreneurs, innovators and researchers showcased their work.

Presentations included the pioneering work being carried out in the UK by Heptares Therapeutics which discovers and develops new medicines targeting undruggable or challenging GPCRs (G protein-coupled receptors), a super-family of receptors linked to many human diseases. Billy Boyle, co-founder of Cambridge-based Owlstone, talked about the work he and his colleagues are carrying out in developing technologies that analyse the breath or bodily fluids to detect disease. Ophthalmologist Dr Andrew Bastawrous, research fellow in international eye health at the London School of Hygiene & Tropical Medicine, gave an inspiring talk about the PEEK smart-phone based system for comprehensive eye examinations in remote settings, which is currently being trialled in Kenya.

Videos of the presentations from the 9th Medical Innovations Summit and previous summits can be found at www.rsmvideos.com.

RSM President Sir Michael Rawlins added: “We are thrilled to be the beneficiaries of such a generous donation from Dr Dangoor and his family. The Society is committed to nurturing young people from all backgrounds with an interest in medicine as a career and this donation will allow us to significantly expand our public engagement activities in this area.”

The Society’s development director, Paul Summerfield, who secured the donation, said: “We hope this extraordinary gift will persuade others to step forward and offer financial support for medical education.”

Those who would like to support the work of the RSM with a gift or bequest are invited to email paul.summerfield@rsm.ac.uk or call +44 (0) 20 7290 3857.
World famous young campaigner visits the RSM

On Sunday 22 June the Royal Society of Medicine welcomed Malala Yousafzai and her family to a very special event to honour the doctors who saved her life after the Taliban stormed her school bus and shot her in the head in October 2012.

This extraordinary teenager, famous for her refusal to be silenced in her fight for the rights of girls to receive an education, joined RSM President Professor Sir Michael Rawlins in conversation before an audience of RSM members and their families, together with students from Westminster Academy and St Marylebone School. Also taking part in the proceedings were Mr Faisal Abro, Consul, Consulate of Pakistan, Dr Samuel Agbo, Head of Health, Save the Children UK and Queen Mary College student Nilab Asifi.

Speaking of her life in the Swat Valley in Northern Pakistan, Malala captivated the audience with her composure, leaving many moved by her description of her fear and loneliness on regaining consciousness after being flown to Queen Elizabeth Hospital Birmingham following the shooting.

There was laughter too as Malala described herself as a dictator behind closed doors, bossing around her two brothers in their new family home in Birmingham like any other teenager.

After talking of her treatment and remarkable recovery, Malala went on to speak of her address to the UN General Assembly on her 16th birthday as part of her campaign to secure free compulsory education for every child.

Sir Michael Rawlins then invited Malala’s parents, Mr Ziauddin Yousafzai and Mrs Toor Pekai to join her on stage to answer questions from the audience. Mr Yousafzai spoke movingly of the pride he and his wife have in their daughter and the events that led to Malala being flown thousands of miles away from her family for life-saving treatment.

Malala’s doctors honored

It was then the turn of the three doctors who led Malala’s treatment, Dr Muhammad Junaid, Dr Javid Kayani and Dr Fiona Reynolds to come on stage to receive Royal Society of Medicine Distinguished Fellowship Medals, presented by Malala herself.

The event closed with a vote of thanks from Westminster Academy student Sarah Al-Saad, whose thoughtful and heartfelt words reflected the mood of the whole audience as they rose to leave this most inspiring event.

Speaking for the whole audience, Westminster Academy student Sarah Al-Saad closed the event with a heartfelt vote of thanks.
Explaining the forthcoming 2015 NHS Pension Scheme changes

The long-planned changes to the NHS Pension Scheme will finally come into effect early next year, and Wesleyan, the financial services specialists for doctors, and sponsor of the RSM’s Young Trainee of the Year Award, provide an insight into how these changes might affect you.

The long-planned changes to the NHS Pension Scheme will finally come into effect early next year.

The new Scheme will be implemented on 1 April 2015, with around 75% of existing NHS employees being transferred into it. For these people, there will be changes to the way in which benefits are calculated, how they can be taken at retirement, and the age at which they can receive their pension.

Here we explain how these changes might affect you.

Calculating benefits

The biggest change for those who transfer into the 2015 Scheme will be how benefits are calculated. Under the existing arrangements, some members’ benefits are linked to their final salary and some to average earnings, known as Career Average Revalued Earnings (CARE).

Under the 2015 Scheme, all benefits will be calculated on average earnings and will take into account pensionable earnings in every year of scheme membership, rather than just the final year prior to retirement.

Members will build up 1/54th – or 1.85% - of their pensionable earnings each year. These amounts will then be revalued each year in line with the Consumer Price Index (CPI) plus 1.5% to ensure their value is not eroded by inflation.

Accessing your pension

The 2015 Scheme will bring retirement ages in line with the State Pension Age (SPA), although you will retain the right to take benefits between the ages of 55 and 75.

While early retirement will normally result in a reduced pension, if you have a normal pension age higher than 65 and want to take unreduced benefits from age 65 to 68, it will be possible to make additional contributions to bring it in line with where it would be if retirement was taken at the normal age.

There will be no automatic lump sum in the 2015 Scheme. However, you will have the option of exchanging part of your pension for a lump sum at retirement, up to 25% of capital value. For every £1 of annual pension income you give up, you will be entitled to £12 lump sum.

Protection for those close to retirement

If you had ten years or less to your normal scheme pension age at 1 April 2012 – 60 for most members of the 1995 Section of the NHS Pension Scheme and 65 for those in the 2008 Section – you will be protected against the changes.

If you had between 10 and 13-and-a-half years to normal scheme pension age on 1 April 2012, you will have tapered protection. This means your entry to the 2015 Scheme will be delayed for a period of time, depending on how many months beyond ten years you were from the normal pension age. For each month beyond ten years, you will lose two months of protection.

A calculator to help you work out when you might be transferred can be found at http://www.nhsbsa.nhs.uk/Documents/Pensions/Tapered_Protection_Calculator_V1.0.xlsm.

At the end of the protected period, you will then be transferred into the 2015 Scheme. Until you transfer, you will continue to earn benefits in your existing scheme.

1995 and 2008 Sections

Members of the 1995 and 2008 Sections of the NHS Pension Scheme will have the benefits that have been built up in those sections preserved and treated separately.

If you are a member of the 1995 Section and take your pension after the age of 55, you will be able to defer your 2015 Scheme benefits, but will not be able to continue building them up in the new scheme. For example, you could take your 1995 Section benefits unreduced at age 60, without the need to take 2015 benefits until your state pension age.

Those people still in the 1995 Section who decided not to transfer into the 2008 Section, will have another opportunity to transfer as part of an exercise known as Choice 2. This is because when the original choices exercise took place the 2015 Scheme, with a retirement age equal to the state pension age, had not been announced. The last date to transfer benefits from the 1995 to the 2008 Section will be 31 March 2015.

Conclusion

Even with the changes outlined here, the NHS Pension Scheme will still provide valuable benefits.

If you want more information about how these changes will affect you, seek guidance from a financial adviser who has a good understanding of the NHS Pension Scheme.

The above information does not constitute financial advice. For further information please speak to a financial adviser.

For more information call 0800 980 2321, e-mail financialreview@wesleyan.co.uk using the code 47277 or visit the website at www.wesleyan.co.uk.
Fine wine dinners

June saw the RSM once again host a wonderful Champagne Dinner, at which members enjoyed a superb selection of wines including vintage Dom Perignon and Laurent Perrier.

The last wine event of the year will be the sold-out Bordeaux wine dinner in October.

Dates and themes are yet to be finalised for next year’s fine wine events. However members may wish to contact fwevents@rsm.ac.uk to register their interest.

Carol concert

The Society’s carol concert is the most popular event of the year and so we strongly recommend members book their tickets early.

The Amici Consort will return to perform Christmas Carols in the Max Rayne Atrium on Thursday 18 December, which will be followed by a 5-course meal with expertly matched fine wines. Tickets are priced at £100 per person. To book your place email fwevents@rsm.ac.uk.

Club wine list

The Club wine list has recently been updated including the creation of a Fine Wine selection, offering members a greater selection of wines and vintages. The Members’ Restaurant and Bar & Buttery are now running a Wine of the Month feature, providing members with the opportunity to try and comment on select wines from our merchants.

Finally, while stocks last the Members’ Restaurant and Bar have a selection of bin ends for sale from the cellar, all attractively priced.

Christmas in the restaurant & private dining rooms

Members may now wish to reserve their table for Christmas in the Members’ Restaurant, or exclusively book one of the Society’s three private dining rooms free of hire charge. The RSM Club provides an exclusive and stylish setting for private Christmas celebrations with family, friends and colleagues.

The oak-panelled Hewitt Room, adjacent to the Bar, can accommodate between 8 - 14 guests. Private Dining Rooms 1 and 2 can seat up to 10 guests each, or for larger parties we are able to remove the partition wall to create a stunning dining room seating 24 guests.

Members will also enjoy complimentary coffee & mince pies when ordering our set Christmas menu as a two or three-course Christmas lunch in the restaurant. To book a table in the Members’ Restaurant or a private dining salon, please call 020 7290 2957, or email restaurant@rsm.ac.uk.

Domus accommodation offer

Between Saturday 27 December and Sunday 4 January weekend rates will be available at Domus Medica. Members may stay in the heart of London’s West End from only £93 per night.

Don’t miss out - reserve your room now - call 020 7290 2960 or book your stay online at www.rsm.ac.uk. Please use the promo code XS14 when booking to receive the reduced rate.

Menu prices for 2014/15

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<th>MEMBERS’ RESTAURANT</th>
<th>PRIVATE DINING</th>
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<tr>
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<td>£11 - 1 course</td>
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The papers of RSM Fellow Ismond Rosen (1924 – 1996), psychiatrist, psychoanalyst and sculptor, have recently been catalogued by the Wellcome Collection. A rare and unique archive, the collection comprises material relating to all aspects of Dr Rosen’s career and interests as a psychoanalyst and psychiatrist, as well as his art work and exhibitions, television and radio contributions, his prolific writings and various autobiographical works. Dr Rosen’s art works are exhibited in the National Portrait Gallery and the Vatican and also at the RSM where members can find three pieces, including The Kiss, a 1947 white marble carving that “symbolises the importance of early attachments as a template for all subsequent relationships” (Dr Alexandra Pitman, BJPsych).
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The WEXAS Top 50 Worldwide Journeys, a selection of the most exciting and inspiring trips across the world…

WEXAS Travel, the RSM’s travel partner, provides members with access to a range of specially negotiated travel offers, as well as free registration to its Travellers Club.

Over the last few decades WEXAS have arranged thousands of trips for their members, and are always excited to hear their feedback. Their own experts, likewise, are constantly travelling, normally returning to their specialist regions to find out what’s new and re-evaluate the old. The WEXAS Top 50 Worldwide Journeys - a fascinating and beautifully produced travel guide and online resource – is inspired by the experiences and discoveries of the company’s staff and their members: opinions you can trust.

WEXAS organises holidays to some of the most breath-taking regions in the world, from the DISCOUNTS FOR RSM MEMBERS

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RSM members save 12.5% on home insurance

Experience Canada in winter & exclusive offer for RSM members

WEXAS are thrilled to announce the launch of their new winter Canada programme. The second largest country in the world, Canada is sparsely populated and has vast tracts of wilderness to explore, and with the east coast just a 6-hour flight from the UK, it’s closer than you think.

Ice-skate through Ottawa on the Rideau Canal, heli-ski in the Rocky Mountains, sip a martini from an ice glass in the Hôtel du Glace, stare into the eyes of an adult polar bear from a tundra buggy or gaze at the Northern Lights from wild and remote outposts. Visit wexas.com/canadawinter to view special offers, plus book any of these by 30 November 2014 for an additional 10% discount.

New medical tours from Jon Baines Travel

Jon Baines travel are repeating their popular tour Medicine & Society in Cuba in early 2015. Taking place from 22 January – 2 February 2015 this time the tour is led by RSM Director Janice Liverseedge. The 12 day bespoke study tour offers you the opportunity to gain unique insight into the Cuban medical system while immersing you in the culture, music, architecture and the beautiful landscapes of vivacious Cuba.

In addition to learning about Cuba’s vivid history and society, you will meet local GPs and specialists, visit a polyclinic and medical school as well as a community center for the elderly. Visit a cigar factory, local farms and villages and explore unique Havana. Wonder at the sweeping scenery of Vinales Valley before travelling deep into the rainforests of Topes de Collantes National Park. Explore the lavish colonial buildings, baroque churches and cobblestone streets of Trinidad before continuing onto sleepy Sancti Spiritus, then the tropical island of Cayo Santa Maria.

Jon Baines Tours is providing RSM members with an exclusive special discount on this fantastic tour. For the significantly discounted price of just £295 RSM members can enjoy a three night, four star Caribbean beach extension with all transfers, food and drink included. The cost for the tour is £2,695 including return direct flights on Virgin from London. Without flights the cost is £1,995.

For further information visit www.jonbainestours.co.uk/cubamed.

Jon Baines Tours is also running a new tour to Indochina from 26 January – 8 February 2015. You will journey through the lands of the Mekong, visiting Vietnam, Laos and Cambodia. Each destination provides a rich experience for the visitor, with ancient and complex histories, exquisite art and culture, natural beauty and some of the finest cuisine in the world.

For further information visit www.jonbainestours.co.uk/indochina.

You can also call 020 7223 9485 or email info@jonbainestours.co.uk. Do remember to mention that you are an RSM member when booking.
Austin Reed is passionate about exceptional tailoring and luxurious business wear. With over a century of expertise and heritage, Austin Reed is the proud holder of two Royal Warrants and continues to blend the season’s latest looks with a classic twist. Now in its 114th year, Austin Reed continues to deliver distinctive, stylish and high-quality clothing, proof – as if it’s needed – that British style never goes out of fashion.

Now is the perfect time update your wardrobe with Austin Reed suiting. RSM members can enjoy 20% off all full price items and 10% off all sale and promotional items in store and online. For more information visit RSM member benefits at www.rsm.ac.uk.

Cox + Power are artisan designers, makers and retailers of modern, individual jewellery in platinum, gold and silver, characterised by interesting textures, fine detail and luscious unusual gemstones and coloured diamonds. The jewellery is subtle but unconventional, contemporary yet timeless and is designed to be worn and loved.

Located in Marylebone’s Chiltern Street, just a stone’s throw from the RSM, Cox + Power are offering members 10% off the price of any purchase on presentation of your membership card.

Chiltern Street, just a stone’s throw from the RSM, Cox + Power are offering members 10% off any purchase of their distinctive handmade jewellery in platinum, gold and silver.

Cox + Power are artistic designers of modern, individual jewellery in platinum, gold and silver, characterised by interesting textures, fine detail and luscious unusual gemstones and coloured diamonds. The jewellery is subtle but unconventional, contemporary yet timeless and is designed to be worn and loved.

Located in Marylebone’s Chiltern Street, just a stone’s throw from the RSM, Cox + Power are offering members 10% off the price of any purchase on presentation of your membership card.

One-off pieces sit alongside the collections with prices ranging from £95 to £19,500 and special commissions from £2,500.

Open Monday-Saturday, 10.30am-6pm, 020 7935 3530, www.coxandpower.com.

Markson Pianos new member offer

Markson Pianos, a third generation family business, has recently been appointed as the London Bechstein Centre. Alongside these superb instruments in the Markson showrooms in London’s Albany Street, you can find an extraordinary selection of pianos, including many makes from around the world including Bosendorfer, Steinraeber, Yamaha, W Hoffmann and Zimmermann. As well as new instruments there are beautifully restored pianos.

Markson Pianos is also London’s leading event hire company providing pianos for concerts, theatres and festivals. It also offers a piano rental scheme for the home. Special benefits are available to RSM members wishing to purchase or hiring a piano. See page 9 for more information.

Keep your favourite jewellery safe and sparkling with these tips from jeweller Michael Rose

For our last number, I’d like to ask your help. Would the people in the cheaper seats clap your hands. And the rest of you, if you’ll just rattle your jewellery.”

John Lennon’s famous quip to Queen Elizabeth, the late Queen Mother and Princess Margaret at the Royal Variety Performance in 1963 holds some resonance to those interested in taking care of their jewellery. According to expert jeweller Michael Rose, if your jewellery is rattling it’s time to take it for repair.

Michael explains that taking care of your valuable jewellery doesn’t have to take long. Maintaining and cleaning jewels and stones, as long as you’re careful with them, doesn’t have to be hard.

Maintaining your memories

Jewellery can have a real sentimental value. They often act as commemorative pieces, marking a special event or have ascended up a family tree as an heirloom. Michael’s recommendation is to keep your jewellery valuation up-to-date in order to ensure you receive the full benefit in the event you need to make a claim.

Protect your home and valuables with Hiscox insurance available with a 12.5% discount for RSM members


To request a quote and/or take out cover, go to hiscox.co.uk/rsm, or call 0845 365 1703 hiscox.co.uk/rsm.