President’s Report

Young colleagues are the lifeblood of any Society. With that in mind, it is inspiring to see the large number of students and prospective medical students who frequent 1 Wimpole Street.

I was especially delighted to note the full and enthusiastic audience at our recent Careers Day, ably hosted by our Dean and his excellent team. With that in mind, I am sure that our membership will be encouraged to know that we have recently agreed a partnership with The Medic Portal, an organisation that specialises in offering training courses for aspiring medical students taking the BMAT and UKCAT assessments.

As part of this partnership the Medic Portal and the RSM will be able to offer free access to these courses for a number of students from disadvantaged backgrounds. This initiative is part of our aspiration to further widen access to careers in healthcare and is in line with recent publications from the Medical Schools Council.

At the recent Annual General Meeting of Fellows, which, I am pleased to note, was well attended, I mentioned our early progress in forming alliances with some of the other Medical Royal Colleges and the GMC in the area of ‘Professionalism in Medicine’. I hope that this alliance will prove beneficial to the profession whilst also further elevating the profile of the RSM. In developing this collaboration, I suggest that it is essential to harness expertise from within our own membership. Please write to me directly if you would like to contribute to this important activity (president@rsm.ac.uk).

Many of you will be aware of my personal interest in Global Health, which is now a core activity of the Society. I am especially excited about the forthcoming meetings on 27 and 28 April on Global Surgery. In association with The Lancet and the Royal College of Surgeons of England, we have attracted the strongest faculty ever to convene on this topic. The outcomes of discussions will be published, the events will be recorded for RSM Videos and, all in all, these two days will be a showcase for the excellence of all that we undertake at the RSM. We are indeed fortunate to work with the dedicated teams within the Society who are able to develop and promote these and other similar events. (For more on Global Health see page 8.)

Life at the RSM rarely pauses! RSM Council continues to review opportunities whereby improved facilities may potentially be developed at 1 Wimpole Street. Recommendations will, hopefully, be forthcoming later this year.

Simultaneously, the Academic Board is considering the means whereby we may most effectively deliver the E-learning agenda, so important for the future of our educational programmes.

Our Dean, Professor John Betteridge, continues to explore new potential alliances with other scientific organisations and our Flagship Lectures celebrate the achievements of many distinguished colleagues. Our Academic department actively promotes collaboration between Sections as they develop their future meeting agendas.

In my monthly online updates I have regularly requested input from our membership but the response rate is low. It is important that our Society continues to remain vibrant and innovative whilst maintaining excellence in all that we deliver. We must capitalise on and celebrate the many unique qualities that distinguish us from other august institutions, thereby enabling us to contribute with authority to future developments in healthcare. I welcome your views and suggestions and look forward with confidence as we move through this academic year.

B Sethia
RSM President

The Royal Society of Medicine
Thought I would use this opportunity to set out some of the key issues that were covered in the recent Annual Meeting of Fellows.

Firstly I should say how gratifying it was to see a good number of Fellows attend this year’s Annual Meeting and it wasn’t even raining!

Total membership of the RSM is up by 300 compared to this time last year and we are on target to meet our income target from subscriptions as a result. The new website is increasingly being used by individuals applying to join and hopefully many of you have found it to be a significant improvement.

Retention rates of members continue to be stable and very high. Although at the moment 67% of members are male this will reduce in proportional terms over the next few years as the consequence of increased numbers of female medical graduates and the RSM needs to think how its services may need to adapt to reflect this.

We are doing work to understand in more detail what services members are using and in what combinations. This will in turn inform an exercise underway to consider different types of membership packages in the future. A recent piece of research undertaken on our behalf amongst doctors who don’t belong to the RSM suggested that the organisation was characterised by some of the following phrases:

“Something with a long history but a bit old fashioned”

“Good but expensive”

“A safe and comfortable gentleman’s club but not at the forefront of development and training”

These are impressions that can best be countered by people coming through our doors and seeing the reality for themselves and I would urge you to suggest to friends and colleagues that they should give us a try!

Our education programme goes from strength to strength with attendance at meetings increasing as are the number that are filmed and made available to view on RSM videos (see more on page 10). These, together with the huge resources available from our Library electronically mean we can offer real benefit to members who find it difficult to attend our meetings.

Sections are also flourishing which in turn means the RSM is flourishing. Good performance has resulted in Sections building reserves for a rainy day and we now need to see how this resource can be best used to further the aims of the individual Sections and the wider RSM.

Over 3,500 people attended one of our public engagement lectures last year whilst the schools programme continues to expand. The President in his article outlines an exciting new partnership in this field.

The RSM Global Health Programme was significantly enhanced by a donation from the Bill and Melinda Gates Foundation to fund a Film Initiative developed by Dr Joseph Fitchett and colleagues (see page 8 for more about this including an autumn Film Festival).

The services offered by the Library continue to improve. The injection of an additional £800,000 last year to fund e-journals has gone a good way towards our ambition to digitise the Library and therefore improve access. Access has also been improved by parts of the Library now being open 24/7 and already being well used by students in particular!

We are looking forward to the next Innovations Summit in April, which will bring together an eclectic mix of innovators and a capacity audience who want to learn from their experiences. If you’ve not already booked your place at this free event I’d encourage you to do so.

The financial wellbeing of the RSM is to a large part underpinned by the services offered to external clients by our team under the 1 Wimpole Street brand. The performance of this commercial aspect of the RSM has seen significant improvement over the last year when our team were able to deliver high quality services without the impediment of scaffolding and various building companies outside the RSM!

So the story from this year’s Annual Meeting of Fellows was essentially a positive one but tinged with caution with regard to the need to ensure we can respond positively and in a timely fashion to the changes in the demographics of our membership and the ways in which they want to interact with the RSM. Perhaps we can change the perspective of the RSM from “something with a long history but a bit old fashioned” to “something with a long history which also has an exciting and relevant future.”

Ian Balmer
Chief Executive
The RSM’s public engagement programme extends our major charitable aim to improve patient care directly to the general public. An important constituent of the programme is the Medicine & Me series of meetings, which are specifically designed to bring together healthcare professionals and patients, their families, carers and advocates to discuss current management of a particular condition. The patient’s voice is given top priority and the aim is that each group can learn from the other.

Our first meeting of the year on Monday 27 October was organised with the charity Diabetes UK and the theme was Living with diabetic kidney disease. The feedback from well over a hundred delegates was extremely rewarding. I am very grateful to Richard Lane, President of Diabetes UK for his enthusiasm in helping set up this meeting.

Later in the year we will be working with Crohn’s and Colitis UK, Myeloma UK, the British Heart Foundation, the Macular Society and Asthma UK to run meetings focusing on specific aspects of these conditions.

We would be pleased to hear from members who are closely connected to the work of other medical charities and who would like to discuss the possibility of holding a Medicine & Me meeting. Email medandme@rsm.ac.uk.

The RSM remains deeply indebted to our generous anonymous donors who contribute significantly to the funding of these meetings. See page 4 for more on Medicine & Me.

So you want to be a doctor?
In early March we welcomed over three hundred year 11 and 12 students to the RSM for the first of our annual series of our So you want to be a doctor? meetings. In recent years as we have reached out to more and more schools and sixth form colleges, the number of young people coming to learn about a career in medicine and how to maximise their chances of getting a place at medical school has grown enormously.

Two further meetings will be held on Friday 24 April at Upton Hall School, Wirral and on Saturday 20 June at Eton College, Windsor. I would like to acknowledge the tremendous help the RSM receives from a very enthusiastic group of education professionals in staging our schools programme.

New hurdles to be negotiated during the medical school application process are the BMAT and UKAT examinations and we are delighted to welcome to our panel of speakers the national experts on tackling these rather cryptic tests, Dr Christopher Nordstrom and Dr Ricardo Tavares of the Medic Portal.

Last year, in order to extend our reach to all students considering medicine as a career, we developed a Medical Careers Advisory Conference for Heads of Science and Careers Officers. This year’s meeting will take place on Thursday 4 June at the RSM.

Lectures for young people
Following on from the highly entertaining RSM Christmas Lecture by the brilliant Dr Phil Hammond, the RSM’s Easter Lecture for young people was given by Olympic rower and Chief Medical Officer of the 2012 Olympic Games, Dr Richard Budgett. His title was Sport and exercise medicine at the Olympic Games – winning gold, staying healthy, staying clean. Both of these lectures can be viewed online at www.rsmvideos.com.

Trainee of the Year
For me, a personal highlight of the academic year is the finals of the RSM Wesleyan Young Trainee of the Year award which took place in November. We are extremely grateful to Wesleyan for their continued sponsorship of the award, which this year was won by ophthalmologist Miss Samantha de Silva who received a cheque for £3,000. I would also like give a special vote of thanks to our distinguished panel of judges. (See full report on page 4).

Book now
Our Flagship Lectures are increasingly popular – so much so that the Guy Whittle Auditorium barely accommodates the number of members and guests wishing to attend!

To reserve your places for the next two events (see opposite) book now at www.rsm.ac.uk/events
The Medicine & Me programme now has a dedicated area on the RSM website to help patients and carers obtain further information about upcoming talks and managing their condition.

Now in its 11th year, Medicine & Me was specifically designed to bring together patients, their families and carers and healthcare professionals to discuss current management and research issues of a particular condition so that each can learn from the other. The programme has grown significantly with more meetings organised each year. In the 2015/16 academic year the RSM will be celebrating the 50th event in the series.

To mark this milestone, there is now a dedicated area on the website where patients and carers can find out about upcoming meetings, watch videos from past talks for free covering topics from migraines and psoriasis to diabetes, stroke and cancer management.

There is also information about the partner organisations that have teamed up with the RSM to deliver the events.

The website aims to be a vital source for patients and carers. Consultants and GPs are encouraged to pass the website address www.rsm.ac.uk/medandme on to patients, families and carers, especially if they are dealing with any of the topics we will be covering in the future.

The Medicine & Me meetings are unique in the fact that patients and carers take centre stage. It is often gratifying to hear first-hand how they perceive their journey through diagnosis, management and outcome of a particular disease, and this new dedicated area will hopefully give patients and carers additional support with managing their condition.

Follow a fascinating evening of presentations during the finals in November, ophthalmologist Miss Samantha de Silva was named the RSM Wesleyan Young Trainee of the Year 2014 for her research into gene therapy to restore visual function in end-stage retinitis pigmentosa. Competing for this prestigious award among four other finalists representing the top prize winners at the Royal Society of Medicine in the last year, Miss de Silva said: “I feel very honoured to be selected. It was an enjoyable experience to get feedback on my research from judges so eminent in their field.” Miss de Silva received a cheque for £3,000 and an engraved trophy.

Dr Neil Ruparelia (RSM Cardiology Section) was awarded second place and in third place was Dr Brahman Dharmanarajah (RSM Venous Forum). The judges included Professor Jane Dacre, President, Royal College of Physicians, Professor Gillian Leng, Deputy Chief Executive, NICE, Professor Jeremy Farrar, Director, Wellcome Trust and Professor Parveen Kumar, a member of Wesleyan’s Dental and Medical Advisory Board and former President of the Royal Society of Medicine.

Mr Babulal Sethia, current RSM President and chairman of the judges, said: “The quality of the presentations was outstanding and we were impressed by the detail, basic science and the quality of the finalists’ discussions following their presentations. We look forward with excitement to seeing their work progress in future years.”

Bridget Richards, Head of Marketing at Wesleyan, commented: “Sponsoring the Trainee of the Year Award is a key part of our commitment to supporting medical professionals throughout their career, from university to retirement and beyond.

“It is important the next generation of doctors has an opportunity like this to share their ideas with senior colleagues and to receive feedback in return, and I am sure each of the finalists has a bright future ahead of them.”

Save the date for this year’s final

Make a note in your diary for this year’s Trainee of the Year final which will take place at the Royal Society of Medicine on the evening of Thursday 26 November with judges including Sir Bruce Keogh and Professor Karol Sikora.
What's on at the RSM

Upcoming events

Here is a selection of highlights from the RSM’s rich programme of forthcoming educational meetings. To find out more about these events and to view the full programme visit www.rsm.ac.uk/events.

10th Medical innovations summit
Saturday 18 April

Come and be inspired by the entrepreneurs and innovators presenting at the 10th RSM Medical Innovations Summit. The flourishing Medical Innovations programme at the RSM brings together doctors, dentists, academics, students, trainees, venture capitalists and many more in a real meeting of minds and the twice yearly Summits offer a day-long insight into some of the most exciting new ideas in health care development today. Places are free but spaces are limited so book as soon as possible.

National diabetic eye screening conference
Friday 24 April

This conference will bring together the whole diabetic eye screening community to discuss the changes and challenges faced by all working in this area. The National Programmes will provide key updates, evaluators from the RNIB will advise on health inequalities and there will be experts from every stage in the referral to treatment pathway. Simon O’Neill from Diabetes UK will provide the keynote speech.

Psychiatry and society:
Will neuroscience change understandings and practices?
Tuesday 12 May

This meeting will explore the impact, and potential impact, of evolving knowledge in genomics and neuroscience to understandings of ‘mental disorder’, the status of psychiatry in society, and the implications for mental health care. The aim is to promote a dialogue between psychiatrists and other mental health professionals, biomedical scientists, social scientists and interested members of the public concerning these developments.

Botulinum toxin and its applications - a day course
Tuesday 19 May

Doctors, dentists, nurses and pharmacists with an interest in cosmetic and aesthetic treatments as well as the clinical applications of botox will benefit from attending this course. Drawn from a team of medical professionals including plastic surgeons and GPs who specialise in cosmetic medicine, the tutors will offer a course with an emphasis on practical skills and one-on-one tuition, with short sharp lectures and plenty of opportunities for discussion throughout.

The past, present and future of pain control
Friday 29 May

Organised by the Pain Medicine Section in association with the RSM’s History of Medicine Society, the aim of this meeting is to explore how fundamental pain is to human life and how our approach to it has changed over the centuries. The history of pain management in laboratory animals will be discussed, together with the implications for the quality of science. There will also be an assessment of how the military has approached acute and chronic pain over the centuries.

Medicine & Me: Living with Crohn’s and colitis
Saturday 6 June

The Medicine & Me series of meetings aim to update us all on important conditions and gives direct voice to patients and their carers to air their concerns on the impact of diagnosis, investigation and management. The audience at this meeting will comprise those with Crohn’s disease and ulcerative colitis, their families, carers and advocates, clinicians and researchers.

RSM Prizes

There are over 80 RSM prizes open to students and trainees each year and 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

Anaesthesia
Trainees’ Essay Prize
Submission deadline: 8 May

Gastroenterology & Hepatology
Section Prize
Submission deadline: 17 April

General Practice with Primary Healthcare
CAIPE John Horder Award
Submission deadline: 1 May

John Fry Prize
Submission deadline: 3 June

Laryngology & Rhinology
Research Prize
Submission deadline: 17 April

Odontology
President’s Prize
Submission deadline: 15 April

Oncology
Sylvia Lawler Prize
Submission deadline: 20 April

Ophthalmology
Travelling Fellowship Bursary
Submission deadline 25 April

Telemedicine & eHealth
Prize for Innovation
Submission deadline: 30 April

Recent prize winners

Military Medicine
Colt Foundation Research Prize
Major Mike Stacey

Radiology
Finzi Prize
Dr Jonathan Rodrigues and Ms Laura Ward

Dermatology
Monthly trainee presentation
(January) Dr Carolina Fernandez

RSM Professionals
RCM ICG-6 Interventional
Cosmetics Poster Presentation
Dr Zainab Laftah with co-authors: Z Mirza, N Baksh, A Ujam, J Mackenzie, K Fan, SJ Bashir
The aim of the RSM’s Regional Programme is to expand the impact the Society has on the medical community outside London by linking to new medical audiences through universities, hospitals and other organisations.

In the last academic year the Regional Programme included meetings held in collaboration with Epilepsy Ireland, Dance UK, Public Health Wales and Bristol Robotics Laboratory. With excellent feedback from delegates and faculty alike, it is expected that many of these meetings will be repeated in the coming year.

The first meeting of the academic year pooled the RSM’s resources and knowledge with those of the Royal College of Surgeons of Edinburgh to bring together a programme that addressed surgical crises and ‘never events’. This was an excellent collaboration that resulted in an exciting meeting that brought together anaesthetists and surgeons to experience real insight into simple changes that can be used to radically reduce risks in surgery.

Another recent meeting, this time with the British Society of Head and Neck Imaging in Manchester, focused on the anatomy and imaging relevant to otology, rhinology and laryngology and combined lectures with smaller group interactive sessions. This looks to be a strong contender for a future repeat.

The Regional Programme also includes regular courses working with the BPP School of Medicine and London Aesthetic Medicine Services (LAMS). Both courses utilise the expertise of the RSM Catastrophes & Conflict Forum and the UK’s Faculty of Public Health.

Professor Ashton comments: “The choice of Ebola as the topic for our first meeting is indicative of the new Section Council’s ambitions for the Society. Our intention is to organise a series of public health sessions in conjunction with other Sections and outside agencies, which are topical and of wide interest to the general public and media as well as professionals.”

The day set out to cover Ebola in the round with contributions from authorities such as the Director of the London School of Hygiene & Tropical Medicine, Professor Peter Piot, and the Chairman of Public Health England, Professor David Heymann, who have both been involved in the story of Ebola since it was first identified in the mid-1970s.

The scene for the day was set with a video link from the WHO Director General, Dr Margaret Chan, who had the responsibility last year to declare Ebola as a global public health emergency.

The biological and epidemiological perspectives were complemented by anthropological insights from Professor Melissa Leach, Director of the Institute of Development Studies in Sussex and Dr Heidi Larson of the London School of Hygiene and Tropical Medicine.

The meeting continued with a comprehensive description of the public health and humanitarian response. A full meeting report can be found on the Epidemiology & Public Health Section pages at www.rsm.ac.uk/sections and there are videos of a selection of the lectures at www.rsmvideos.com.

The topic for the next Epidemiology & Public Health Section meeting, which will be taking place later in the year, will be tackling school sports injuries. Look out for details on the RSM website.

More to come

Future meetings include the new Autism over the lifespan to be held on Thursday 23 April in Exeter in collaboration with Research Autism. And on Wednesday 6 May in Liverpool we will be working with the MND Association to present Recent studies and the diagnosis of MND. We will also be hosting the Management of older patients meeting in Leeds on Wednesday 13 May.

Further on in the year we are working with policy makers at Public Health Wales to discuss the issues concerning immunisation and plans for the future to tackle the finances of the NHS and future of healthcare in the UK.

Online resources

With the further development of the RSM’s online services, such as videos and e-journals, delegates attending our meetings and finding out about the RSM for the first time have the opportunity to stay in touch and take advantage of the Society’s educational resources wherever they are living and working.

For more information about upcoming events visit www.rsm.ac.uk/events or call James Whitaker on 020 7290 2980.
To mark a new collaboration between The London Clinic and the RSM, both distinguished Marylebone-based medical institutions, the Rt Hon Earl Howe, Parliamentary Under Secretary of State for Quality, delivered the inaugural London Clinic lecture at the RSM on Tuesday 17 February.

Entitled **Structures and Culture**, the lecture focused on the ways in which the structure of provision in healthcare can influence culture and the quality of care. During his lecture, Earl Howe discussed recent work conducted on safety and the ways in which the leadership and culture of an organisation like the NHS can contribute to and enhance patient experience, and ultimately improve patient outcomes.

Professor Robin Williamson, Chairman of the Trustees at The London Clinic, gave an entertaining vote of thanks.

**New Honorary Fellow**

Before the lecture Nobel Prize winner Professor Sir John Sulston was awarded Honorary Fellowship of the RSM. Sir John, a biologist, was awarded the Nobel Prize for Physiology or Medicine in 2002 jointly with Sydney Brenner and Bob Horvitz, for the work they had done in understanding the development of the nematode (worm) *Caenorhabditis elegans*.

Sir John Sulston

The clinical reviews were outstanding, and enabled the audience to get a better appreciation of the types of different abnormal movements neurologists encounter. The talk on chorea included an update on a novel therapeutic trial where anti-sense mRNA will be used to “silence” aberrant huntingtin protein in patients with Huntington’s disease, illustrating the fact that the field is expanding therapeutically too, and is no longer the preserve of rare diagnostics and arcane classifications.

The meeting included quizzes and a debate (“This house believes that genetic testing should require written consent”) which generated enthusiastic audience participation.

Overall, this was a highly effective collaboration between the two Sections, well illustrating the cross-fertilisation that the RSM is almost uniquely able to facilitate between medical specialities.

The Medical Genetics Section is an ideal vehicle to help translate these advances to a wider medical audience, aiding the clinical interpretation of findings, but also placing these discoveries in fitting familial, social, ethical and legal contexts.

These aims were superbly met at a recent joint meeting organised in collaboration with the Clinical Neurosciences Section. The meeting was entitled *The genetics of movement disorders - shakes, wobbles and jerks: a genetics perspective*. A world-class faculty of speakers from London, Cambridge, Newcastle and Edinburgh contributed, covering areas as diverse as parkinsonism, chorea, dystonia and ataxia.

The Medical Genetics Section, who gave the citation for Sir John, said: “*C. elegans* was the first multicellular organism to have its whole genome sequenced. The publication of this work in 1998 was a major achievement.”

“The establishment of *C. elegans* as a model organism, studied by biologists all over the world, led to the need to understand more about its genetics.”

Sulston’s role in *C. elegans* sequencing projects showed that large scale mapping of the human genome was feasible and it provided a model for the Human Genome Project. In 1992 he became Director of the Wellcome Trust Sanger Centre, where one third of the task to sequence the human genome was completed in 2000.

As Dr Dorkins concluded his speech, he said: “In medical genetics and in medicine more broadly we and our patients owe John Sulston a great deal.”

### All about the Section of Medical Genetics

The RSM’s Section of Medical Genetics was established in 2002, with Professor Alan Emery as its first President. Although a relative newcomer to the Society, the Section has a wide reach, which it is hoped will have an ever-increasing influence on the RSM.

The pace of technological development in the field of genetics is astounding, and next-generation sequencing is delivering genomic data on our patients (and ourselves) at breakneck speed, at a fraction of the cost of previously available methods.

**Next meeting**

*Genomics in general medicine: welcome to the 21st century*

**Wednesday 17 June**

Book online at [www.rsm.ac.uk/events](http://www.rsm.ac.uk/events)
A busy start to the academic year for the RSM’s Global Health team began with assisting Save the Children International with urgent Ebola training sessions for health care personnel being deployed in the field. This was followed on 20 October with a quickly organised information session to mobilise West African diaspora groups in partnership with the Sierra Leone War Trust. Over 250 people attended to find out how they could contribute to the Ebola efforts. Speakers included representatives from Médecins Sans Frontières, Save the Children, King’s Sierra Leone Partnership and UK-Med.

October also marked the launch of the four-part training sessions on the documentation of evidence of torture in association with the Medact Preventing Torture initiative. Sessions cover topics including reading clinical images, taking adequate photographs of torture lesions and taking the fear out of giving evidence in court.

Antibiotics in farming

An eventful month ended with a seminar on the human health impact on the use of antibiotics in the farming industry in partnership with Medact and the Alliance to Save our Antibiotics. It is apparent that the health community needs to more actively scrutinise the development and implementation of appropriate antibiotic stewardship in the farming sector. Indeed there are already concerns that antibiotic-resistant E. coli from farm animals are contributing to the 5000 deaths a year from resistant bloodstream infections. The seminar resulted in the publication of a letter with a joint call to action in The Times on 14 November with signatories including B Sethia, RSM President.

Health in conflict

Another focus for the Global Health department is the state of health in conflict settings. In March an evening lecture was hosted titled, Syria’s health: assessing the last four years. The Syrian conflict has resulted in the internal displacement of over 7.5 million people with an additional 3 million refugees in front-line neighbouring states. Over 250,000 people have died as a result of armed conflict, with potentially over a million severely injured. At this event, experts from across the humanitarian sphere critically evaluated the health situation inside Syria, the region and the humanitarian response. We were fortunate to partner with the Public Health in Humanitarian Crises Group at the London School of Hygiene & Tropical Medicine which has been conducting vital research in this field.

Conference: global surgery

The annual Global Health conference this year will take place on 28 April 2015 with the title Global surgery, anaesthesia and obstetrics: Shifting paradigms and challenging generations. Organised in partnership with the Royal College of Surgeons of England, this conference will look at the role of the UK and other high income countries in delivering safe, affordable and equitable surgical care to all those who need it through multidisciplinary teams of surgeons, obstetricians, anaesthetists, nurses, emergency medicine clinicians, as well as perioperative, palliative and rehabilitation care teams. The conference will also focus on how can we prepare the next generations of surgical teams to engage in global health at the earliest points in their education. Book online at www.rsm.ac.uk/events.

The conference will conclude with the screening by the RSM Global Health Film initiative of Open Heart, a film following eight Rwandan children who receive high-risk-open-heart surgery in Africa’s only free-of-charge, state-of-the-art cardiac hospital, the Salam Center run by Emergency, an Italian NGO. This is a free screening and all are welcome to attend.

Global Health Film initiative (GHFi)

The Global Health Film initiative is a partnership between the Royal Society of Medicine, the Bill & Melinda Gates Foundation, and the London School of Hygiene & Tropical Medicine. The primary objective of the GHFi initiative is to use film as a catalyst for discussion and for change.

The new academic year started off with a screening of Cold Chain Mission, which follows Ewan McGregor on a mission to the ends of the earth to immunise some of the hardest-to-reach children in the world. Following the film screening, Dr Seth Berkley, CEO of the GAVI Alliance discussed the role of GAVI in increasing global access to vaccines.

Global Health Film initiative (GHFi)

To conclude the Catastrophes & Conflict Forum conference on climate change, conflict and instability, the GHFi showcased a short film titled Wind of Change which follows Kisilu, a Kenyan farmer and father of seven children and his family from the front line of climate change through the rainy season of 2011 when the rain never came. Julia Dahr, director of the film and Isobel Braithwaite, climate change and health advocate, joined the panel and discussed the role film can play in creating awareness and action for a more sustainable world.

With the emergence of the “Ice Bucket Challenge” and the role social media played in raising funds and awareness for Motor Neuron Disease (MND) the GHFi screened I am Breathing, a film charting the final months of MND patient Neil Platt. Knowing he only has a few months left to live, and while he still has the ability to speak, Neil puts together a letter and memory box for his baby son Oscar and communicates his experience and thoughts about life in a blog and in this film. The panel for the discussion following the film included Louise Oswald, widow of Neil Platt, Emma Davie, director of the film and Dr Martin R Turner from Oxford University, Nuffield Department of Clinical Neurosciences.
**Health professionals under fire**
The deliberate targeting of health professionals and health facilities in conflict is of grave concern for those working in the global health and humanitarian sector. On 26 February an evening of film focusing on this theme and following medics in Syria and Gaza was hosted by the GHFi.

**A&E in the War Zone**
followed surgeon David Nott to the front line in Syria where many hospitals have been destroyed and where medical teams work at great risk to themselves to save the lives and limbs of others. Scenes from *To Shoot an Elephant* showed the hazards faced by ambulance crews operating in Gaza and their bravery. Panel members included representatives from Médecins Sans Frontières, International Committee of the Red Cross and the UN Office for the Coordination of Humanitarian Affairs.

**Global Health Film Festival**
The first ever Global Health Film Festival will be taking place at the RSM on 30-31 October. Please save the dates in your diaries. Organised by the GHFi the festival will include feature films, panel discussions, short films, workshops and a networking drinks reception for filmmakers and global health advocates.

A Global Health Film Workshop will also bring together promising filmmakers, journalists, scientists, doctors, public health advocates, and those interested in film and in global health. The aim is to combine the skills and the language of filmmaking with the technical knowledge of epidemiology and critical appraisal. We hope that this innovative approach will bring together some exciting minds to better communicate the advances and challenges in global health to the public.

**Global surgery, anaesthesia and obstetrics: Shifting paradigms and challenging generations**

**Tuesday 28 April**
A one day conference that aims to challenge an audience of practitioners, students, retirees, and educators to reconsider how one can and should engage in global surgery.

**New space for members**

The Mezzanine Suite is now open and in regular use. A contemporary and adaptable group working space, the Mezzanine Suite has a 65-inch interactive touch screen PC and glass-boards suitable for meetings and collaborative projects. The Library has found the introduction of this open access study suite has been positively embraced by our members; indeed it aligns the traditional environment of the Library with modern requirements of studying and working. Please feel free to use this space which is also available for members to hire at competitive rates. For more information email library@rsm.ac.uk

**Improved e-resources**

Not only is the physical Library improving, but the e-resources are too. Key journals have been added to the Library’s A to Z of remotely available online literature.

Members now have full remote access to the electronic versions of *JAMA*, the *New England Journal of Medicine* and the *BMJ*. In addition, and complementing these, is the AMA’s full list of related publications, consisting of all the titles from *JAMA Dermatology* to *JAMA Surgery*, inclusive.

The BMJ Publications list is also available, including all 25 BMJ Publications titles, among them: *Annals of the Rheumatic Diseases; Archives of Disease in Childhood; Gut; Heart; Postgraduate Medical Journal*; and others. This completes the RSM Library’s collection of the major general medicine and science journals, with *The Lancet* and its titles, and also *Nature* and its titles, previously added.

**Basic IT training available**
The Library has introduced a new service for members who require basic IT training. The bookable session will be centred on training members in how to log into the website, use the e-resources and basic Microsoft Office use. To book please email library@rsm.ac.uk or telephone the Library on 070 290 2940.

**New out-of-hours service**
A new service to be launched shortly is a Library self-service kiosk which will allow members to loan and return textbooks during unstaffed hours.

**Stop Press!**
Following a successful trial at the end of 2014 the Library team has been awarded the document supply contract for the National Institute for Health and Care Excellence (NICE). Commenting on the professional and courteous service received from the Library team, NICE awarded the contract from 1 April 2015. The Library team will be providing reproduced articles from the RSM collection to support the work of NICE.
Learning online with RSM Videos

With study leave increasingly difficult to arrange, many RSM members turn to RSM Videos to learn online and earn CPD credits. Watching the videos from key lectures is part of your membership benefits package and you can watch these from your PC, laptop or Ipad as many times as you wish.

For those who would like to earn CPD credits and undertake reflective learning, an annual CPD subscription at just £95 provides you with free access to over 440 videos of key RSM lectures and the ability to earn CPD credits by watching these and demonstrating learning.

Each CPD module takes between 30 and 90 minutes to complete, including reflective notes, evaluation form and in some cases, an online questionnaire. All lectures have scored highly in delegate evaluations and are selected by the RSM Dean – our assurance of quality learning.

When viewing lectures online members are able to view speaker and slides concurrently and there are options to download or print credit certificates and record learning in their own dedicated CPD area on the website.

New videos are added weekly to the website, searchable by specialty and available 24/7 from home, work or on the move.

The annual fee provides ongoing unlimited access to the RSM Videos online CPD service with a 50% discount for RSM Members (normally £190 fee per year). To activate your annual RSM Videos CPD service call the RSM membership team on 020 7290 2991 or email membership@rsm.ac.uk.

Recent videos of the week

RSM Videos
A great way to watch key lectures and earn CPD online

Disorders of sexual development
Professor Sarah Creighton, Consultant Gynaecologist, University College Hospital London

We are what we eat
Vanya Gant, Consultant in Microbiology, University College Hospital

The place of radical cancer surgery in gynaecological malignancy
Ms Christina Fotopoulou, Consultant Gynaecological Oncologist, Queen Charlotte’s & Chelsea Hospital

Top 2015 videos viewed

1. The Christmas Lecture: Sucking out the fear from the NHS – and stuffing back the fun
2. Circadian body clocks: Genes, cells and circuits that set the tempo to our lives
3. An audience with Malala Yousafzai
4. Subarachnoid haemorrhage
5. Aptitude tests: Mastering the BMAT and the UKCAT
6. Future models of healthcare delivery: How should tomorrow’s givers of healthcare do things differently
7. The dizzy patient
8. Advances in neuroscience and challenges for clinical translation: ‘dementias’
9. Migraine and vision
10. The profession of medicine after Mid-Staffordshire

View the videos via the e-resources page at www.rsm.ac.uk.
What makes Wesleyan stand out from other financial services providers is the level of insight they have in their core customer groups, and particularly the medical profession.

Many of you will know Wesleyan from providing complimentary graduate photographs from medical schools, or their team of student liaison managers who work with the medical schools across the country.

Their insight is strengthened by the use of a Junior Advisory Board made up of eminent members from the medical profession. They share their knowledge and day-to-day experiences to help shape Wesleyan products and strategy.

At one of their recent meetings, they advised Wesleyan that once medical students graduate and progress, they are unfamiliar how to start planning their financial future, and just how important that is.

In this issue, Ian Biddle, a Financial Consultant with Wesleyan, provides you with his top tips for financial planning - from finding the right adviser - to managing debt or planning for your retirement.

**When is the best time to start planning your finances?**

“In my opinion, it’s never too early or too late to start thinking about your finances. Ideally, you should start when you’ve graduated - when you receive your first pay cheque - before other cost pressures come into play, such as paying for a wedding, buying a house or having children. It’s good to get ahead of the game and build a robust financial plan that can help you achieve future goals.”

**What should be your first priorities in terms of financial planning?**

“That really depends on your individual circumstances or situation. One of the key priorities to consider is ensuring that you manage any debts you may have, cost-effectively. I come across so many people who don’t read their contracts properly and don’t actually know what their sick pay arrangements are, and when many don’t have income protection in place, if they become ill and can’t work long-term, they might be putting their finances at risk.”

**With increasing university fees and living costs, many young doctors face large debts. What’s the best way get your finances back to a healthy state as quickly as possible?**

“If you are in that situation, my advice would be to work with a trusted financial adviser and develop an action plan. Advisers can also provide you with useful budgeting advice.

A top tip here is it’s important to put away some money for emergency purposes and to make sure that you have protection in place, in case an illness stops you from studying or working and you suddenly can’t cover your debts.”

**Many people think financial planning is difficult and put it off until it’s too late. How can you motivate yourself to save and plan ahead?**

“The key lies in visualising your career and life goals and then putting a robust plan in place to support these. Think about what is most important to you, where you see yourself living in the future, at what age you would ideally like to retire, and so on. This is where a financial adviser can really help you achieve clarity.

We help clients set short, medium and long-term financial goals in all of these areas, so saving for a house deposit, putting away funds for school fees or planning your retirement for example. Once you’ve set up your plan, it’s also important to monitor and review it regularly.”

**How do you find the best adviser for you?**

“Of course you can shop around on the internet where websites can help you find advisers in your area. However, there are so many advisers out there that it can be a good idea to ask friends and colleagues for recommendations.

You should make sure that you trust the company the adviser works for and check their financial credentials, before committing to any services. It’s also important that your adviser understands your profession and needs.”

The benefit of working with an adviser long-term is that it really gives you clarity on your situation and can help you avoid possible financial problems in the future.”

**What are your top tips to save money in everyday life?**

“It’s all about looking at ways to make your money go further. It’s a good idea to review your utility suppliers and mortgage provider on a regular basis for example, to make sure you’re getting the best value and not overpaying for some of your fixed costs.

Throughout the course of your life your priorities may shift and your needs may change, so you need to make sure your financial plan supports this.”

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

For more information about Wesleyan call 0800 980 232, email financialreview@wesleyan.co.uk using the code 47277 or visit the website at www.wesleyan.co.uk.

**WESLEYAN**

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The Royal Society of Medicine is an Introducer Appointed Representative of Hiscox Underwriting Ltd which is authorised and regulated by the Financial Conduct Authority.
For UK residents only. 14345 03/15
Free legal helpline

Last year, the RSM launched a host of new member benefits to save you time and money. A year on and one of the most popular benefits enjoyed by RSM members is access to the free legal helpline.

Most of us will need to seek legal advice at some time in our lives and the law can be complicated so it is important to get the best advice you can. Provided by Purple Legal, this free service allows you to gain advice on any legal matter at any time - not just at times of conflict or distress. So whether your issue is of a personal nature - such as a motoring offence, probate or personal injury - or business related such as a property transaction or a business dispute - then speak to a lawyer at Purple Legal, free of charge.

To discuss your legal issues with a specialist simply call 0845 900 3586 – a dedicated line for RSM members. A team of qualified lawyers are on hand to discuss your issues and will not only answer your query, but if any legal work is required, can carry out that work at discounted rates.

Member benefits

New benefit – 12% off Spafinder Wellness 365 Gift Vouchers

Due to the continued popularity amongst RSM members of the day membership of the nearby Langham Hotel’s Chuan Spa for just £20 per person, the RSM has introduced a new member benefit which provides you with a 12% discount on Spafinder Wellness 365 Gift Vouchers.

These vouchers can be used at over 850 luxurious locations across the UK including Champneys, Whittlebury Hall, Marriott Spas and Rookery Hall – so you are sure to find the perfect place for a relaxing next massage, facial of spa break.

Vouchers can be purchased as an e-ticket or as a gift card – ideal for a special present. To find out more about this offer, and all other RSM member benefits, just login to www.rsm.ac.uk.

AUSTIN REED CORPORATE

Austin Reed – benefits in-store and online

Benefits for RSM members

RSM members can enjoy the following benefits at Austin Reed stores and online:
- 20% off full price items
- 10% off sale and promotional items

Austin Reed has a proud

Update

Menswear

The Austin Reed menswear SS15 collection has been reinvented this season. Workwear is now modern, feminine, smart and fashionable, making a perfect addition to any woman’s working wardrobe.

Womenswear

The Austin Reed womenswear SS15 styles are cut to flatter and are crafted in the finest British and Italian clothes, with a fresh palette of navy, charcoals and neutrals.

Hirewear

Austin Reed provides a premium men’s formal hire service, which is perfect for weddings, black tie to white tie events and any formal hire wear needs. Offering contemporary slim fit suits to traditional tailoring, the collection will ensure you feel your absolute best.

New website

Austin Reed is set to unveil a new website to offer a customer experience which is more functional, interactive and informative. There will be product bundle options to ease the process of selecting a suit or outfit, the website will allow you to contact the customer support team through a simple click and more delivery options will be available should you want to nominate a day for delivery. As an alternative, you can use the free click and collect service if you prefer to collect your order from one of the stores.

For your exclusive RSM offer code for Austin Reed log into www.rsm.ac.uk and visit the lifestyle benefits page.
Wexas: a trusted travel partner

Since 2008, when Wexas Travel and the RSM formed a partnership, over 3,500 RSM members have taken advantage of this award-winning travel service. RSM members have free access to a personal travel service which has been specially negotiated by the RSM. Read on to find out why so many of RSM members have signed up to receive exclusive travel offers from Wexas.

Expert advice & personal service

It’s hard to overstate the value of talking to an expert when it comes to planning a holiday. The Wexas specialists have travelled extensively in the regions they specialise in and have often lived or worked there. Whether you have an idea for a holiday or are just looking for some general guidance, you’ll be able to talk directly to a specialist in that region, and drawing on years of first-hand experience, they will be happy to answer your questions and to offer expert advice.

Wexas specialists pride themselves on their level of personal service and will do more than just organise your holiday. Instead they’ll take time to get to know you as a traveller so they can make informed suggestions as you work together to plan a holiday you’ll love.

Travel offers & exclusives

With more than 40 years worth of industry contacts Wexas are able to negotiate great value offers and member exclusives on flights, hotels, cruises, tours and more. All the latest offers can be found at www.wexas.com, while the pick of the bunch are included in the Wexas weekly e-newsletters. Right now RSM members can enjoy a European short break from £460, relax on a Caribbean beach from £1,139 or travel in style and luxury on a great railway journey from £2,495.

Free UK airport VIP lounge access

One of the most popular benefits of booking with Wexas is the use of their exclusive airport VIP lounge programme. They provide you and your party with free lounge access at participating UK airports whenever you book a long-haul flight with at least two nights accommodation, or a short-haul flight with at least seven nights accommodation through Wexas.

Request a brochure

To help put you in the travelling mood, why not request a Wexas Top 50 brochure? All of the journeys in the exciting new Top 50 brochures come highly recommended by Wexas clients and destination specialists. Together they form 100 of the most loved, talked about and longed for holidays in the world.

To take advantage of this member benefit, register for your free Wexas membership by visiting wexas.com/rsm or calling 020 7838 5820.

MCCC cricket offer

Following the success of the RSM’s partnership with Middlesex County Cricket Club last year, members are once again offered the opportunity to join this historic first-class county club – at less than half price in 2015.

The normal annual cost of joining Middlesex as a full member in 2015 is £260. However RSM members will pay only £100. If you live further than 50 miles flies from Lord’s then you’ll qualify for country membership, available at just £80 to RSM members, reduced from the normal rate of £173.

The benefits of joining Middlesex are many:

• Watch Middlesex’s entire 2015 season for free from the historic surroundings of the most hallowed building in world cricket, the Lord’s Pavilion and the Lord’s Long Room
• Get free entry to all Middlesex matches across all three domestic formats
• Get priority access to purchase tickets for all international matches at Lord’s Cricket Ground in the following season.

For just £100, or even less as a country member, become a member of Middlesex County Cricket Club now, and you can enjoy a summer of cricket in 2015 at the spiritual home of the game.

To take advantage of this fantastic offer to join Middlesex CCC at the special RSM introductory rates, simply go to www.middlesexcccshop.com/rsm/ or call the Middlesex County Cricket Club office at Lord’s on 0207 289 1300 and mention you are an RSM member.
The 2016 annual RSM Medicine and Society tour will be taking place in Sri Lanka; an island crammed with mystical ruins, jungles, gleaming white beaches, national parks and mouth-watering cuisine. The tour will be running from the 17 - 30 January.

A History of Medicine Tour in Turkey and the Greek Islands
24 May – 6 June 2015
Explore the history of medicine in a part of the world unparalleled for the concentration of important medical historical sites, amidst some of the richest culture and history in the world. Travel with leading medical historian and clinician, Professor John Pearn, on a journey that encompasses thousands of years of medical history, including Florence Nightingale, the Gallipoli beach hospitals, Hippocrates, Galen and the Knights of St John. The tour includes a full cultural itinerary as you travel from Istanbul to the beaches of Gallipoli and onto Pergamum, Ephesus, Kos and Rhodes.

Exclusive offer for RSM members: 50% discount on the single supplement or free dinner for two in Rhodes, including wine.

In the Footsteps of Wallace in the Malay Archipelago
8-25 September 2015
This unique tour follows in the footsteps of Alfred Russel Wallace, one of the greatest intellectuals of the nineteenth century. Relive his theory of natural selection through visiting the fascinating cultures and spectacular landscapes of Singapore, Malaysia and Indonesia.

On this tour led by naturalists George and Jan Beccaloni you will experience the world-class array of wildlife this remarkable region has to offer through visits to magnificent rainforests, national parks and stunning islands.

Ecuador and the Galapagos Islands – Darwin and the Origin of Species
14 – 27 November 2015
Explore the enormous range of landscapes and bio-diversity in this tour of Ecuador and the Galapagos Islands. Travel into the Andes, along the Avenue of the Volcanoes, to the thermal springs and the Inca market town of Otavalo. When in the Galapagos, cruise in a private first class yacht and visit a good cross section of islands to experience the islands’ great natural variety.

Led by natural history experts Bill and Helen Bynum this tour looks at both the historical and contemporary sides of Ecuadorian life and traces the story and footsteps of Darwin.

Exclusive offer for RSM members: Free single supplement (excl. Galapagos Islands) or an additional free night’s accommodation in Quito at the end of the tour.
As always, the RSM’s Club has plenty to offer members visiting us in 2015. Burns Night was hugely popular at the start of the year as were our special menus for St Patrick’s and St David’s Days. The RSM Club recently began inviting members to submit their favourite dish - starter, main or dessert - to appear as a “special” in the July and August Members’ menu.

Restaurant menus. If you have a dish you would like to see featured, do ask a member of staff for a suggestion card!

Fine wine dinner
The second RSM Fine Wine Dinner of the year will be held on 11 June. Featuring exciting wines from the New World that will be expertly matched with a five-course meal, the evening will include a talk by Neil McKenzie of Ellis of Richmond. For further information or to book email fwevents@rsm.ac.uk or call Lucy Wade on 020 7290 2951.

Marking the Rugby World Cup
In the autumn, to celebrate the Rugby World Cup reaching British shores, the Members’ Restaurant will be featuring a national dish each week of England’s next opponent. With England’s first round fixtures including Fiji, Wales, Australia and Uruguay there will be some interesting and delicious choices on offer!

Chandos House Open Day
In February Chandos House welcomed over 150 guests to a series of Corporate and Wedding Open Days. Feedback from visitors about this second home of the RSM was overwhelmingly positive.

Members who directly organise or work for an organisation that holds events may wish to consider hiring one of the RSM’s two venues. The venues offer exceptional meeting and event facilities and members are entitled to a 10% discount on room hire. For further information please call 020 7290 2951.

20% off Spring hotel bookings
Members visiting London during one of the Spring bank holiday weekends may wish to take advantage of reduced rates at both Domus Medica and Chandos House. With 20% off, this offer is an excellent opportunity to stay in the heart of the West End for a short spring holiday at extremely competitive rates. Please use the promo code ES15 when booking either Domus Medica or Chandos House online for these holiday weekends:

- **Easter:**
  - Thursday 2 - Monday 6 April
- **Early May Bank Holiday:**
  - Saturday 2 - Monday 4 May
- **Spring Bank Holiday:**
  - Saturday 23 - Monday 25 May

Summer hotel offers
Throughout August we will be offering reduced rates for stays of two or more nights in both Domus Medica and Chandos House. Members planning to stay in the Capital over the summer holidays may wish to take advantage of this fantastic offer.

During August Domus Medica will be charging weekend rates only, providing a saving of up to 30% on weekday rates. Alternatively Chandos House will offer a 20% discount on published room rates. Please use the promo code AUG15 when booking either Domus Medica or Chandos House online at www.rsm.ac.uk to receive this discount.

Win a pair of tickets to Garsington Opera at Wormsley
This summer Garsington Opera is partnering with the Royal Society of Medicine to provide a training session on vocal health for its young singers. In return members of the RSM have been able to take advantage of Garsington’s complimentary priority booking for the 2015 Season which is now almost sold out. While very few tickets remain, there is a last chance for RSM members to win tickets to a new production of *Intermezzo*, Richard Strauss’ vividly autobiographical and rarely performed opera.

Prize draw details
Two tickets are offered for Tuesday 7 July 2015 and patrons are invited to arrive from 3.30pm to enjoy the grounds. Suggested dress code is black tie. Tickets are non-transferable and non-refundable. To enter visit www.garsingtonopera.org/rsm-ticket-competition/

The prize draw closes on Friday 17 April 2015, with the draw taking place on Monday 20 April 2015. The winner will be notified before Friday 24 April 2015.

Century Club of Syracuse USA – new reciprocal club
The RSM has added the Century Club of Syracuse to the list of reciprocal clubs open to RSM members. Founded in 1876 and considered one of the finest dining clubs in New York State, the Club has a main dining room, terrace and private dining rooms. There are also small meeting rooms with Wi-Fi throughout.

Their restaurant is open for breakfast Monday to Friday and lunch and dinner is available Monday to Saturday.

A letter of introduction is required for RSM members wishing to use the Central Club of Syracuse. For more information contact membership@rsm.ac.uk.