

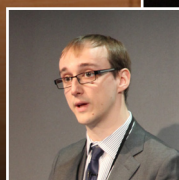


The ROYAL  
SOCIETY of  
MEDICINE

AUTUMN / WINTER  
2018/19

# RSM ENGAGE

*The magazine for members of the Royal Society of Medicine*



**10 YEARS OF MEDICAL  
INNOVATION AT THE RSM**

**250 INNOVATIONS PRESENTED**

**OVER 8,000 REGISTERED  
DELEGATES**

**NEXT SUMMIT: 6 APRIL 2019**

Medical Innovations  
**SUMMIT 2018**





# INTRODUCING WEXAS TRAVEL

At Wexas Travel, we specialise in luxury tailor-made holidays to destinations worldwide.

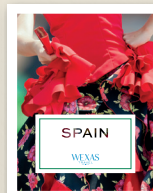
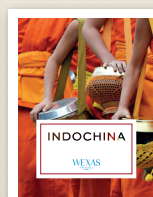
RSM members are entitled to FREE membership of Wexas Travel.

## WEXAS MEMBERSHIP BENEFITS INCLUDE:

- Free UK airport VIP lounge access on qualifying Wexas holidays
- Personal one-to-one advice and booking service from well-travelled destination specialists
- Specially negotiated travel offers and members-only exclusives
- Comprehensive financial assurances and protection

## OUR RANGE OF HOLIDAY BROCHURES

Our personalised approach to holidays even extends to our range of brochures. Simply visit [wexas.com/RSM](http://wexas.com/RSM) to register and select up to six destinations of your choice; there's everything from American road trips to Big Five safaris and adventures under the Northern Lights.



To discuss your travel plans with a Wexas specialist, register for **FREE** membership by visiting [wexas.com/RSM](http://wexas.com/RSM) or calling **020 7664 2271**.



## CONTENTS

### Society News

Page 4

### Notes from the Dean

Page 8

### Events

Page 10

### Interview: new RSM

Director of Learning

Page 12

### Public Events

Page 16

### Prizes

Page 17

### Spotlight on JRSM

Page 19

### AV Upgrades

Page 20

### Library Exhibition

Page 21

### 30 Years of THET

Page 22

### Member Benefits

Page 24

### Club News


Page 26

### South Africa Study Tour

Page 27


#### Acting Chief Executive:

Nigel Collett  
ceo@rsm.ac.uk

 @ceorsm


#### President:

Prof Sir Simon Wessely  
president@rsm.ac.uk

 @WesselyS

#### Dean:

Fiona Moss  
fiona.moss@rsm.ac.uk

 @rsm\_dean

#### Engage Editorial:

Janice Liverseidge  
marketingdirector@rsm.ac.uk

 @liverseidge

Rosalind Dewar  
media@rsm.ac.uk

#### Design:

James Nicholls  
james.nicholls@rsm.ac.uk

#### Library Enquiries:

020 7290 2940

#### Membership & Event Enquiries:

020 7290 3941

#### Venue Enquiries:

020 7290 2951

#### Restaurant Reservations:

020 7290 2957

#### Accommodation Reservations:

020 7290 2960

www.rsm.ac.uk

 @roysocmed

# 12

MEET BRIDGET  
GILDEA  
THE RSM'S NEW  
DIRECTOR OF  
LEARNING



# 04

SOCIETY  
NEWS



# 10

EVENTS



# 22

30 YEARS  
OF THET



# 26

CLUB  
NEWS

3

RSM  
ENGAGE



# SOCIETY

4

RSM  
ENGAGE

## WELCOME TO OUR NEW DIRECTOR OF LEARNING

**A**ll at the RSM welcome Bridget Gildea as the Society's first Director of Learning. Ms Gildea joins the RSM from Harvard Kennedy School (HKS), where she spent four years as Director, Strategic Market and Programme Development in Executive Education.

Former chair of the cross-Harvard Professional Education Programme Development Affinity Group, Ms Gildea has worked with both the Harvard T. H. Chan School of Public Health and the Harvard Medical School to promote innovation in online modules, digital outreach and learning tools, including blended learning and team-based curricula. She also created the first-ever HKS executive programme for sitting Parliamentarians with the Robert Bosch Stiftung-sponsored programme for the German Bundestag, and the world's first programme focused on corruption control

and behavioural insights with the US MacArthur Foundation.

Ms Gildea previously led a higher education policy portfolio as Chief of Staff at the British Consulate General in Boston for the Foreign & Commonwealth Office. She holds an MA in English from Trinity College, University of Cambridge.

Dr Fiona Moss, Dean, Royal Society of Medicine, said: "I am looking forward enormously to working with Bridget who brings a wealth of experience in creating and delivering stimulating and effective educational programmes. This is an exciting time for RSM Learning, as we seek to modernise the content, delivery and scope of our continual and professional development. Bridget will play a significant role in helping us power our ambitions."

Full interview on page 12.



## MEET THE RSM HEADS OF DEPARTMENTS

**W**ith the RSM education and library teams joining together under the leadership of Bridget Gildea, the new Director of Learning, and internal re-structuring of the various support teams at the RSM, several appointments have been made in recent months. Here is an introduction to the RSM Heads of Departments.



**Rebecca Casey**  
Head of Content



**Debbie Parkinson**  
Head of Events

### Head of Library and Information Services

The RSM is currently recruiting for this role and an announcement will be made in due course.



**Gavin Berkerey**  
Head of Marketing



**Sue Haydon**  
Head of HR



**Felicity Nath**  
Head of Finance



**Karen Kay**  
Head of Events, Sales and Marketing RSM Support Services



**Leo Rey**  
Head of Conferencing and Events RSM Support Services



# NEWS

## RSM AMBASSADORS

**P**rofessor Alan Roberts, former Vice President and Chairman of the Academic Board of the Royal Society of Medicine, has been awarded the RSM Medal in recognition of his significant contribution to the work of the Society. He is pictured here receiving his medal from RSM President, Professor Sir Simon Wessely.

The RSM trustees are honoured that

Professor Roberts has agreed to continue his association with the Society in the influential new role of RSM Ambassador. Mr Babulal Sethia, former RSM President, has also been appointed RSM Ambassador and together with Professor Roberts will be representing the Society externally when meeting with clinicians, trainees and other healthcare professionals, groups and associations.



## COMING SOON: NEW LOOK FOR THE RSM'S WEBSITE

**T**he RSM's website project team has been busy over the last nine months developing a new site for members and delegates.

Together with Felinesoft, the Society's digital agency, the project team has been working collectively with internal departments, members and customers to learn about likes, dislikes and pain points with the current website, and establish what improvements need to be made.

As the RSM grows – and as the digital world evolves – the website will need to give members and delegates the best experience online, providing a fast, familiar and streamlined experience.

Currently in the midst of development, there are a few more months to go before the new site launches. When it does, things to expect include:

- A streamlined registration and booking process
- A beautiful new design that works across mobiles, desktops and tablets
- Simple navigation to make information easier to find
- Updated typography to make reading clearer and impactful
- Ability to choose which topics you wish to receive information about

More details will be announced later in the year.

## CONSULTATION ON CHARTER AND BY- LAWS

**A** consultation is currently underway among RSM Fellows following the review and re-drafting of the Society's Charter and By-Laws. The updated documents can be viewed online at <https://www.rsm.ac.uk/media/5347747/charter-and-bylaws-for-consultation-september-2018.pdf>

The RSM Council has recommended that the changes are made to allow the Society to move forward as a major provider of medical education in the future. Members wishing to comment on the proposed changes should email [consultation@rsm.ac.uk](mailto:consultation@rsm.ac.uk) by 19 October, the closing date of the consultation.

All comments will be considered at the RSM Council meeting on 30 October and an Extraordinary Meeting of Fellows will be held in due course to approve the documents prior to submission to the Privy Council.

## 2018/19 DIARY OF EVENTS

**T**he 2018/19 Diary of Events, which includes details of educational meetings and lectures for the new academic year, is now available. Do pick up a copy when next visiting the RSM.

Alternatively you can call 020 7290 2991 or email [membership@rsm.ac.uk](mailto:membership@rsm.ac.uk) to request a copy in the post.

The diary is also available to download from the RSM website [www.rsm.ac.uk](http://www.rsm.ac.uk)

The Royal Society of Medicine

# DIARY OF EVENTS 2018/19

**350+**  
meetings

**100+**  
prizes and  
awards

**50+**  
specialties and  
areas of interest

**1,600**  
CPD credits  
awarded a year



# SOCIETY

6

RSM  
ENGAGE

## FAREWELL

### Goodbye Paul Summerfield...

After sixteen years of successful fundraising for the Royal Society of Medicine, Development Director Paul Summerfield, has recently left the Society to join The Royal United Services Institute.

Paul has raised millions of pounds in his time at the RSM and contributed substantially to the success of the Society over the years and to the resourcing of the medical education programme and facilities.

Sir Simon Wessely, RSM President said: "Paul Summerfield has been simply brilliant throughout his many years at the RSM. He knows everyone and everything, and both behind the scenes and up front has worked tirelessly for the organisation.

"We are so sad to see him go, and wish him every success at RUSI. However, I am delighted that Paul will not be disappearing completely and will be staying with us to continue his work on the successful and much admired Medical Innovations Programme."

## NEW PODCAST INITIATIVE FROM THE RSM

RSM Podcasts are a new pilot initiative that have been launched during Summer 2018 and the person behind these has been Kaji Sritharan, RSM Associate Dean.

Kaji has overseen the production of three series, namely RSM Health Matters, RSM NHS@70 and RSM Medicine Unwrapped featuring a host of eminent medical experts and commentators.

In the very first episode, Kaji interviewed RSM President Professor Sir Simon Wessely and Professor Clare Gerada, GP and a former chair of the Royal College of General Practitioners, to discuss the increasing use of antidepressants, factors influencing antibiotic prescribing and antimicrobial resistance, and the gender pay gap in medicine.

Visit <https://videos.rsm.ac.uk/> to access the podcasts which are also available via the usual platforms, including iTunes.

## RSM VALUES HR AWARD NOMINATION

**C**ongratulations go to the HR team at the RSM on reaching the final stage of the prestigious *CIPD People Management Awards 2018*. Organised each year by the Chartered Institute of Personnel and Development, the awards reward and celebrate outstanding achievement in people management and development.

Two projects led to the team's inclusion in the shortlist for the 'Best SME people management initiative' award category. The first, a project led by Sue Haydon, head of HR at the RSM, resulted in the development of a set of memorable, common values for the organisation and the second was the launch of a staff recognition scheme. Both initiatives have played a key role in establishing the RSM as a good place to work, with engrained work behaviours that help the Society achieve positive results in all areas of its work.

The results which will be announced on 25 September will be posted on the RSM website after the ceremony.

## LUIS FERNANDEZ CELEBRATES 40 YEARS AT THE RSM

**A**n institution in his own right, Luis Fernandez, RSM front-desk man and formerly of the post and print rooms, recently celebrated 40 years of working at 1 Wimpole



Street. As friends and colleagues gathered to acknowledge Luis's achievements for the Society, the wine flowed, a cake was cut and highlights of his time at the RSM were shared, most recently an encounter with HRH The Duke of Cambridge, who stopped to shake hands on his way out of the RSM after being admitted as an RSM Honorary Fellow earlier this year.

Congratulating Luis, Nigel Collett, Acting RSM Chief Executive, said: "Luis is the very essence of the RSM – professional, warm-hearted, reliable and willing to do anything for anyone. We applaud his long service for the Society and wish him well for his future with us."





# NEWS

## NEW TRUSTEES

Following the recent RSM Council election, four new trustees will be joining Council at the beginning of the 2018/19 academic year:

- Dr Claire Bayntun
- Dr Elizabeth Haxby
- Dr Stephanie Kaye-Barrett
- Professor Linda Luxon

Mr Martin Bailey will continue as RSM Vice President for a further year,

demitting office in October 2019 and Reverend Hilary De Lyon will become an additional RSM Vice President for two years, effective from 1 October 2018.

Professor Nadey Hakim and Professor Roger Motson demit office on 30 September 2018. The RSM President, Council and Directors thank them for all their support and contributions to the Society during their term of office.

## CEREMONY OF REMEMBRANCE

On the evening of Wednesday 7 November 2018, the Royal Society of Medicine will hold a Remembrance Ceremony to honour the sacrifice made by doctors and clinical personnel, killed or injured whilst serving in regions of military conflict.

All RSM members are invited to attend the ceremony, which will commence promptly at 6pm. A drinks reception will follow the ceremony.

### Dress code

Serving officers and other ranks: Royal Navy and Royal Air Force – No 1 dress with medals, Army – No 2 dress with medals. Civilians: Lounge suit. Please note there are no changing facilities at the RSM.



## NEW RSM MEMBERSHIP RATES

The new membership rates for 2018/19 have been approved by RSM Council. The new rates will be included in renewal packs and are effective from 1 October.

New for this Academic year is a guaranteed 40% discount off all standard delegate meeting rates for all RSM members.

Also new is a joint membership package

to replace Club-only membership. Essentially, this means that partners will now enjoy enhanced benefits, including access to meetings and library resources at no extra cost.

**Please contact the RSM Customer Service Team with any queries on 020 7290 2991, or email [membership@rsm.ac.uk](mailto:membership@rsm.ac.uk)**

## NEW YEAR HONOURS

Congratulations go to the RSM members recognised for their achievements in the Queen's Birthday Honours list for 2018.

## KNIGHTHOODS

**Professor Christopher Ham** for services to health policy and management

**Professor David Haslam** for services to NHS leadership

## CBE

**Professor Robert Steele** for services to public health

## OBE

**Miss Ruth Lester** for services to children and young people with limb deformities

## MEDALLIST OF THE ORDER OF THE BRITISH EMPIRE

**Dr Nadine Hachach-Haram** for services to surgery and innovation

## RSM BOOK CLUB AND INSTAGRAM-COMING SOON

An RSM Instagram page is to launch soon featuring the new RSM Book Club. With a featured book of the month, the club will profile books recommended by members and staff, together with fiction and non-fiction books that have a strong healthcare reference. There will also be free book giveaways for RSM members!

**Follow us on Instagram @roysocmed and #RSMBookClub**

## SECTION NAME CHANGES

Following the merger of the Vascular Medicine Section and Venous Forum, the new name for the Section will be the Vascular Medicine & Lipids Section.

The Telemedicine & eHealth Section is now known as the Digital Health Section.





# INSIGHTS INTO LEARNING ENVIRONMENTS: GMC NATIONAL SURVEYS OF TRAINING POSTS

8

RSM  
ENGAGE

NOTES FROM THE DEAN

Since 2006/7 the GMC (initially the PMETB) has undertaken an annual survey of UK trainees to determine their views on their current training post. This survey has developed over time: questions have been honed and modernised and the views of trainers are a welcome addition. It reaches far into the NHS and is perhaps one of its most detailed, consistent surveys.

Training or learning environments are so much part of the NHS as a whole that the responses have immense relevance for the delivery of care, as well as for training. Response rates from doctors in training are well over 95% in each of the UK's four nations – as completion is considered a professional duty – and over 40% from trainers, and these results provide invaluable insights on just how the NHS works at a very local level.

At an RSM meeting organised by the RSM Trainee Section, Sir David Sloman, CEO of the Royal Free London group of hospitals, said just how important the GMC survey is to him and his organisation: results are triangulated with relevant information from other sources and, importantly, discussed and actioned at executive meetings.

The initial findings report for the 2018 survey is available now<sup>1</sup>, with a full report coming later this year. For the first time, this year's survey included questions to help understand the extent of burnout amongst doctors in training and their trainers. The results make tough reading: almost 25% of doctors in training and over 20% of their trainers say they experience work-related burnout. And, despite a reduction in working hours, about 20% of doctors in training and a similar number of trainers feel short of sleep when at work. Intensity of work, perhaps unsurprisingly, is also highlighted as a problem: 40% of trainees and even more trainers rated their intensity of work as heavy or very heavy. All of these findings are likely to have a negative impact on the learning environment.



Dr Fiona Moss, RSM Dean

Despite this, over 80% of doctors in training describe the quality of their experience as good or excellent. Most doctors also rate the quality of their training as good or excellent, although an increasing number of doctors in training – up from 7.56% in 2017 to 9.44% in 2018 – describe the quality of training as poor or very poor. Over half their trainers have time in their job plans designated for training, and although this is low, it is an improvement.

These headline findings are interesting and provide pause for thought. But there is so much more available beyond the

overall results. First, it is possible to drill down into the results for individual hospitals to results from different departments and recognise both areas of very good practice and places struggling to provide good quality training. Secondly, since the survey has been going for over a decade it is possible to see change over time. Thirdly, there are small but significant differences between the results of the UK's four countries. Why are fewer posts in Wales rated as poor or very poor for quality of training than in the other three countries?

The only point of surveys such as this is to be a tool for improvement. And the GMC sets out its own intentions to act. Firstly, the GMC will be writing to all employers to reinforce their obligation

**“Training or learning environments are so much part of the NHS as a whole”**



## “Over 80% of doctors in training describe the quality of their experience as good or excellent”

to protect time for training and if it is not happening the GMC will take action. Secondly, with the BMA, the Academy of Medical Royal Colleges, the CQC, and NHS Employers, the GMC has set up a working group to work collaboratively to improve the effectiveness of exception reporting. These are positive and welcome steps, particularly the collaboration between organisations that view the NHS through somewhat different perspectives.

However, the extraordinary insights provided by these results are likely to have a much greater impact on training and on patient care if they are seriously considered department by department by each individual organisation, and the changes needed for improvement

decided locally, just as David Sloman does at the Royal Free. Here is an opportunity for senior managers and clinicians to discuss through the lens of doctors in training and their trainers what is needed to improve both learning and working. A good place to start would perhaps be job plans? Acknowledgement throughout an organisation of the importance of learning as central to care delivery is one characteristic of a learning organisation.

It is obvious that in a stretched and stressed health care system there is no fairy wand that will take us back to the idylls of yesteryear, when clinical teams were “firms” and ward rounds, so often the focus for teaching, ended with tea in sister’s office – but when there was little formal assessment of either training or teaching. Now each hospital, department or training programme has the opportunity to look in detail at how their training posts have been assessed and scored by those who know most about them – their incumbents. The longevity and detail of this survey means that

## “The GMC survey offers an opportunity to put learning at the heart of the delivery of care”

there is nowhere to hide for departments who consistently score badly as learning environments. But instead there is the opportunity to look for similar departments who do well in the survey and ask for guidance.

The GMC survey offers an opportunity to put learning at the heart of the delivery of care and for each hospital or practice to work towards becoming a learning organisation. While the GMC survey focuses on the experience of doctors in training, the implications are much wider and perhaps could be taken as a marker for the learning aspirations

of the NHS as a whole. David Sloman is the NHS’s longest serving CEO; perhaps this has something to do with his concern about the quality of training throughout his organisation.

**Dr Fiona Moss**  
RSM Dean

1. [https://www.gmc-uk.org/-/media/documents/dc11391-nts-2018-initial-findings-report\\_pdf-75268532.pdf](https://www.gmc-uk.org/-/media/documents/dc11391-nts-2018-initial-findings-report_pdf-75268532.pdf)

# Listen to our new podcast series

Available on  
RSM Videos, iTunes, Audioboom,  
Stitcher and SoundCloud



The ROYAL  
SOCIETY of  
MEDICINE

# EVENTS PROGRAMME

**H**ere are some highlights from the RSM's programme of educational meetings and events taking place over the next few months. To find out more and to view the full programme visit: [www.rsm.ac.uk/events](http://www.rsm.ac.uk/events)

10

RSM  
ENGAGE

## **When things go wrong: Consent, manslaughter and (gross) negligence** *Friday 26 October*

This conference will explore what happens when things go wrong, in the medical world, and with patients, and the current, correct legal meaning, definitions, interpretation and consequences in the UK of consent, negligence vs. gross negligence, and manslaughter.



## **Chrono-nutrition: Circadian clocks, mealtimes and metabolic disorders**

*Monday 12 November*

This meeting will focus on the relationship between the human circadian system, physiological processes and nutrition and the impact of their integrative roles in the development of metabolic disorders.



## **The 32nd symposium: Cystic fibrosis in children and adults**

*Tuesday 20 November*

This annual event is for all members of the multidisciplinary team who care for adults or children with cystic fibrosis (CF). Topics under discussion will include new and emerging therapies, how best to diagnose respiratory infections in children, and the NICE CF guidelines.

## **UPRAS 2018**

*Saturday 24 November*

A teaching day introducing students and junior doctors to the key components of plastic, reconstructive and aesthetic surgery. Covering the majority of subspecialties, the day includes interactive lectures, tutorials and practical sessions.



## **Learning together: Engaging and involving patients and the public in medical education**

*Monday 26 November*

A range of diverse national and international speakers will set the context for this meeting and help to shape our thinking about how

best to introduce, implement and evaluate patient and public involvement in medical education. Sir Robert Francis will give the keynote address and present his thoughts on PPI using the Charlie Gard case.



## **8th Annual patient safety students and trainees day**

*Friday 30 November*

This meeting provides practical tips and advice for junior doctors working in a patient safety specialty. An emphasis on continued cross specialty learning and interactive workshops will be prominent during the event programme.

## **Digital mental health for children and young people**

*Monday 3 December*

This event will hear thought-leaders in children's mental health and front line innovators dealing with the issues caused by the use of digital technology, as well as the benefits generated from doing

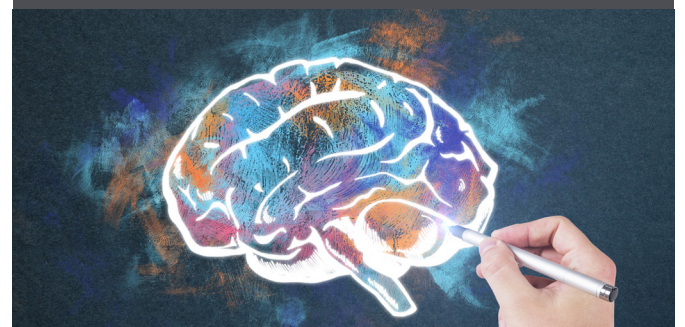
so. The latest government Green Paper will be examined, and delegates will hear how two specialist NHS Trusts are using digital techniques to improve the mental wellbeing of children and young people.



## **The brain series: The arts, creativity, and clinical science**

*Thursday 6 December*

This symposium will consider art, literature and music in relation to clinical science and clinical practice. Hear lectures on vision, science and art; psychodynamics and literature; and music, emotion and the brain.





## 2018 Squint Forum

Thursday 13 December

This annual update for orthoptists and ophthalmologists will focus on thyroid gland disorders in relation to eye position and movement, eye abnormalities and treatments associated with endocrine abnormalities.



## Sports injuries and sports orthopaedics

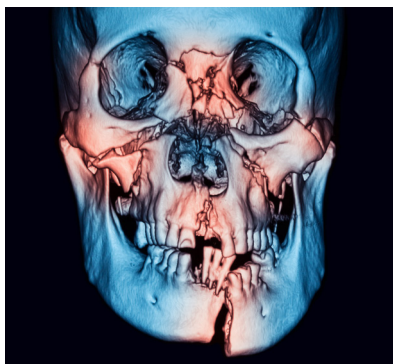
Tuesday 15 January and Wednesday 16 January

This meeting will give a comprehensive update on the current provision of orthopaedic care for sports injuries in the UK. Join a host of featured experts and key opinion leaders discussing innovation, progress and current practice within their sub-specialties.

## Craniofacial trauma - post traumatic correction

Wednesday 16 January

This meeting aims to improve understanding of post traumatic deformity, heighten the ability to critically evaluate results and discuss contemporary methods and techniques to help fine tune or 're-do' sub optimal outcomes, whatever the reason. Topics will include the nature of various deformities and effects on patients, clinical assessment, and techniques and procedures to improve deformity.



## Depression, body causes brain consequences

Tuesday 29 January

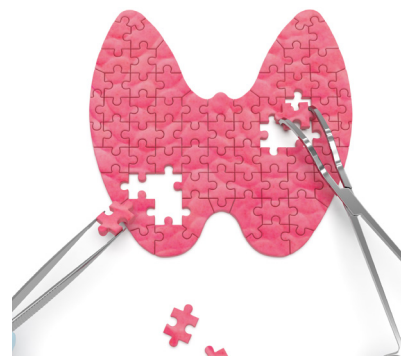
Can depression still be described as a simple disorder of the brain, or rather conceptualised as a series of behavioural and biological changes spanning mind, brain and body and affecting both psychological and physical health? World leaders in research will gather at this meeting to discuss ideas to understand this devastating disorder.



## Controversies in thyroid and salivary disease surgery

Friday 1 February

Debates on two important areas of current thyroid and salivary gland practice will take place at this meeting: the de-escalation of thyroid cancer management and minimally invasive surgery for parotid tumours. The audience will be asked for their views before and after the presentations.



## Advances in allergy, immunology and skin inflammation

Tuesday 12 February

This meeting will focus on what is new in allergic and immunological diseases, including an analysis of the European perspective on the treatment of mast cell disorders. The programme will be particularly beneficial for general physicians, GPs, students and trainees, as well as clinicians from dermatology, immunology and allergy.



## Biology of ageing

Wednesday 13 March

Older people now represent a significant segment of the population and are particularly vulnerable to a number of diseases. This meeting will provide health care professionals and the interested public with an understanding of the ageing process, the impact of ageing on health, and the presentation of diseases in this age group.





A large portrait of Bridget Gildea, a woman with short, curly brown hair and glasses, wearing a black blazer and a gold necklace. She is smiling slightly and looking towards the camera.

# MEET BRIDGET GILDEA

## Blazing the trail in the new role of Director of Learning at the RSM

***After nine years in the US, most recently at the Harvard Kennedy School and before that at the Foreign & Commonwealth Office in Boston, Bridget Gildea has returned to the UK as the RSM's new Director of Learning. Here she tells RSM Engage about her extensive experience in the field of professional education, what led her to the Society and what she is looking forward to most about working and living back in the UK.***

### **How did your career in professional education come about?**

When I left for the US nine years ago it was for the Foreign & Commonwealth Office where I worked extensively on

ministerial visits (including a visit from the current Secretary of State for Health and Social Care, Matt Hancock) and also with universities in New England on education policy. This involved partnering British contacts with Ivy League universities in the US and working extensively with the Harvard Kennedy School of Government (HKS), within Harvard University. Eventually I was asked if I'd like to apply for a role leading programme development in executive education for senior public officials around the world at the school.

Some of my core work at HKS in designing content and curricula to teach policy thinking and methodology was in behavioural insights and digital transformation in public policy. I was involved in creating the first ever professional education programme for sitting members of parliament – a crash course on what you need to know as a parliamentarian for 21 new members of Germany's Bundestag. I also

developed a programme on behavioural insights and corruption control in Nigeria sponsored by one of the US's largest charitable foundations, and one for the national school of government in Brazil focused on innovation and government.

My role involved working closely with Harvard faculty chairs (a role similar to that of Section Presidents at the RSM) to create educational programmes. This meant thinking about what should be in the programme both in terms of content and in terms of experiential, digital, and interactive learning, who should be in the room, creating a marketing strategy and public engagement strategy to make sure that we reached the right people, and then creating policy context to maximise our programmes' impact in the world.

Key to this was building extensive networks of people, all experts in their field, who could provide specialist knowledge to help us create innovative, stimulating learning content. I saw how powerful it can be to have a space to convene in this way. It creates other kinds of connections too where ideas can flourish.

### **What led you back to the UK and specifically to the RSM?**

I've always intended to come back to the UK and as soon as I read the job description for RSM Director of Learning





I was hooked. Anyone who has spent time living in the US will never hear any criticism of the NHS and that is certainly true for me, especially coming out of the realm of public policy.

The work the RSM does touches every aspect of society and this is a role full of potential. Having the resources of both the Sections and the Library, especially when considered together, presents so many opportunities in the sphere of professional development. Bringing my thoughts and experience to bear on medical education is going to be extremely exciting and I'm looking forward to learning from the RSM's world leading faculty.

Learning from doctors about how doctors learn is going to be fascinating. While it's similar in some ways to public policy and government it will also be very, very different.

**While you were at HKS you worked with both the Harvard T H Chan School of Public Health and the Harvard Medical School. Could you tell us about this work?**

Harvard has a multiplicity of professional schools, from education to government and from medicine to public health. There are a number of cross-university working groups and committees, including the group I chaired on programme development. As well as developing ideas for learning programmes, we also worked at transcending barriers and silos to share best practice and to understand how the curricular tools that we were

**"The RSM has always led on cross-cutting, multidisciplinary professional education and this will continue as a major plank of the education strategy"**

all innovating and piloting in our own functionality could be brought to bear in other areas. It was very interesting to hear colleagues who were involved with the medical school and school of public

health describe what could be aligned and what had to be differentiated.

What I learned in chairing that committee is that the process of learning as adults in a professional or continuing context remains very similar across the board and that all these things are more similar than they are different. I also came to understand that while professional education is for specialist core competencies, there

has to be a balance between curricular ideas that can be universally very powerful and the specialist requirements of the different professions.

**You join the RSM in the new role of Director of Learning. What will your approach be in working to develop and deliver the RSM Education Strategy? Will some key themes be emerging?**

I'm only a week or so into my new role so it's a bit early to say definitively what the themes or plan will be right now. However, what I do know is that the

very best professional education involves continuously learning new ways of working and new ways of disseminating information. From that perspective bringing together the education and library teams at the RSM could be very powerful. We also benefit from really fantastic teams in both, so I'm hugely looking forward to learning from the group of talented and creative colleagues across the board.

The RSM has always led on cross-cutting, multidisciplinary professional education and this will continue as a major plank of the education strategy. I'm looking forward to creating opportunities for vibrant discussions among the Society's teams, volunteers and wider communities. Their expertise and differing views and experience should make for interesting and inspiring programmes moving forward.

**What are you looking forward to most about living and working back in the UK?**

I missed London for a long time when I was living in the States so at the moment I'm enjoying every kind of day-to-day experience of living here, even using the London Underground! One of the things I'm looking forward to most is getting back into London's theatre scene which simply can't be replicated, wherever you live in the world.

**"Having the resources of both the Sections and the Library, especially when considered together, presents so many opportunities in the sphere of professional development"**



**S**ocial deprivation and its impact on children and young people was the focus for two major meetings taking place at the RSM recently. The events provided a platform for shared learning for healthcare professionals dealing with the fall-out from some serious societal problems.

# DEALING WITH THE SPIRALLING INCIDENCE OF KNIFE CRIME

14

RSM  
ENGAGE

EDUCATION

The number of people, mainly young men, to have been fatally stabbed in London since the start of 2018 has already reached 100. The overall number of knife offences in the capital rose by more than 20 per cent last year to 14,680. Knife crime against young victims across England and Wales has surged by 69 per cent over the last four years.

In July a specially convened RSM meeting gathered together a panel of high profile speakers to explore the issues surrounding this epidemic of high harm violence. As well as talks focusing on causation and prevention, a series of presentations from leading trauma surgeons described dealing with the casualties.

With contributions from Alexa Bradley, Office for National Statistics, and former Conservative Minister and candidate for London Mayor, Mr Steve Norris, the conference heard that London's population has recently seen a dramatic increase in younger people, many of whom are socially deprived and easily recruited into gangs. Caused by higher birth rates and migration, this increase in young men can often lead to an increase in crime generally and an increase in

violence in particular.

Politicians and youth workers have accused the government of failing to act on the rise in stabbings, and warned of the disastrous effect that cuts to police and youth services were having on young people.

Unfortunately, the number of these crimes that has led to criminal charges has plummeted, with the proportion of perpetrators who faced charges falling from more than one in three (35 per cent) to just 15 per cent, raising questions about why the growing number of crimes are going unsolved, despite the rise in young people getting caught up in knife violence.

At the meeting the consensus was that police should increase the use of stop-and-search to tackle soaring knife crime and violence in London. Delegates heard that the use of stop-and-search peaked in 2008 in response to a significant rise in violence. But subsequent reforms led to a dramatic decline in the use of these powers amid concerns that the policy was alienating black and ethnic minority communities.

Addressing some of these issues was

Commander David Musker, knife crime lead at the Metropolitan Police, who described "Operation Sceptre", which is a focused response to London's current knife crime crisis.

Mr Kenneth Crossley, of the London Ambulance Service, talked about his role as an Advanced Paramedic Practitioner dealing with knife crime at the front line. Some of the UK's top trauma surgeons talked about patterns of injury and the latest techniques of surgical intervention to deal with the consequences of stab wounds.

Professor Jonathan Shepherd described an innovative information sharing scheme which had dramatically reduced knife crime in Cardiff and which might be applicable in London. Dr John Crichton, Chair, Royal College of Psychiatrists in Scotland, discussed how safer knife design could reduce suicide as well as homicide.

Organised by Professor Roger Kirby, Chair of the RSM Academic Board, and Ms Kaji Sritharan, RSM Associate Dean, the conference attracted considerable media attention, with widespread reporting in the national print, online and broadcast press.





# THE CHILD HEALTH FESTIVAL: A NOVEL EDUCATIONAL EXPERIENCE

**W**hat has the Grenfell tower fire got to do with child health? It is just over a year since this incident, a fire that claimed 72 lives. Many of the victims were children and all affected by social deprivation in a building that was inadequately protected against rapid spread of flames and destruction. Many of those who survived suffered physical injuries and significant trauma to their mental health which was all related to social deprivation. Highlighting the social determinants of health was one of the major aims of the *Child Health Festival* which began by reflecting on this tragic event.

The *Child Health Festival* was designed to fill a gap in paediatric training: understanding the bigger picture of child health, not just treating the child in front of you. The aim was to bring attention to inequalities in health care for children and the importance of understanding how to advocate for children, influence healthcare policy and change medical practice.

Through a range of interactive lectures, workshops and fun-filled activities the training day was created to inform and educate a wide range of healthcare professionals while at the same time boosting morale and wellbeing. Alternative methods of experiential learning were used, including a fitness session, play therapy and relaxing with tunes from hospital musicians.

Dr Guddi Singh and colleagues shared their successful dance initiative that encourages patients, families and staff to get grooving on the paediatrics ward, boosting mood and morale.

## Digital learning

The aim was to create a springboard for professionals to learn from each other,



**Holly the Rabbit is a resident pet at Whittington Hospital children's ward who has improved the experience for patients, carers and staff.**



young people and families and to share their learning with others. Digital learning strategies were used to enhance the day with livestreams around the country to Aberdeen, Glasgow, Cardiff and Southampton which allowed distance learners to ask questions directly to the speakers and join in the discussion.

Delegates were encouraged to pledge to do something to improve child health and Tweet their promises. The Tweets reached viral levels with almost 300 000 users reached internationally.

## Child Health Promise

The best projects from the *Child Health Promise*, a website aiming to facilitate sharing good practice in child health, were invited to present their work at the *Child Health Festival*. Ideas included *Asthmanauts*, a comic improving explanations of asthma management to children and young people, keeping a pet rabbit on the ward to improve wellbeing of patients, families and staff and an integrated care initiative to improve the health of young people through fitness and healthy eating. Young people who were involved in this project came to the festival to share their learning and ideas.

(For more on the *Child Health Promise* visit <http://childhealthpromise.org/>)

## Replicating best practice

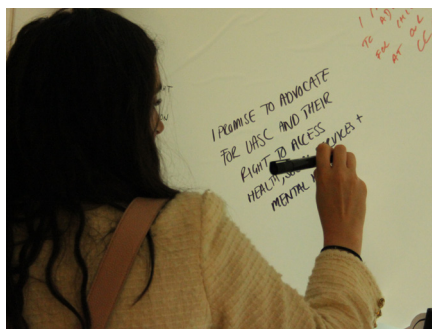
This successful day involved bountiful learning on different areas of child

health, including individual projects that could be replicated elsewhere, such as Dr Gayle Hann's 'grab bag' scheme which supports vulnerable young people involved in gangs. Given to young people attending A&E at North Middlesex University Hospital, the grab bags contain essential information about local services and education on everything from domestic violence to safe sex.

Speakers at the event included GP and gladiator Zoe Williams,

Lord Alf Dubs, paediatric trainees and young people involved in improving healthcare. With positive feedback and delegates asking for a repeat event, the date for the 2nd *Child Health Festival* has already been set for 10 June 2019.

**"This was an excellent day, probably the best study day I have attended in my 8 years of medical practice. I thought sli.do was a great interactive tool. The speakers were so passionate and well-chosen that I've left feeling totally inspired."**



## PUBLIC EVENTS AT THE RSM

The popular 2018 series of public lectures at the RSM continued with the annual *Anne Silk lecture*, which this year was given by Professor of Public Health, Carol Brayne. Over 300 delegates attended Professor Brayne's talk about 'the ageing brain – a population perspective' which discussed how we learn about brain ageing and dementia in healthcare and how this fits within contemporary policy and practice.

The RSM's 2018 *Stevens lecture* was delivered by obesity, diabetes and endocrinology expert, Professor Rachel Batterham. Professor Batterham focused on how healthcare professionals can harness the gastrointestinal tract to treat obesity and type 2 diabetes. Looking at the various therapies available she explored the pros and cons of each, using extensive data to support her conclusions.

Mustafa Suleyman will give this year's *Ellison-Cliffe lecture* on Tuesday 16 October when he will be speaking on the impact of artificial intelligence on healthcare. Mustafa Suleyman is co-founder and Head of Applied AI at DeepMind, where he is responsible for integrating the company's technology across a wide range of Google products.



The annual *Darwin lecture* is being hosted by the Linnean Society on Thursday 8 November at their venue in Burlington House, Piccadilly. Professor Judd Walson will be tackling a global theme, giving his insight into improving childhood survival, growth and development in low-income settings.

Future annual public lectures – *Arts, Society and Medicine* (Tuesday 1 January), *London Clinic* (Tuesday 19 February) and *Jephcott* (Monday 18 March) – are also confirmed for 2019, with themes and lecturers to be announced.

**To book and find out more visit:** [www.rsm.ac.uk](http://www.rsm.ac.uk)



## SCHOOLS UPDATE

The RSM schools programme aims to provide all the information students need to navigate their way through the application process and get into medical school. Events include national medical careers days, graduate medicine courses and advisor evenings.

The medical careers days, aimed at year 11/12 students, offer guidance from experts on why to choose a career in medicine and cover a wide range of topics, from the realities of medical life to the process of specialist selection.

The Society also hosts 'Doing medicine as a graduate', an evening for prospective graduate medical students, and a day on 'The advisor's perspective', open to teachers and careers advisors, which aims to offer expert guidance to enable them to support their students who wish to apply to study medicine.

### Upcoming dates:

**RSM Medical careers day: So you want to be a doctor?**

Hull – *Thursday 11 October*

London – *Monday 25 February*

Norwich – *Date to be confirmed*

**Doing medicine as a graduate:** Examining all the options  
*Friday 5 April*

**Medical careers:** The advisor's perspective  
*Thursday 6 June*

## MEDICINE & ME

The RSM's *Medicine & Me* meetings give top priority to the patient's voice. Bringing patients, their families and carers together with healthcare professionals and researchers, the meetings explore the current management and research issues relating to particular conditions. The aim is to encourage an open discussion of the issues of greatest concern to patients.

The 2017/18 programme continued in June with a meeting dedicated to coping with losing a baby. The afternoon featured speakers who shared powerful renditions of personal experience in the hope of raising awareness on this sensitive subject.

In September the remaining two meetings of the 2017/18 academic year featured Huntington's disease and frontotemporal dementia. The first explored the psychological trauma

of children in Huntington's families, highlighted from both perspectives; professional and family member. The second gave insight into the psychological and emotional wellbeing of those that live with frontotemporal dementia and covered treatment options, current research and future developments.

**All Medicine & Me events are free to attend for patients, carers, students and trainees.**

**medicine  
& me**

### Upcoming dates:

**Medicine and me: Living with narcolepsy**  
*Saturday 27 October*

**Medicine and me: Young people and suicide**  
*Wednesday 14 November*

**Medicine and me: Living with rheumatoid arthritis**  
*Saturday 30 March*

**Medicine and me: Living with alopecia**  
*Saturday 8 June*

**To book visit**  
[www.rsm.ac.uk/events](http://www.rsm.ac.uk/events)



# WESLEYAN RSM TRAINEE OF THE YEAR FINALS

On Thursday 1 November the finalists of the Wesleyan RSM Trainee of the Year award will gather at the RSM to compete for the glittering trophy and a cheque for £3,000. As always it will be a fascinating evening of science and discovery and, with dermatologists having ruled the roost for the past two years, there will be a keen eye on which specialty will scoop this year's award.

Last year Dr Satveer Mahil won for her research that identified a group of inflammatory proteins as the new target for the treatment of psoriasis. And in 2016 Dr Zahra Ahmed triumphed after presenting her research involving the screening of over 3,700 drug compounds to discover that a drug used to control human and animal worm infections could be re-purposed for use in disease treatment or prevention in conditions including HIV.

Marking the culmination of the RSM's 2017/18 prize programme, the awards evening will feature presentations from five finalists, selected from all of the RSM's trainee prize winners in the last academic year. During the evening they



will each give a 10 minute presentation followed by a five minute Q&A with the audience and the judges.

The evening also includes the judging of the trainee poster competition, with posters on display for guests to peruse while the judges make their deliberations. There is a drinks reception and buffet and the winners will be announced at the end of the evening.

Open to all, this is a free event so book your place now by visiting [www.rsm.ac.uk](http://www.rsm.ac.uk)

## RECENT PRIZE WINNERS



### Critical Care Medicine Section

*Student elective prize*  
Mr Bing Lun Chow

### Coloproctology Section

*John of Arderne medal*  
Mr Jonathan Evans

### Laryngology & Rhinology Section

*WJ Harrison prize*  
Mr Hesham Saleh

### Otology Section

*Training scholarship*  
Miss Lulu Ritchie

### Rheumatology & Rehabilitation Section

*Eric Bywaters prize*  
Dr Kate Webb

### Clinical Neurosciences Section

*Gordon Holmes prize*  
Dr Peter Jenkins

### Gastroenterology & Hepatology Section

*Section prize*  
Dr Jay Patel

### Coloproctology Section

*Travelling Fellowships*  
Mr George Demetriou, Miss Rachael Clifford and Mr Shaheel Sahebally

### Cardiology Section

*President's prize*  
Dr Ahran Arnold

### Urology Section

*Secretary's prize*  
Mr Brendan Berry

### Geoffrey D Chisholm prize

Dr Luke Foster

### Pain Medicine Section

*Andrew Lawson prize*  
Mr Benjamin Bennett

### Students Section

*Sidney Linton prize*  
Mr Duncan Ritchie

*Research presentation prize*  
Mr Soham Bandyopadhyay

### Paediatrics & Child Health Section

*Sam Tucker fellowship*  
Dr Zeshan Qureshi and Dr Omar Abdel-Mannan

### Venous Forum

*Pump priming grant*  
Dr Adam Gwozdz

*Annual Meeting prize*  
Dr Adam Gwozdz and Miss Katalin Lestak

## PRIZE DEADLINES

**T**here are over 80 prizes and awards open to students and trainees each year. Full details can be found at: [www.rsm.ac.uk/prizes-awards](http://www.rsm.ac.uk/prizes-awards)

### November

	Student	Trainee
History of Medicine	✓	
Laryngology & Rhinology		✓
Nephrology	✓	✓
Ophthalmology		✓
Oral & Maxillofacial Surgery		✓
Otology		✓

### December

Clinical Immunology & Allergy	✓	✓
Emergency Medicine	✓	✓
Laryngology & Rhinology		✓
Orthopaedics		✓
Otology		✓
Sexuality & Sexual Health	✓	✓

### January

Clinical Neurosciences		✓
Critical Care Medicine	✓	✓
General Practice with Primary Healthcare	✓	✓

### Student Trainee

Obstetrics and Gynaecology	✓	✓
Oral & Maxillofacial Surgery		✓
Paediatrics & Child Health		✓
Student Elective Awards	✓	
Urology		✓

### February

Dermatology		✓
Otology		✓
Radiology		✓

### March

Hypnosis & Psychosomatic Medicine		✓
Maternity & the Newborn	✓	✓
Urology		✓

### April

Geriatrics & Gerontology	✓	✓
Maternity & the Newborn	✓	✓

# 100% SUCCESS RATE FOR SCHEME TO WIDEN ACCESS TO MEDICAL SCHOOL

A scheme designed by The Medic Portal in partnership with the Royal Society of Medicine to help students from disadvantaged backgrounds to apply for medical school has had a 100% success rate. All 13 of the participating students applying for medical school through the scheme received at least one offer to study medicine. The students, all from London-based schools and sixth form colleges, received a combined total of 18 offers.

The mentoring scheme, which launched last year, provided tailored support for students throughout the application process over a year-long period. 17 students started the programme with the four deciding against applying for medicine receiving support with applications to other courses.

Each student was allocated a medical student and doctor mentor for individual

tutoring and application support. Monthly events designed to prepare the students for all aspects of the medical school application process included workshops on mastering the UK Clinical Aptitude Test (UKCAT) and BioMedical Admissions Test (BMAT), an interview preparation day and visits to university open days. All students received free access to The Medic Portal online resources and the RSM Library, RSM Videos and e-resources.

Dr Christopher Nordstrom, The Medic Portal, said: "The UK needs to be training doctors from all backgrounds to reflect the society they will be working in when they are qualified. This scheme proves that talented and motivated students from disadvantaged backgrounds can gain entry to medical school if the support is there to guide them through the exceptionally demanding application process. Our medical student mentors, Afra Jiwa and Anam Ijaz, were an

integral part of the scheme, inspiring, teaching and building confidence for all participants."

Janice Liverseidge, Director of Communications and Marketing, Royal Society of Medicine, said: "Widening access to careers in medicine is a key priority for the Royal Society of Medicine and we are pleased that the support we have been able to provide through the scheme has contributed to its outstanding success."

The programme was funded through donations by private individuals. Future funding and support is being sought by companies, organisations and universities looking to promote widening access, equality and diversity in medicine and allied healthcare professions. Interested parties should contact [chris@themedicportal.com](mailto:chris@themedicportal.com).

## INTRODUCING TMP PRO

The RSM has been working with The Medic Portal to deliver a successful medical careers programme for school students for a number of years. Now a new resource for practising doctors has been launched by the team behind The Medic Portal. The definitive platform for doctors at any stage in their training, The Medical Portal Professionals (TMP Pro) provides content, information, blogs, exam updates, and training for everyone from F1s to consultants.

### The go-to resource for practising doctors

Developed by practising consultants, TMP Pro provides information on specialty pathways, application cycles and deaneries. Written and edited by a team of doctors, medical writers and academics, TMP Pro content also includes regular blogs – from 'A Day in the Life', to slants on the latest medical news stories.

With regular updates, TMP Pro is the go-to resource for the latest information on pay scales, medical guidelines, and factsheets. Clear, expertly-curated information that doctors really need is available without having to trawl through huge files and documents downloaded from obscure websites.

### Courses

As a new platform building on the success of The Medic Portal and its tutoring system, TMP Pro offers high-quality and reasonably-priced tutoring

for interviews, and in-depth sessions focusing on portfolios. Group interview courses are also on offer for those looking to learn in a structured group environment.

In addition to preparation courses for specific interviews, TMP Pro also provides courses aimed at specific skills – be that preparation ahead of one's first on-call shift or teaching more junior doctors how to prescribe confidently and safely. The aim is to constantly update the provision of courses in line with ever-changing plans and developments, such as the new IST scheme.

### The TMP Pro goal

Working with practising doctors, medical writers, course providers, and clinical educators, TMP Pro's goal is to provide the very best information and training to all junior doctors in a collaborative manner.

As a new and ambitious medical platform, TMP Pro will be cross-referencing all RSM prizes and events on their website – as well as providing easily navigable routes from TMP Pro specialty

information to the relevant sections on the RSM's website.

### Special joining offer for RSM members

The team from The Medic Portal works alongside the RSM to promote the Society's wide range of courses, meetings, and conferences. TMP Pro discounts and resources will also be on offer to RSM members, beginning with a special joining offer for all those who sign up to TMP Pro. This offer will give all new TMP Pro members £50 off their RSM membership.

To register with TMP Pro visit [www.themedicportalpro.com/sign-up](http://www.themedicportalpro.com/sign-up)

To receive your RSM membership discount email [membership@rsm.ac.uk](mailto:membership@rsm.ac.uk) or call 020 7290 2991 quoting TMP Pro.



# BOOST FOR JRSM AS IMPACT FACTOR INCREASES BY 21%

July brought good news for the *Journal of the Royal Society of Medicine (JRSM)* with the publication of the 2017 impact factors. A 21.46% increase for JRSM has resulted in an impact factor of 2.654. The increase helped move JRSM up into Q1 of the Medicine, General & Internal category of the Journal Citation Reports, which provides quantitative tools for ranking, evaluating, categorizing, and comparing journals. JRSM now ranks 38 out of the 154 journals in this category.

JRSM publishes an eclectic range of articles, from evidence-based reviews and original research papers to commentaries and personal views. An independent scientific and educational publication, the journal features well-argued debate and dissent on important

clinical topics. While UK-focused, JRSM has articles of interest and relevance to clinicians internationally.

The journal provides a unique outlet for papers focusing on the specialties of medicine and surgery. The average time from submission to first decision is 31 days.

All members of the Royal Society of Medicine can access JRSM content online at no additional cost when they access the journal via the RSM website. For a small additional fee paper copies of the journal are also available.

To subscribe to a paper copy please contact the RSM Membership team on **020 7290 2901**.

## RECENT PAPERS PUBLISHED BY JRSM

**Is use of homeopathy associated with poor prescribing in English primary care? A cross-sectional study**

*Alex J Walker, Richard Croker, Seb Bacon, Edzard Ernst, Helen J Curtis, Ben Goldacre*

**Effects of empathic and positive communication in healthcare consultations: a systematic review and meta-analysis**

*Jeremy Howick, Andrew Moscrop, Alexander Mebius, Thomas R Fanshawe, George Lewith, Felicity L Bishop, Patriek Mistiaen, Nia W Roberts, Egle Dieninyte, Xiao-Yang Hu, Paul Aveyard, Igbo J Onakpoya*

**The cuts and poor health: when and how can we say that one thing causes another?**

*Lucinda Hiam, Danny Dorling, Martin McKee*

**Redactions in protocols for drug trials: what industry sponsors concealed**

*Mikkel Marquardsen, Michelle Ogden, Peter C. Gøtzsche*

**Five-year forward view: lessons from emergency care at the extremes of age**

*JS Minhas, D Minhas, T Coats, J Banerjee, D Roland*

## A WELCOME READER 'COMPLAINT'

The JRSM editorial office was delighted to receive the following note from retired RSM member Dr Stephen Simmons.

*At the foot of the editorial page of the June 2018 edition of JRSM is the request to "let us know" what we think of JRSM.*

*Well, I have a small 'complaint'. I still have quite a lot of reading to do and not much time to do it. So I live in hope that journals I receive will contain, at most, only one or two articles that must be read.*

*In this month's JRSM, ALL the articles must be read - including death notices (so sad to read of Walter Holland's death). All the articles were thought provoking and relevant. Well done!*

When asked if he would be happy to share his comments with the readers of *RSM Engage*, Dr Simmons agreed, saying of JRSM Editor Dr Kamran Abbasi: "It is not easy to do what he does, as well as he does it, and to do it so consistently. He has his finger on the pulse."



# NEWLY REFURBISHED MAX RAYNE AUDITORIUM

**The RSM continues to invest in its three well-used fixed seating auditoriums at 1 Wimpole Street. As well as providing high specification facilities for the delivery of the RSM's diverse programme of postgraduate medical education, the auditoriums are also used by external clients, generating an additional revenue stream for the Society.**

During the summer break in the RSM education programme, the Max Rayne Auditorium became the focus of an AV and stage area upgrade. The newly refurbished auditorium, which holds 150 people, now has a versatile stage for both formal and informal presentations.

This auditorium was first constructed in 2007 and received a digital technology upgrade in 2015 with the addition of an in-room technician's desk and replacement of its analogue systems. The most recent refurbishment includes an extended display system, removing the dated LCD screens and introducing a full width projection display with additional content on both wings of the stage and across the full back wall of the display area.

This extra display area can add secondary content to a meeting such as polling, social media feeds, speaker bios, sponsor details and supplementary information and adds a distinctive

wow-factor for our external corporate clients.

All the stage furniture can now be removed by one member of the AV team at short notice and hidden behind the screen, allowing flexibility for stage set-ups from formal panels behind desks to informal seating.

In addition, the contemporary styled wood and white panelling has been significantly enhanced to create an up-to-the minute contemporary look and feel.

To book an appointment to view this and the other spaces at 1 Wimpole Street, please contact the Support Services team on **020 7290 2951** or email **enquiries@1wimpolestreet.co.uk**.



## FUTURE-PROOFING MEETING ROOM TECHNOLOGY AT THE RSM

**T**he most important rule of meeting room technology investment is 'involve the users'. A new 'proof of concept' room at the RSM is designed to do just that. Located on the second floor adjacent to the Library, the room will have state-of-the-art collaboration and meeting room technology installed which will be tested as the room is used for internal meetings.

The prime objective will be to gather feedback on what works for the users and what enhances meeting

productivity, creativity and collaboration. The feedback will then be used to develop future meeting room technology across the RSM building.

### Some of the features will include:

- External touch screen signage enabling on-the-spot room bookings.
- Ceiling microphones/speakers, 180° camera and table mounted control screen and dialler to enable instant user-friendly voice and video calls.
- Built-in PC and Android operating systems so that documents and

presentations can be worked on and displayed from the cloud without users needing to bring their own devices.

- Flexible table set-ups to allow boardroom x 12, 2 x boardroom for 6 or 1 x boardroom for 6 with a standing or sitting option for meetings.
- One-button helpdesk support from the in-house AV team.



# LIBRARY EXHIBITION

## Around the World: Medical Journeys Throughout the Ages

The current RSM Library exhibition *Around the World: Medical Journeys Throughout the Ages* runs until Saturday 3 November, and explores an exclusive range of journals, logs and records dating back from the 1700s. The exhibition allows you to travel through journeys of scientific discoveries and voyages of personal exploration.

Admission is free and open to all.

### Exhibition opening times:

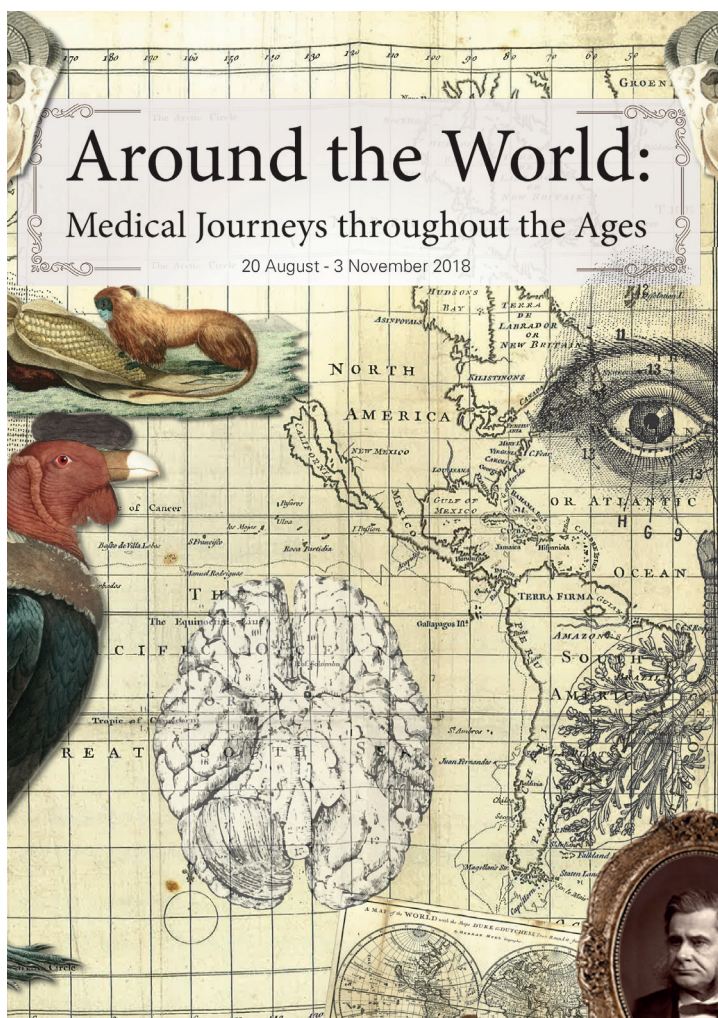
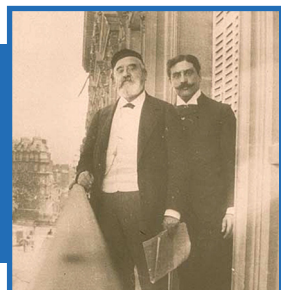
Monday-Thursday 9am-9pm

Friday 9am-5.30pm

Saturday 10am-4.30pm

### The next exhibition:

*Marcel Proust and Medicine of the Belle Epoque* will run from Monday 12 November – Saturday 26 January.



21

RSM  
ENGAGE

## NEWS FROM THE RETIRED FELLOWS SOCIETY

It is now 20 years since the Retired Fellows Society (RFS) of the RSM was first established and it continues to flourish. It is open to any member of the RSM who has reached retirement age or retired from their main professional work. The cost to members is an additional £25 a year to cover the cost of expenses and to support the continuing publication of our newsletter, which is published three times a year, plus £6 to attend lectures, which includes coffee, or £36 to include a post-lecture sit-down lunch.

The RFS lecture programme covers an eclectic range of topics, and they are held monthly during the academic year. Lectures for the past academic year included *Shakespeare the Novelist* by the eminent historian, Sir Barry Lfe, *Healthy Prisons – What is Happening Behind Prison Walls* by the past

Chairman of the Parole Board, Professor Nick Hardwick, and *Children, Parents and Society in the Family Jurisdiction* by Sir James Munby, Head of the Family Court.

A full and equally interesting set of lectures is arranged for the current year, including *Clinical Effectiveness and Service Intervention*, *Ernest Shackleton – his life and times*, *Reflections on Singing*, *In Search of Churchill*, *Real Secrets of Alternative Medicine*, *The Wallace Collection* and *Mental Capacity Jurisdiction*.

The RFS continues to arrange the popular annual *Recent Advances in Medicine* course which this year will be held on the 6 December. This is open to all members of the RSM as well as students and registrars in training. There will be a wide range of talks from *Falls in the Elderly: a preventable Cause of Death* to *Advances in the Understanding of Neuropathic Pain*, and from *Primary Care in Deprived Communities*, to *The Human Genome Project: How Close are we to Delivering Personalised Care?*



Ernest Shackleton – his life and times

In addition extra-mural activities, including visits to places of interest, excursions and various guided walks round London, will include visits and tours of the Supreme Court, the British Library and various guided walks led by Sue Weir.

A Camera Club is open to retired Fellows, at whatever their level of skill and the rotating exhibition of their works in the Atrium continues to entertain visitors to the RSM.

**Further details of membership, enquiries and general information can be obtained at [rfs@rsm.ac.uk](mailto:rfs@rsm.ac.uk) or on the web site: [www.rsm.ac.uk](http://www.rsm.ac.uk)**

# RFS



# CELEBRATING 30 YEARS OF THET

Introducing the global health charity  
based at the Royal Society of Medicine

**T**hirty years ago a group of friends created the Tropical Health and Education Trust (THET) to support medical schools in sub-Saharan Africa. Against a backdrop of changing fashions in health and development, currency collapses and coups d'état, medical education was suffering and even elementary resources for students, such as books and journals, were unavailable.

In those early days, the charity responded by assembling a small essential list of learning materials, which students could borrow. Prizes were given for students' projects in the community and visiting teachers were arranged where there was no-one locally available. Selected doctors and nurses visited hospitals in the United Kingdom to learn skills and to gain experience. As wider opportunities developed across a range of subjects in hospitals and medical schools, the charity established partnerships for each institution with a British counterpart.

## 5,400 health workers trained in mental health care from India to Malawi and from Uganda to Nepal

The charity's model from the start was to respond to the needs and wishes of those who were responsible for healthcare training in the country, at whatever level, rather than to pursue 'top down' solutions or restrict its support to a single aspect of health.

THET's founder, Professor Sir Eldryd Parry, who continues to base himself at the charity, comments: "This model of being responsive to requests rather than just prescribing what was thought was needed – an all too common approach by donors – was recognised and valued. Today the charity still operates by the same principles."

### THET today

With the charity's head office based at the Royal Society of Medicine, THET now has offices in six countries across Africa and Asia. In each office there is a Country Director, a national recruited from that country who is able to anchor the charity's work in an understanding of context. The charity is guided by a very active and engaged Board of Trustees and a panel of Honorary Advisors who are experts in their fields – roles that THET is always actively recruiting for.

Three main pillars of work form the focus for THET's operations today.

### Country programmes

Through their country programmes a number of capacity development programmes are supported. These range from biomedical engineering in Zambia to community health worker training in Tanzania to a focus on non-communicable diseases in Ethiopia. "The vital thing is to identify very clearly, how THET and our partners can add value" says Edward Tonkin, THET's Country Programmes Manager. "I've just returned from spending four years in Zambia where alongside the Ministry of Health and partners we established the first Biomedical Engineering Technology Diploma in the country to tackle the

## THET IN ACTION

### Zambia

An estimated 30% of medical equipment in Africa is not functional. In 2012, THET was invited by the Northern Technical College in Ndola, Zambia, to establish the first pre-service training course for Biomedical Engineering Technologists in the country. THET assisted in developing workshops, providing equipment and tools, creating a curriculum and providing lecturers and workshop managers. The 10 term (3+ years) BMET diploma course began in September 2013 and currently has ninety-five students enrolled. At the end of 2017, the first cohort of 21 students completed their final exams and a train-the-trainer course resulted in the handing over of the course to the Zambian Government and lecturers making this an excellent example of a sustainable time-bound project.



# 97p of every £1 received is spent on training health workers around the world

poor state of medical equipment. It's important we look not only at training, but the wider context in which health workers are performing their roles and within neglected areas of health such as Biomedical Engineering."

## Grants management

Partnering with both UK government and the private sector THET also manages a series of grants programmes. The charity has distributed over 300 grants to 130 NHS Trusts and Royal Colleges in the past seven years alone. "These are catalytic grants which hinge on empowering individuals across the NHS to pursue projects with partners in low and middle-income countries. We are constantly humbled by the profound changes people are able to achieve," says Ben Simms, the CEO of THET since 2015.

## Policy work

Finally, THET's policy work actively champions the role of health workers around the world. Ben continues: "This is the reflective side of the organisation and is a side of THET I really enjoy immersing myself in. It's about learning from the work we do in our country programmes and grant management to make sure we are more effective as a charity, but also to be a strong champion for the brilliant projects that are being run by our partners. Our strong relationships with the UK government and the World Health Organization mean we are well placed to exercise an influence way above our pay grade as a charity."

## Health partnerships across the globe

Key to THET's work is its model,

## THET IN ACTION

### Somaliland

In 2000, Mr Andrew Leather, a surgeon at King's College Hospital, asked THET to support his visit to Somaliland with a Somali doctor who wanted to restore health services after its destructive civil war. THET awarded a small grant which proved to be wonderfully strategic seed money. Discussions with Amoud University, Borama, and the Ministry of Health, Hargeisa, led to small early programmes in the medical school and with the Ministry. Now, 18 years later, King's College and THET are heavily involved with undergraduate, postgraduate and national programmes, supported by substantial funding from the Department for International Development. The Somaliland health service has been re-established and the medical schools have been enabled to grow.



## 84,000 health workers trained across 31 countries in Africa, Asia and the Middle East in the last seven years alone

which hinges on developing partnerships between the NHS and healthcare facilities overseas – known today as 'health partnerships'. This enables the structured sharing of skills, knowledge and expertise over many years.

The partnerships collaborate to realise changes at an institutional, regional or national level. The focus of the work varies depending on the identified needs of the LMIC institution, and on the skills and expertise that the UK partner has to offer. The partnerships that THET works with are implementing capacity building projects across the spectrum, from surgery and anaesthesia, to eye health, to maternal and child health, to mental health, to palliative care.

A further aim is to improve the health system back in the UK. "We have amassed a growing body of evidence showing that UK staff are learning a great deal from being exposed to the challenges of working in low-resource settings," says Ben Simms. "Health partnerships, therefore, are mutually beneficial and involve bi-directional learning."

## Get involved

THET encourages RSM members to get involved in the charity's work. "Every year we have our global health conference which brings together delegates from all over the world to discuss the challenges we face as a community determined to improve people's access to quality healthcare. The conference is a brilliant way of meeting like-minded colleagues and experts," Ben explains.

He continues: "We are also very much looking forward to our third joint event with the RSM's Global Health team in April 2019. This year we explored the intersections between research and practice, and I feel certain RSM members will enjoy what we have planned for 2019."

For RSM members looking for more active participation in global health, THET announces all of its calls for applications through its website, social media and monthly newsletter. The charity is also actively looking for Honorary Advisers.

**To celebrate the charity's 30th anniversary in December a 'Friend of THET' funding campaign has been launched. You can become a Friend of the charity or learn more about THET's activities by visiting [www.thet.org](http://www.thet.org) or emailing [ben.simms@thet.org](mailto:ben.simms@thet.org).**

## THET IN ACTION

### Ethiopia

THET's work in Ethiopia began in the early 1990s as a result of requests from the Deans of the Jimma and Gondar Medical Schools to Eldryd Parry. Strong partnerships were then formed between these medical schools, THET and UK health institutions, notably the universities of Leicester and Nottingham, and now the University of Southampton. THET soon realised that the rural patients, many of whom were very poor, were facing long journeys to hospitals and health centres in difficult conditions and at high cost. So a programme of decentralised care, with training of local nurses and health officers, began; to date it has transformed the care of non-communicable diseases (NCDs) for rural people in these two areas. In 2014, this approach was endorsed by the national government in its first NCD Strategy, which THET helped craft. Today, THET is working on a national scale and will be training 2,700 health workers over the next two years; over 300,000 people will be screened for NCDs.



# WEXAS TRAVEL – BOOK YOUR HOLIDAY WITH CONFIDENCE

**F**rom tour operators to high street travel agents and, of course, the Internet, when it comes to booking your holiday, there are almost as many options as there are destinations to choose from.

Yes, you could book online, but what if something goes wrong? Surely, it's better if you can pick up the phone and speak to an expert, who can smooth the way and let you get on with what matters most – enjoying that precious time with family or friends. And that's where Wexas Travel

comes in. They've been creating bespoke holidays to destinations worldwide for almost 50 years. Their specialists have travelled extensively to the regions they sell, allowing them to give up-to-the-minute impartial advice when it comes to booking your beach break, road trip, safari or cruise. And, if something were to go wrong – a cancelled flight, for instance – they're always on hand, 24/7, to sort things out. What's more, Wexas holidays are ATOL protected, so you can book with

confidence, safe in the knowledge that your money is secure.

As a member of the RSM, you'll receive FREE Wexas membership, giving you access to exclusive holiday discounts and a full range of services, from worldwide travel insurance to visa arrangement and complimentary airport lounge access. To find out more about activating your membership, give Wexas a call on **020 7664 2271** or visit **wexas.com/rsm**.

## KEEP YOUR MOST TREASURED POSSESSIONS PROTECTED WITH HISCOX

**I**n general, customers look to insure their valuable jewellery and watches due to the substantial financial investment they have in these items. Jewellery and watches tend to be celebration pieces and are therefore often very sentimental to our customers.

Accidental loss and damage claims are our highest frequency claim types so it is important that these eventualities are covered. For example, a necklace can easily come undone and become lost, or a watch can be dropped and the face damaged. Jewellery theft is attractive due to its value and portable nature so ensuring theft both from and away from the home is covered is important.

Customers may also want to consider whether their cover provided is worldwide to ensure items are covered when on holiday, for example. Adequate cover is important to ensure that items can be properly replaced if the worst does happen while you are away.

At Hiscox, we understand how precious your valuables are, so we provide tailored cover for your jewellery and watches giving you confidence that everything you value is protected under your home insurance policy. There is no need to list every item in your home, just let us know if you have any



items, pairs or sets worth £15,000 or more, and the overall value of any jewellery. Your jewellery and watches will also be covered away from the home for up to 60 consecutive days with Hiscox.

RSM members benefit from a 12.5% discount on Hiscox Home Insurance. Visit **www.hiscox.co.uk/rsm** or call **0800 840 2373** for more information.



# GYM MEMBERSHIP

**D**uring the busy holiday season, it's easy to let those fitness habits slip, but don't worry, you're not alone. Anytime Fitness has provided their top five health and fitness tips, helping you work towards your goals now the kids are back in school and sunny adventures are over!

## Top five fitness tips

1. **Ease yourself back in** – You may have been going to the gym four / five times a week before the summer but go easy at first. Restart slowly with one or two visits a week to build yourself back up. Anytime Fitness gyms are open
2. **Don't be hard on yourself** – Can't run quite as far or the weights feeling a bit heavier? Don't become demoralised. It's normal to have to build your strength and stamina back up to where they were.
3. **Set one goal at a time** – Setting yourself individual goals is a smart approach and makes it more likely you'll succeed. Multiple goals often mean that if you don't succeed at one, the others fall by the wayside too.



24/7 so you don't have to worry about opening times after a long shift.



*Get to a healthier place.™*



4. **Bring a friend or partner** – Having a 'gym buddy' helps to motivate you and makes it more likely that you'll get back into your routine. Partners can also receive a discount as part of your RSM membership and Anytime Fitness clubs have some great refer-a-friend benefits too.
5. **Treat yourself to some new workout gear** – Struggling to get motivation? Buy a new pair of trainers or a new top. You'll feel proud of your new gear when you put them to the test.

As part of your RSM membership, you receive a 10% discount for you and your partner at your local Anytime Fitness gym with promo code NCARSM. To take advantage of this offer and find your nearest gym, visit [www.anytimefitness.co.uk/rsm](http://www.anytimefitness.co.uk/rsm)



# CLUB NEWS

The RSM Club and Domus Medica Hotel have a flurry of festive activities taking place during December. From carol concert to seasonal menus, New Year's Eve opening times to free private room rental, we've got Christmas and New Year covered.

26

RSM  
ENGAGE

MEMBER BENEFITS

## Christmas Dinner

With newly refurbished Lounge Bar and Restaurant areas, now's the time to reserve and book your place for a Christmas meal with us from just £20pp. Our Christmas Menu will be available until 21 December; including turkey, stuffing, and all the trimmings. Our Restaurant regularly rotates seasonal menus, so do refer to our website for more details on what's available. You can reserve your place by calling **+44 (0) 20 7290 2957** or emailing [restaurant@rsm.ac.uk](mailto:restaurant@rsm.ac.uk).



## The Christmas Carol Concert at The ROYAL SOCIETY of MEDICINE

### Christmas Carols with the Amici Consort

Save the date for our Christmas Carol service with the Amici Consort on the 18 December. You'll enjoy a wonderful welcome reception and evening of carols, with a four course dinner to enjoy food and wine with your fellow guests. With places available for just £110, this event does sell out quickly. Find out more and book your place at [www.rsm.ac.uk/christmascarols](http://www.rsm.ac.uk/christmascarols) or ring **020 7290 3941**.

## Free Private Room Rental

We're preparing to get in to the Christmas spirit by offering free private dining room rental during the Christmas period. We can accommodate a range of group sizes, from anywhere between 6 to 24 guests. To reserve a room or discuss any special requirements, email us on [restaurant@rsm.ac.uk](mailto:restaurant@rsm.ac.uk) or call on **+44 (0) 20 7290 2957**.



## New Year's Eve Hotel Stay

This year, we're opening our doors to our Domus Medica Hotel rooms from Saturday 29 December. It's the perfect location for a comfortable stay after any New Year's Eve celebrations in Central London, so why not take your mind off ways to get home and focus on making the most of your evening. Book your place by calling **+44 (0) 20 7290 2960** or email us at [domus@rsm.ac.uk](mailto:domus@rsm.ac.uk).

## Christmas and New Year Closures

Chandos House will close after check-out on Thursday 20 December and will re-open on Monday 7 January. Domus Medica will close after check-out on Sunday 23 December and will re-open on Saturday 29 December. The Restaurant will close after dinner service on 21 December and will re-open for lunch on Wednesday 2 January.







# RSM MEDICINE IN SOUTH AFRICA STUDY TOUR

## **Jon Baines Tours in Association with the Royal Society of Medicine**

**28 April – 11 May 2019**

Our new RSM Medical Study Tour for 2019, led by Janice Liverseidge, a Director of the Royal Society of Medicine travels through South Africa.

The tour offers an insight into this fascinating country's medicine, alongside specialist visits examining its medical, military and cultural histories. There will also be safaris in both the Kruger National Park and KwaZulu Natal and the opportunity to enjoy South Africa's wonderful food and wine.

Travel from Johannesburg and take game drives to view the 'big five' in the Kruger National Park. Continue into stunning and culturally distinct KwaZulu Natal with its plethora of bird and animal life. Travel onto Durban before finishing the tour in the cosmopolitan harbour city of Cape Town, from where you will explore the city, Cape and the Stellenbosch wine region.

There are optional pre and post tour extensions to magnificent Victoria Falls and from Victoria Falls to Pretoria or from Cape Town to Pretoria via the luxury Rovos Rail train.

[www.jonbainestours.com/rsm](http://www.jonbainestours.com/rsm)



## **JON BAINES TOURS 2019**

### **Medical & Military History in Vietnam & Cambodia**

17 January – 2 February 2019

Tour leader: Dr Paul Luckin

[www.jonbainestours.com/vietmed](http://www.jonbainestours.com/vietmed)

### **Caribbean Histories: West Indian Islands Cruise**

14 – 28 February 2019

Tour leaders: Prof. Bill & Dr Helen Bynum

[www.jonbainestours.com/caribcruise](http://www.jonbainestours.com/caribcruise)

### **South West China and Tibet**

8 – 21 September 2019

Tour leader: Janice Liverseidge

[www.jonbainestours.com/tibet](http://www.jonbainestours.com/tibet)

### **Heritage Tour of Sri Lanka**

8 – 21 September 2019

Tour leaders: Prof. John & Susi Richardson

[www.jonbainestours.com/heritage](http://www.jonbainestours.com/heritage)

RSM members receive £50 off any of the listed tours when quoting RSM

**Jon Baines Tours are an international travel company specialising in medical professional study tours for over ten years. For details on any of the tours listed or to create your own tailor made tour, please contact [info@jonbainestours.co.uk](mailto:info@jonbainestours.co.uk) or call +44 (0) 207 223 9485.**



# WEAR YOUR HEART

## ON YOUR SLEEVE.

Whether it's old or new, your jewellery is covered both in and out of the home by your policy. So you can wear it with confidence, wherever you like.

- Worldwide cover as standard. Your jewellery and watches are covered away from the home for up to 60 consecutive days.
- Contents insurance covers individual items or sets up to £15,000 as standard.
- Nine out of ten customers are very satisfied with the claims experience at Hiscox.\*

RSM members save 12.5%.  
Call **0800 840 2373**  
or visit [www.hiscox.co.uk/rsm](http://www.hiscox.co.uk/rsm).



The ROYAL  
SOCIETY of  
MEDICINE

**HISCOX**  
EVER ONWARDS

\*Watermelon research, 362 respondents (January 2018 – August 2018).

Terms and conditions apply. For full terms and conditions visit [hiscox.co.uk/rsm](http://hiscox.co.uk/rsm). The Royal Society of Medicine is an Introducer Appointed Representative of Hiscox Underwriting Ltd who is authorised by the Financial Conduct Authority. For UK residents only. 19225 09/18