As an RSM member enjoy reciprocal clubs around the world

In addition to the members’ only facilities in London, RSM members have access to over 50 reciprocal clubs located across the globe, including a number of UK clubs.

Why not take advantage of this exclusive arrangement on your next holiday or business trip?

To visit a club, you just need a letter of introduction from the Royal Society of Medicine:

- www.rsm.ac.uk/request-for-letter-of-introduction
- Email: membership@rsm.ac.uk
- Tel: +44 (0) 20 7290 2991

Once you have your letter all you need to do is contact the club to arrange your accommodation. Visiting for the day? Simply present your RSM membership card and letter of introduction when you arrive.

Africa
Mombasa Club, Mombasa
Kelvin Grove Club, Cape Town
Rand Club, Johannesburg

Asia
Hong Kong Academy of Medicine
The Foreign Correspondents’ Club, Hong Kong
Deccan Gymkhana, Pune
PYC Hindu Gymkhana, Pune
Space Circle Club, Kolkata
The Circle Club, Kolkata
The Cricket Club of India, Mumbai
The HBN Country Club, Punjab
The Spring Club, Kolkata
Tollygunge Club, Kolkata

Europe
The Athenaeum, Liverpool
The Bath and County Club
The Clifton Club, Bristol
Colmore Club, Birmingham
The Norfolk Club, Norwich
The Stephen’s Green Hibernian Club, Dublin
Der Kieler Kaufmann, Kiel
Malta Union Club, Malta
Ulster Reform Club, Ulster
Oporto Cricket and Lawn Tennis Club
The Royal College of Surgeons of Edinburgh
The Royal Northern & University Club, Aberdeen
The Royal Scots Club, Edinburgh
The Western Club, Glasgow
Circolo Ecuadristi, Barcelona
Club Financiero Genova, Madrid
Karolinska Institutet, Stockholm

South America
Centro Libanés, Mexico City

Australia and New Zealand
New Castle Club, New Castle
Royal Automobile Club, Sydney
The Athenaeum Club, Melbourne
Australia National University, Canberra
Western Australia Club, Perth
United Service Club, Brisbane
University Of Melbourne
Canterbury Club, Christchurch
Christchurch Club
The Wellington Club
The Northern Club, Auckland

North America and Canada
Century Club of Syracuse, New York
Cornell Club, New York
The Yale Club of New York City
Rideau Club, Ottawa
Terminal City Club, Vancouver
The National Club, Toronto

If you have any ideas for additional clubs please email membership@rsm.ac.uk
World-renowned surgeon Professor Mehmet Haberal has been awarded the Royal Society of Medicine’s first Distinguished Fellowship.

Created in 2008, the Distinguished Fellowship was established by the RSM Council to recognise exceptional people who have helped medicine. The fellowship can be given to both healthcare professionals and those who do not necessarily work within the sector but have been influential to its advancements.

Known for his pioneering work on kidney and liver transplantation, Professor Haberal became the first doctor to perform a kidney transplant from a living donor in Turkey in 1975, and was the first to carry out a kidney transplant from a cadaver in the late 70s. Alongside his active career in organ transplantation and burn treatment, he was an early participant in the movement to create private non-profit higher education institutions in Turkey by establishing Baskent University. The university is known throughout the country for its medical school, hospitals, outpatient clinics and dialysis centres.

Bestowing the Fellowship to Professor Haberal at a ceremony on Wednesday 8 March, RSM President, B Sethia said: “Professor Haberal has forged an outstanding international surgical career and has also, as the founder and Rector of Baskent University, established one of the leading universities in Turkey. He has been a hugely influential surgical leader in the countries of central Asia and remains an inspiration to all those who work with him”.

Congratulations go to the RSM conference team, honoured at the recent Association of British Conference Organisers (ABPCO) Annual Excellence Awards. Shortlisted for ‘Best Conference by an In-House Conference Organiser’ alongside Diabetes UK, the team edged their way to victory after Senior Events Co-ordinator Amy Stratton delivered a presentation to a group of senior industry conference professionals at the awards. The RSM team was represented at the awards by (pictured L-R) Jodie Phillips, Amy Stratton and Gemma Lamb.

The 2015/16 RSM Annual Report, which offers a comprehensive review of the activities undertaken by the Society during the last academic year, is now available. This year’s report included the Society’s newly published Mission, Vision and Values (see page 7).

Pick up a copy when next visiting the RSM.

Alternatively call 020 7290 2991 or email membership@rsm.ac.uk

The Annual Report is also available to download from the RSM website www.rsm.ac.uk
RSM COUNCIL ELECTIONS TO TAKE PLACE

Nominations for members of Council to take office starting with the 2017/18 Session have now closed. Eleven nominations were received, two from trainees and nine others.

All RSM fellows and associates are eligible to vote in the election and voting information will be sent by email or post in early May. The vote will be by electronic and postal ballot.

The results of the ballot will be announced in July 2017.

Members of Council play an essential role as Trustees of the Society and all eligible voters are strongly encouraged to take part in this important vote.

PRESIDENT-ELECT

Professor Sir Simon Wessely has been elected as the next RSM President. An RSM member since 1992 and admitted as an Honorary Fellow in 2014, Sir Simon is currently President of the Royal College of Psychiatrists. He will be inaugurated as RSM President in July 2017, succeeding Mr Babulal Sethia.

Sir Simon is Regius Professor of Psychiatry and Co-Director, King’s Centre for Military Health Research and Academic Department of Military Mental Health, Institute of Psychiatry, Psychology and Neuroscience, King’s College London.

After studying medicine and history of art at Trinity Hall, Cambridge, he finished his medical training at University College Oxford, graduating in 1981. He obtained the MRCP in Newcastle, before moving to London to train in psychiatry at the Maudsley. He is an active clinical academic psychiatrist and was elected to the Academy of Medical Sciences in 1999.

Starting his research career in unexplained symptoms and syndromes, he established the Chronic Fatigue Syndrome Research Unit in 1991 and was a founder member of the Cochrane Depression and Anxiety Group. In 1996 he established the Gulf War Illness Research Unit which, in 2003, subsequently became the King’s Centre for Military Health Research.

HONORARY FELLOWS AND RSM MEDALLISTS NAMED

Four Honorary Fellows will be named at the ceremony on 18 July when the new RSM President is inaugurated. They are:

- Professor Sir Michael Rawlins
- Professor Tilli Tansey
- Professor David Howard
- Baroness Greengross

During the ceremony former RSM Dean Professor John Betteridge will receive the RSM Medal in recognition of his significant contribution to the work of the Society.

Professor Sir Michael Marmot will be honoured with the RSM Gold Medal, awarded every three years to a distinguished member of the medical profession in recognition of their contribution to medicine over their lifetime.

NEW YEAR HONOURS

Congratulations go to the RSM members recognised for their achievements in the New Year’s Honours list 2017.

MEMBERS OF THE ORDER OF THE COMpanions of Honour

Sir Roger Bannister CBE for services to sport

Professor Sir Alec Jeffreys for services to medical research and society

The Right Honourable the Baroness Helen Mary Warnock DBE for services to charity and children with special educational needs

KNIGHTS BATCHELOR

Mr David Sloman for services to the NHS

CBE

Mrs Cecilia Anim for services to women’s health

Professor Kamaldeep Bhui for services to mental health research and care

Dr Desmond Biddulph for services to interfaith relations

OBE

Professor Jacqueline Dunkley-Bent for services to midwifery

Professor Ghulam Mufti for services to haematological medicine

MBE

Professor Wen Guo Jiang for services to international cancer research

AUSTRALIA DAY 2017 HONOURS LIST

The RSM would also like to congratulate Professor Alan Bittles who became a Member of the Order of Australia for significant service to medical education in the field of genomics, as an academic and researcher, and to professional groups.
I start this report by welcoming our new Chief Executive, Ms Helen Gordon, to the RSM. Helen joined us on 1 March after serving for many years as Chief Executive of the Royal Pharmaceutical Society and, before that, of the Royal College of Obstetrics and Gynaecologists. Some of you will no doubt have already met Helen, whether following the Annual Meeting of Fellows (AMF), or at another RSM function. She brings a wealth of experience to our Society as well as great energy and charm.

At the AMF, I reflected on the many achievements at the RSM during the past year. Those of you who have read the 2015/16 Annual Report (see page 4) will, I am sure, feel extremely proud of the work of all who have contributed to our success.

As this is my last contribution to RSM Engage as President, I would like to take this opportunity to celebrate the work of our Society during my time in office. There have been many highlights over the past three years including outstanding public lectures and academic meetings, exciting Medical Innovations Summits and new partnerships with external organisations.

I have been especially delighted by the success of our partnership in global health with the team at King’s College London which is both attracting new audiences to the RSM and developing collaborative research in a venture which is a completely new activity for our Society. Visitors and new members and fellows frequently comment on the excellence of our facilities and service at 1 Wimpole Street. The outstanding service and resources provided through our Library team remain at the core of much of our educational remit and our colleagues in the Academic Department continue to develop and present the innovative programmes which place the RSM at the forefront of healthcare education. We are truly fortunate to be a part of this great Society.

In my monthly updates, I have often commented on membership issues. One of our constant challenges is to ensure that we are able to provide appropriate membership benefits to our fellows and members, wherever in the country they live. RSM Council has now launched a major piece of work to determine the future face of our membership packages and I anticipate that the initial results of this work will be apparent later during this year.

One element of this initiative is focused specifically on the needs of our younger colleagues as these individuals represent the long-term future of our Society. I have been very encouraged to note the increasing numbers of younger people attending RSM events and hope that we can harness their energy and enthusiasm more effectively by encouraging them to increase their input into the activities of our Sections.

As noted on page 5, the deadline has passed for nominations for the elections of new Trustees to RSM Council. In the past, approximately 10% of our membership have cast their votes in this process and I strongly encourage all eligible voters to exercise their voting rights.

I would like to thank Professor James Malpas, Mr Peter Richardson, Professor Gillian Leng, Professor Sir Andrew Haines and Dr Rashmi Patel, all of whom retire from Council at the end of this academic year, for their extensive contributions to the RSM.

I would also like to thank the Honorary Officers and all the other Council members as well as our RSM Executive colleagues for their unstinting support to me during my time as President. A special thank you goes to Mrs Joanna Rose who, as many of you will be aware, does so much to ensure the smooth running of the Society.

My successor, Professor Sir Simon Wessely, is an inspirational leader. He will inherit an outstanding team and I wish him and the RSM every success for the future.

B Sethia
President

RSM MISSION
To advance health, through education and innovation.

RSM VISION
To be the leading provider of high-quality continuing postgraduate education and learning to the medical profession. To actively encourage and support all those entering medicine and to be a significant provider of education to the wider healthcare team.

RSM VALUES
• We treat people with respect and dignity and expert others to do the same.
• We invest in people to help them develop and grow.
• We strive to continuously improve what we do by setting stretching objectives and measuring outcomes.
• We listen to colleagues, customers and collaborate to achieve more through new ideas.
• We carry out our intentions.
NOTES FROM THE DEAN
CPD: TIME TO BROADEN THE CONTENT?

A quick glance at the line-up of RSM events reveals academic meetings covering myriad topics. From the virology of Zika to the search for disease modifying therapies in osteoarthritis; and from the genomics of gastric cancer to transforming the ophthalmology team. Most programmes reflect important medico-technical aspects of care and are given by specialists or super specialists who are national or international experts in their respective fields.

These programmes represent the core of RSM education for CPD and make up the backbone of what we do. But only a few of our CPD programmes reflect the range of “non-technical” skills. These include leadership (and followership), teamwork, teaching and supervisory skills, as well as quality and safety improvement and much more. All of which are crucial to the delivery of good patient care.

By focusing more on medico-technical skills, we reflect the generality of clinical education around the world: we are good at teaching individual doctors and other health care professionals to look after individual patients, but we are not so good at teaching them to look after the “system of care”. And this is a failure that in the end can fail individual patients.

Tragic failures in healthcare may be unique in much of their detail, but an analysis of 59 inquiries of published reports into NHS failures1 found similar sorts of problems in all of them, even though the inquiries ranged from the smaller internal review to the larger statutory investigation.

In brief, the researchers found five common themes including inadequate leadership, poor communication, system and process failure, and disempowerment of staff and patients (see box).

Since that analysis, the scandal at Mid Staffs became public and prompted the very well known, very large and very public inquiry. Two reports followed – the Francis reports. Coming in at over 1,700 pages with over 200 recommendations, the final report is the most comprehensive of all reports into NHS failings2.

In the midst of the detail, it is, however, still possible to pick out the five themes from the analysis of earlier inquiries. And in his 2014 RSM Jephcott Lecture3, Sir Robert Francis included engagement with change, team work and management and leadership as just some of the important lessons for the health care professions that emerged from his scrutiny of the causes of what went wrong at Mid Staffs.

The question for the NHS - or for any health system, as failures and their subsequent inquiries and reports are not unique to the NHS - is what can be done to address the problems that seem to be, at least in part, the endemic precursors of system failures that can seriously harm patients. In educational terms these failures broadly reflect deficiencies in those “non-technical” skills. Lack of medical knowledge or poor technical skills, which although do clearly pose risk to patients, do not seem to be linked to the system failures that can put so many at risk.

Today’s specialist training, educational curriculums, assessment processes and GMC guidance all actively recognise the importance of “non-technical” skills. Many good leadership and management courses are available, particularly for SpRs at the end of their training. But how many of us are as diligent about regularly revising and reviewing these skills as we are about updating our medical knowledge and clinical and technical skills?

And how often are “non-technical” skills reviewed within clinical teams and with colleagues?

At the RSM over the next few months we will be looking at how we might add more learning about and revision of “non-technical” skills to the core of what we do and perhaps broaden the scope of RSM CPD. We will consider how to make such learning relevant to everyday work and experience and not just an “add-on”.

If you are interested in taking part in these discussions, please do get in touch: fiona.moss@rsm.ac.uk

1 Walshe K, Higgins J. BMJ 2002;325:895
3 https://videos.rsm.ac.uk/video/the-jephcott-lecture-the-profession-of-medicine-after-mid-staffordshire

THEMES FROM NHS INQUIRIES

- Organisational or geographical isolation—which inhibits the transfer of innovation and hinders peer review and constructive critical exchange
- Inadequate leadership—lacking vision and unwilling to tackle known problems
- System and process failure—in which organisational systems and processes are either not present at all or not working properly
- Poor communication—both within the NHS organisation and between it and patients or clients, which means that problems are not picked up
- Disempowerment of staff and patients—which means that those who might have raised concerns were discouraged or prevented from doing

Walshe and Higgins, BMJ, 2002
INTERVIEW WITH OUR NEW CEO
HELEN GORDON

The RSM’s new Chief Executive Helen Gordon is looking forward to discovering what makes the Society and its members tick. Here she explains how she is planning to spend her first few months at the Society and why she believes the RSM can be a driving force in advancing health through education and innovation.

Helen Gordon, who joins the RSM from the Royal Pharmaceutical Society (RPS), has a career steeped in healthcare. Originally training as a nurse at St Bartholomew’s Hospital, she progressed through senior and managerial positions, including Operations Director and Chief Nurse at Hillingdon Hospital. After stints as Chief Executive at both Hillingdon Hospital and Queen Mary’s Sidcup NHS Trust, she moved to the Royal College of Obstetricians and Gynaecologists in 2005 before moving onto the RPS in 2010. She was awarded an Honorary Fellowship of the Royal College of General Practitioners in November 2013 and an Honorary Doctorate of Science from Reading University in 2016. With a keen interest in leadership and lifelong learning she chairs the Alumni Relationship and Development Advisory Board at Henley Business School.

What was the appeal of the RSM job that prompted you to apply?

I wasn’t planning to leave the Royal Pharmaceutical Society, where I had been Chief Executive for six and a half years. But when the RSM job came up I knew I wouldn’t be able to resist the opportunity to apply. As an RSM fellow myself I’ve always found it a fascinating organisation with an excellent and well-deserved reputation in continuing medical education.

I’m at a time in my career where I’m increasingly interested in how we can nurture people working in healthcare – both doctors and other healthcare professionals – so they are able to deliver patient care in the best way possible. Education is key to this and the RSM, where all the specialties come together, has an essential role to play.

How will your time at the Royal Pharmaceutical Society shape your plans for the RSM?

I joined the RPS at a time when regulation for the profession was split off and moved to its own organisation. My challenge at the RPS was to build a professional body akin to a medical royal college that brought together pharmacists from across the spectrum of pharmacy to provide a strong leadership role for the profession.

We supported pharmacists working throughout the field of care, for example in hospital services such as paediatric oncology, cardiac care, mental health, elderly care and outpatient departments, as well as academic research pharmacists, those working in education and primary care, together with the substantial network of community pharmacies across the nation.

So a big feature of my life at the RPS was working with, and harnessing, fantastic diversity which I always saw as a huge benefit. I’m relishing working with a similarly diverse membership here at the RSM.

Like the RSM, the RPS is a voluntary organisation and I’ve brought with me essential insight into creating value for members. I’m looking forward to talking to colleagues and members about how we can build on the strong sense of relevance the RSM offers to its members and others who make use of our education and facilities.

Working in any health service is hugely demanding and the NHS is facing tough challenges. All RSM members want to deliver really great healthcare and professional development is crucial. After
all, you don’t have healthcare without a workforce and you don’t have a workforce without education – and that’s where the RSM can really add value.

The RSM’s vision is to be the leading provider of high quality continuing postgraduate education and learning to the medical profession. How do you plan to support this vision in your role as Chief Executive?

I’m only a few weeks into the job so I’m still in the discovery phase. What I can say, though, is that I’m fully supportive of this vision. There is no reason why the RSM shouldn’t occupy this leading position because of its breadth of activities, its reach and the quality of its educational programme.

I’m looking forward to talking to the Sections to find out how they develop their meetings and spending time with the Dean, Fiona Moss, the Academic Board and others to get a real feel for what we do well, how we ensure quality and where there might be opportunities for development.

When you spoke at a recent meeting for RSM staff you described how, throughout your career, your focus has been on improving patient care. What role do you think the RSM can play in making postgraduate medical education more patient-focused?

I’ve always believed that if you think of the patient first you usually get to the right place. The patient or member of the public should be the golden thread running through everything we do – from stating our mission through to delivering our education programme. I see this in what we do already and we can build on that.

When we develop our courses and events, we need to constantly question how our programmes will help doctors and all healthcare professionals to not only deliver good clinical care, but also how learning at the RSM can help shape the environment in which care is delivered.

The more we involve the patient voice in what we do the better. If we’re alive to our mission of advancing health, through education and innovation, and we truly understand what our patients want and what the public needs, then we should find that this frames our discussions and activities and sharpens up our decision making.

The RSM also seeks to actively encourage and support everyone entering medicine and to be a significant provider of education to the wider healthcare team. Do you already have ideas about how the Society can achieve these important aims?

The reality is that the RSM offering is already highly valued among the wider healthcare community – we can see that through attendance at our events. We also know that doctors, while valuing doctor-to-doctor learning, don’t work in isolation but work as part of a team, whether it’s in hospital, in the community or in primary care or research.

If our mission is to advance health through education and innovation, then actually being able to influence and collaborate with other healthcare professionals is vital. There is a market out there for healthcare professionals who are hungry for more medical, scientific and innovative content who are interested in the core RSM education programme.

I’m keen to find out more about what other healthcare professionals are already enjoying at the RSM so that we can publicise more of what we do to doctor and non-doctor audiences.

The membership research project currently underway will be immensely helpful. It will help us identify what aspects of the RSM’s programme are most highly valued by members at every stage of their careers. This will, in turn, help us adapt our offering and promote it to a wider audience in different formats, for example by expanding our online offering, while serving our current membership well.

You chair the alumni leadership development programme at the Henley Business School. What do you think are the challenges for leaders within the health service today and how can the RSM help?

There are challenges for all leaders in healthcare today – whatever their career stage, specialty or role. My view is that it is essential that those who understand healthcare also lead and manage change in healthcare.

There’s more to being able to lead complex change and deal with very difficult situations than knowing your clinical specialty and keeping up with the latest research. It’s also about knowing yourself well and being able to pick up, develop and hone interpersonal and political skills as well as developing your own resilience throughout your career.

I’m fascinated by leadership development and my involvement with the Henley Business School Alumni, which offers mentorship schemes, support networks and focused skill development, definitely helps me perform better in my day job.

From talking to healthcare professionals across the board, I know there is a real hunger for development opportunities to help people learn more about themselves and how to manage change in what can be quite tricky and demanding leadership positions. This is true for both the NHS and the independent sector.

I’m interested in exploring the potential role the RSM could take in helping healthcare professionals and doctors navigate their way through and thrive within these leadership positions.

Away from work how do you unwind and relax?

I’ve just become a step-granny for the second time with the arrival of Freddie a few weeks ago. Being a good granny to Freddie and his brother Lenny, who’s two, is top of my priority list and I always enjoy spending time with my husband and family. Music is my great love and I’m currently brushing up my piano-playing skills – although this isn’t always quite as relaxing as I’d wish as I need to practice more.

When it comes to going on holiday, my interest in marine conservation always leads me to scuba diving, underwater photography and, preferably, swimming with sharks!
NEW TO RSM VIDEOS: RESOURCES ON MEDICAL TOPICS

A new resources area has been added to RSM Videos, designed to provide website users with an in-depth overview into a particular area of medicine and healthcare.

Designed as a one-stop-shop for information about specific topics, the resources available include videos of lectures, interviews with key figures working in the specialty and links to references on the subject matter. The references are broken up by texts and journals available in the RSM Library and external references.

New resources will be added each month and members will be notified as they become available. To see the new resource area in action visit: www.videos.rsm.ac.uk/resources

RECENTLY ADDED RESOURCES

Training in emergency general surgery
Covering general surgery procedures, the future of service models delivering emergency general surgery and the type of training required, this is designed for trainees and surgeons alike, needing to employ a range of skills and specialist knowledge to perform surgery in emergency situations.
videos.rsm.ac.uk/resource-surgery

The scientific and clinical basis of obesity and its management
In the UK we face an epidemic of obesity with huge implications for our healthcare systems. Get the latest information and resources available on the clinical management of obesity, including the endocrine, neural and psychological bases of obesity and contributing genetic factors.
videos.rsm.ac.uk/resource-obesity

An overview of the use of gene editing in medicine
With advances in gene editing now giving us the ability to treat rare genetic disorders and diseases, and advance human reproductive research, this resource page covers the historical background behind gene editing and how it can be applied to certain conditions.
videos.rsm.ac.uk/resource-gene-editing

TOP 10 POPULAR VIDEOS IN 2017 (JAN – MAR)

1. Regenerative Medicine Platform initiative
   Mr Osman Kibar
   videos.rsm.ac.uk/regenerative-medicine

2. Using the Bradford Hill viewpoints to evaluate the evidence on RF radiations from mobile phones to head tumours
   Professor Lennart Hardell
   videos.rsm.ac.uk/bradford-hill

3. Sleep in pilots and fatigue risk management systems
   Dr Rob Hunter
   videos.rsm.ac.uk/sleep-fatigue

4. Diabetic ketoacidosis: Pre-hospital and emergency department
   Dr Bill Lamb
   videos.rsm.ac.uk/keto-acidosis

5. Life threatening asthma: IM/IV drugs
   Dr William Sellers
   videos.rsm.ac.uk/im-iv-drugs

6. Diabetic ketoacidosis: Intensive care
   Dr Andrew Durward
   videos.rsm.ac.uk/diabetic-intensive-care

7. The national concussion initiative – update on progress
   Mr Richard Sylvester
   videos.rsm.ac.uk/concussion

8. IgE versus non-IgE mediated food allergy: Understand the different patterns of reaction
   Dr Helen Cox
   videos.rsm.ac.uk/food-allergy

9. The effects of food on the microbiome
   Professor Tim Spector
   videos.rsm.ac.uk/food-microbiome

10. Complications of bariatric surgery: What the general surgeon needs to know?
    Professor Jonathan Barry
    videos.rsm.ac.uk/bariatric-surgery
A lecture *The seven ages of urology* by Professor Roger Kirby, President of the Urology Section, signalled the start of the 2016-17 session for the Section in October. Focusing on how much the patient experience and the outcomes of urological surgery have improved over the last century, Professor Kirby’s presidential address began with Sir Henry Thompson, with his description of urethral structure disease and benign prostatic hyperplasia, and concluded with Patrick Walsh and Mani Menon with their development and refinement of radical prostatectomy.

A meeting on prostate cancer held the next day featured a talk by Visiting Professor Martin Gleave, from the University of British Columbia, Vancouver, who gave an insight into how the genomics of prostate cancer are now allowing personalised treatment of patients by targeting the mutations that drive the growth of metastases.

In November the Section was treated to an outstanding lecture on how the measurement of surgical outcomes can be used to improve patient care from Professor James Eastham from the Memorial Sloan Kettering Cancer Centre, New York.

In January members of the Section joined Professor Indy Gill in Los Angeles for a demonstration of live urological surgery, including robotic salvage prostatectomy and robotic partial nephrectomy. This was followed by an interactive Winter Meeting where diverse topics of urology were discussed.

An all-day meeting on renal cell cancer (RCC), took place at the RSM in February at which Visiting Professor Marston Linehan from the National Institute of Health, Washington DC, gave an in-depth insight into the genomic pathways, which crucially include mutation of the Von Hippel Landau (VHL) gene, that lead to RCC. He also illustrated how knowledge of these genomic alterations is now allowing the development of smart medications that are already dramatically changing the outlook for patients who are suffering from metastatic RCC.

In March Professor Jim Catto discussed the latest developments in bladder cancer when he delivered the eponymous Malcolm Coptcoat Lecture titled *Bladder cancer – ready for change after 90 years.*

Two further meetings are on the agenda for the 2016/17 session. On Friday 21 April *Patient Safety, Litigation and Gross Negligence Manslaughter* will include a talk by Mr David Sellu, the surgeon whose conviction for manslaughter was recently quashed, who will be speaking alongside Sir Robert Francis QC and Professor Sir Terence Stevenson, Chairman of the GMC.

The final event is the *President’s Day* on Friday 19 May at Danesfield House, near Marlow. The programme for this event will be published on the RSM website soon.

To find out more and to book visit: www.rsm.ac.uk/events

**FREE E-BOOKS FOR RSM DELEGATES**

A new e-book service for delegates attending a number of RSM meetings has been launched by the RSM, in collaboration with CRC Press. The new FreeBooks will include a selection of chapters on different topics relating to each meeting, chosen by the meeting organiser from books published by CRC Press.

The service was launched with a FreeBook for delegates attending the recent *RSM Aesthetics 9* meeting in February. To download the book visit www.crcpress.com/go/rsm_aesthetics_9

An e-book was developed for delegates attending the *Future insight into sepsis and AKI frontiers* meetings in March and other titles are in the pipeline.
Elective funding

The RSM is delighted to be working with the British Medical and Dental Students Trust, which has worked with generous donors to support medical and dental students with elective funding for many years.

RSM student members are invited to submit an application outlining their proposed elective to an advisory board, who will award successful applicants with funding. For more information and to apply, visit www.rsm.ac.uk/student-electives

Supporting student mental health

During the weekend of 21 and 22 January, over 100 students gathered to contribute their perspectives to the RSM Students Section’s fourth review of undergraduate education, this time focusing on student mental health and wellbeing.

Undergraduates were connected with health service leaders from the GMC, BMA and the Medical Schools Council, as well as the RSM’s President Elect, Professor Sir Simon Wessley, to explore how to ensure tomorrow’s doctors feel valued as they begin their careers, and propose recommendations for improvement.

The report is in the final draft stages and will be submitted for peer-review publication.

Report from the Specialty Careers Fair

Over 800 students registered to attend the RSM’s annual Specialty Careers Fair in November 2016. Students were able to visit over 60 different specialty stands, receive careers advice and explore alternative career paths, as well as take part in competitions, get hands-on with simulators and attend lectures about life in different specialties delivered by experts.

MEDICAL CAREERS UPDATE

The RSM Schools programme has run three successful medical careers days this year, which aim to inspire the future generations of healthcare professionals who are considering applying to study medicine. This year the programme has expanded regionally, working with the University of East Anglia’s outreach team to hold a medical careers day event in Norwich.

Across the three events over 480 school students from Years 10-12 attended, with over 45 bursary places offered to allow eligible students to attend for free.

Planning is underway to expand the regional medical careers day events to include Hull and Cardiff within the next academic year.

The schools programme is holding an event for teachers and careers advisors on Thursday 8 June to support teachers through guiding their students who wish to apply to study medicine.

For more information visit www.rsm.ac.uk/careers-advisory-day-2017

Revision meetings

The Students Section hosted Orthopaedics revision: Prepare to succeed event on Sunday 26 March, which was delivered by Mr Ian Sinha, Consultant Trauma and Orthopaedic Surgeon.

A series of OSCE practical training days for students will be taking place throughout April and May.

To book visit www.rsm.ac.uk/events/students
NEWS FROM THE TRAINEES

During 2016/17 the Trainee Section has run a full calendar of events for doctors in training to support their professional and clinical needs.

Two new meetings have been added to this year’s schedule.

MICROBIOME IN MEDICINE
Tuesday 5 September

This day meeting will be held in collaboration with researchers at Imperial College London. The focus will be on the new world of the microbiome in medicine, with a focus on microbes in cancer aetiology and therapeutics.

This is a highly relevant topic for trainees of all disciplines; as the clinician leaders of the future the microbiome represents a developing field, which is likely to become increasingly relevant in day-to-day clinical practice.

The microbiome refers to the collective genome of our 100 trillion strong host of resident bacteria, yeasts and viruses which cultivate every niche of our bodies. This internal ecosystem has garnered increasing interest for its role in development, immune regulation and metabolism and is starting to be considered an organ system.

The sheer volume of genetic information contained in the microbiome has led researchers to estimate that our bodies only contain about 1% human DNA and our highly unique ecosystems provide an exciting new therapeutic target. Perhaps the largest microbial community structure exists in the gastrointestinal tract and it was in this niche where an association between the presence of the bacteria Helicobacter pylori and the development of gastric lymphoma was noticed.

Since then great strides have been taken to learn how this highly modifiable ‘organ’ might contribute to the pathogenesis of other diseases and cancers.

Trainees in any discipline are invited to join this one-day workshop which will explore the role of the microbiome in the pathogenesis of cancer, the current state of knowledge and how this research could shape the future of clinical practice.

BREXIT: AN OPPORTUNITY FOR UK HEALTHCARE
Thursday 28 September

In response to the EU referendum result last year this evening meeting will focus on the opportunities Brexit provides for UK healthcare. The conference will explore potential outcomes and debate the best ways to prepare, plan and proactively respond to the challenges and opportunities beyond Brexit.

Britain leaving the EU has the potential for long-term implications for clinicians, scientific research and the NHS. The meeting will address a number of important questions.

Funding It was implied during the referendum that the NHS could expect additional funding of up to £350 million a week. Will the funding materialise and what substantial changes can be expected to NHS services as a result?

Workforce NHS and clinical services rely heavily on non-UK trained staff to deliver specialist services (36.7% of doctors on the GMC register did not train in the UK). Without healthcare workers from the EU, how will Britain adequately serve its growing population?

Research The UK has a long-standing reputation for high quality clinical and basic science research and innovation. This has been driven by international collaboration and the easy movement of researchers within the EU allowing exchange of scientific resources and talent. Between 2007 and 2013, the UK received €8.8 billion in funding from the EU for research and development. We will discuss how funding streams and research links will be maintained in the post Brexit era.

Pharmaceutical and biotech businesses Finally delegates can expect an insight into how leaving the EU may affect pharmaceutical and biotechnology businesses that use the UK as their base, and the potential impact on UK research, drug licencing and device approval.

The programmes for both these meetings will be available soon. Check the RSM website for updates: www.rsm.ac.uk or email trainees@rsm.ac.uk
Dermatologist Dr Zahra Ahmed has been named the Wesleyan RSM Trainee of the Year 2016 for her research involving the screening of over 3,700 drug compounds to identify that Flubendazole, 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.

Competing for this prestigious award among four other finalists representing the top prize winners at the Royal Society of Medicine in the past year, Dr Ahmed said: “It was an honour to be shortlisted for the award by the Royal Society of Medicine and to win the award itself was extremely gratifying and humbling. The presence of so many esteemed individuals at such awards does much to encourage, guide and advance the thinking of younger generations of doctors starting out on their careers.”

Dr Neeraj Sethi (RSM Laryngology & Rhinology Section) was awarded second place and in third place was Mr Sam Mason (RSM Coloproctology Section).

The judges included Professor Sir Simon Wessely, RSM President Elect and current President, Royal College of Psychiatrists; Professor Iain Hutchison, Chief Executive and Founder, Saving Faces; Professor Gillian Leng, Deputy Chief Executive and Director of Health and Social Care, NICE; and Dr Krishna Kasaraneni, Chair, Junior Advisory Board, Wesleyan.

Chair of the judges, RSM President Mr Babulal Sethia, said: “This was a fabulous evening of presentations and the quality was outstanding, particularly from our winner, Zahra Ahmed. We introduced a poster category to our awards evening for the first time this year and, like the oral presentations, the quality of work was exceptional.”

The winner of the poster award was Dr Anna Rose (RSM Oncology Section) for her poster titled Copy number variation of MSR1 at the KLK14 locus is a major genetic determinant of non-familial breast cancer.

Wesleyan’s Head of Medical (South) Simon Rake said: “Wesleyan is proud to support this prestigious event which recognises the best trainee doctors who put so much hard work into their research. Having been part of these awards for a number of years, it is great to see the event going from strength to strength. The quality of entries was, once again, very high. Congratulations to all of the finalists from all at Wesleyan.”

The prizes and awards open to students and trainees each year.

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VINAY VARADARAJAN HEADING FOR VANCOUVER

Mr Vinay Varadarajan will be learning about pioneering surgery that allows the removal of benign and malignant tumours from the base of the skull when he travels to Vancouver later this year. Currently in the UK, this is an area of practice which is just beginning to become established.

About the surgery

Traditionally otolaryngologists would treat tumours below the skull base and neurosurgeons would treat tumours above it. Tumours at the actual skull base always provided a therapeutic challenge as they were deep and difficult to reach and spanned both specialties.

With collaborations between otolaryngologists and neurosurgeons working as a team of “skull base surgeons” these tumours can now be safely reached and tackled. The tumours are accessed through the nasal passages and sinuses using modern telescopic (endoscopic) technology.

Future aims

After spending a year as an advanced endoscopic skull base fellow at the highly respected University of British Columbia (UBC) in Vancouver, Mr Varadarajan’s aim will be to return to the UK to set up a comprehensive tertiary rhinology and endoscopic skull base surgery service for NHS patients.

Currently a Post CCT Rhinology Fellow at Derriford Hospital in Plymouth, Mr Varadarajan chose the Vancouver fellowship over several other funded fellowships in Belgium, Australia and Canada. This was because of the high level advanced training offered to UBC Rhinology and Endoscopic Skull Base Unit fellows. “I want to receive the best training at the best centres so I can bring these skills back for the benefit of NHS patients”, he says.

By bringing the training he receives in Vancouver back to the UK he hopes to be in a position to train other surgeons in what he has been taught, as well as treating his patients with international level care.

He says: “I would like to personally thank Dr Carice Ellison for her generosity in sponsoring this award as well as the RSM for organising these types of funding opportunities. It allows doctors like me to pursue their dreams and bring high quality international experience back to the UK”.

AUSTRALIA WELCOMES SMRITI AGARWAL

Neurology trainee Dr Smriti Agarwal has recently moved to Sydney, Australia for a post-doctoral position. She will be working with Professor Matthew Kiernan and Professor John Hodges, who run a world class collaborative research programme in neurodegenerative disorders at the Sydney Brain and Mind Research Institute.

Dr Agarwal has a background in stroke neurology having undertaken her MD at Cambridge in brain imaging in stroke and healthy ageing.

She says: “There are significant overlaps in brain networks lost in degenerative disorders and those involved in recovery of a focal injury such as stroke. Studying patients with motor neuron disease and the related condition, frontotemporal dementia, provides the ideal opportunity to understand some of these common mechanisms.’

In particular, Dr Agarwal will focus on studying cognitive abilities of the frontal lobe of the brain, in association with changes in structure and electrical activity. At the end of the fellowship she is planning to return to the UK to complete her clinical training and pursue a career combining clinical neurology with research.

She says: “I am keen to understand mechanisms of clinical and tissue recovery in the brain, with a view to developing and applying physiologically-informed rehabilitative and restorative interventions. The Ellison-Cliffe Travelling Fellowship will help me work towards my goals and I am grateful to both the RSM and to Dr Carice Ellison for her generosity in funding the award.”

More about the awards

The £15,000 RSM Ellison-Cliffe Travelling Fellowship covers expenses for travel abroad, to one or two centres, in pursuit of further study, research or clinical training. For more information visit www.rsm.ac.uk/prizes-awards
A stimulating and engaging programme of public lectures has been designed for the current academic year.

The end of 2016 saw Olympic bronze medallist and double World Champion rower, Sarah Winckless MBE speak at the annual Christmas lecture. She gave a motivational talk about the physical and psychological issues of performance, the inner workings of teamwork, and the challenges she had to face after receiving a positive diagnosis for the Huntington’s gene.

In the New Year the RSM welcomed sculptor Conrad Shawcross RA, who in discussion with the Royal Academy’s Artistic Director Tim Marlow, spoke at the Arts, society and medicine lecture. Mr Shawcross described a number of the installations he has created including works from The Nervous System to his recent commission for the Francis Crick Centre Paradigm. He talked about his fascination with science and paid tribute to some of the great scientific analysts and pioneers of the past, mentioning specific figures and moments that have influenced his practice.

The 3rd London Clinic lecture was delivered by Mr Samer Nashef, author of The Naked Surgeon, who described how his study on mortality rates in surgery rocked the establishment, and how his own risk-assessment system for cardiac surgery patients, EuroSCORE, is now used worldwide.

The annual Easter lecture was presented by Times columnist Matthew Syed who focused on the dynamics of a high performance culture. Using compelling examples from healthcare, aviation, business, education, sport and the criminal justice system, he spoke about how to implement a growth culture and the difference it can make both at an individual and organisational level.

The final public lecture for the year will be the annual Stevens lecture on Monday 15 May when well known dermatologist Dr Christopher Rowland Payne will be speaking on sun addiction and skin cancer.

For more information and to book, visit www.rsm.ac.uk/public

Catch up with this year’s past public lectures for free at RSM Videos: https://videos.rsm.ac.uk

MEDICINE & ME

Giving a voice to patients and their carers

The Medicine & Me meeting series continues to flourish and this year sees the RSM working with a range of both large and smaller charities. The first meeting of the year was aptly announced on Anosmia Awareness Day and is a collaboration with FifthSense, the charity for people affected by smell and taste disorders.

2017 also realises an important and exciting working relationship with the Journal of the Royal Society of Medicine (JRSM). With the support of Kamran Abbasi, JRSM Editor, we are pleased to announce a regular Medicine & Me feature article in the journal.

We hope that this will extend the reach of the Medicine & Me programme and allow more patients and carers to tell their story and to be heard by a greater audience.

We were privileged this year to receive a charitable gift of £2,500 from The Patron’s Fund. Insight into the patient’s journey and the more human aspects of disease undoubtedly enriches the patient-doctor relationship and forms an important part of understanding disease. With this in mind, the gift will be used to support the attendance of trainees to meetings across the Medicine & Me series.

Upcoming events:

Living without smell and taste
Friday 26 May

Living with bronchiectasis
Friday 16 June

Living with segmental overgrowth conditions
Tuesday 11 July

Living with polycystic ovary syndrome
Saturday 9 September

Living with Marfan syndrome
Friday 29 September
Here is a selection of highlights from the RSM’s programme of educational meetings and events. To find out more and to view the full programme visit:

www.rsm.ac.uk/events

**Exercise medicine**  
*Saturday 17 June*

The RSM’s 5th annual conference dedicated to exercise medicine will take delegates on a journey through research highlights, clinical practice and key updates on guidelines. The international panel of speakers will include Dr Claude Bouchard and Dr Katherine Howe from the Department of Epidemiology, Harvard School of Public Health, USA.

**National diabetes inpatient conference**  
*Tuesday 20 June*

In its 6th year, this annual meeting hosted by the RSM Endocrinology & Diabetes Section, will allow delegates to share experiences and highlight innovations and change systems that could be adopted by others to improve inpatient diabetes care.

**Child sexual abuse: How can health professionals best help?**  
*Tuesday 27 June*

Despite statutory training in the management of child sexual abuse, healthcare professionals can still feel inadequately prepared to provide comprehensive management for victims, their families and the perpetrators. This conference will bring together many of the leading experts in the field to provide an interactive forum on current and future concepts and how to integrate these into practice.

**Venous Forum summer annual meeting**  
*Monday 10 July to Wednesday 12 July*

Several important aspects of venous disease will be discussed during this meeting. The problem of venous ulcer management will be addressed in a joint symposium with the Society of Vascular Nurses and the Tissue Viability Society. International guest lecturer Dr Raghu Kolluri, from Cleveland, Ohio, will give an address titled *The importance of establishing the correct aetiology and pathology before treating a leg ulcer.*

**Primary care update**  
*Tuesday 12 September to Thursday 14 September*

Previously known as the GP Forum, this three-day meeting will include updates on anxiety, drug and alcohol addictions, cardiovascular and stroke, emergency paediatrics, chronic pain, gynaecology, allergy and gastroenterology and IBS pain.

**Surgery Section President’s day**  
*Friday 29 September*

Held in collaboration with the Cardiff China Medical Research collaborative, this meeting will contain a mix of scientific and clinical presentations that demonstrate the value of working together across specialties, disciplines and with partners at home and abroad. Delegates will hear how the medical profession and politicians worked together to introduce presumed consent for organ donation in Wales. Other teams will present on cancer vaccination, intestinal failure and advances in vascular surgery.
CLEARLY A GREAT SUCCESS

Due to popular demand, we will soon be releasing more space on the Wall of Honour in our stunning glass atrium. If there is someone you would like to recognise for their contribution to medicine or healthcare, why not consider adding their name?
Visitors to 1 Wimpole Street will doubtless have noticed the 850 or so names which adorn the glass walls of our impressive central atrium.

This is a place where doctors, nurses, surgeons, healthcare professionals… and many more people from across the spectrum of medicine are honoured for their dedication to their patients and work.

If you have a colleague, a mentor, a family member or friend who deserves recognition, now could be the time to secure them their place at the Royal Society of Medicine.

REMEMBERING THOSE WHO INSPIRED US...

People on the Wall of Honour do not need to be members of the RSM themselves. As long as they have demonstrated a commitment to medicine and healthcare, we are happy to include them – whether they are still working, are now retired or have sadly passed away.

Names are added in perpetuity and those honoured (and honouring) are invited to a special ceremony; always a wonderful, moving and memorable event.

...WHILE INSPIRING THE NEXT GENERATION

To add a name, we ask for a single donation of £2,500, reduced to £2,000 if the person nominating is an RSM member.

These funds are invested in medical education, which means that those being honoured are enabling the next generation of professionals to follow in their footsteps; a further tribute to their example.

To find out more, please contact our Development Director, Paul Summerfield:
Tel: 07789 203 735
Email: paul.summerfield@rsm.ac.uk

Alternatively, you can find more information online at rsm-wallofhonour.com

I wanted to commemorate the Women’s Hospital Corps, which during WWI established and ran the only British army hospital ever to be staffed entirely by women. They treated over 24,000 soldiers – an extraordinary achievement, given that before 1914 female doctors had very limited opportunities to gain clinical experience, and almost never saw male patients.

Dr JF Geddes

I chose to honour my father, Dr Daniel Nee Annan. He trained as a doctor at Cambridge & Barts, qualifying in 1937. On his advice, I followed him to both educational institutions. He was an example to emulate and an inspiration to many.

Henry Annan

I wanted to honour my father, Jim Laing who played such a significant and inspirational role in the treatment and prevention of burns. He was President of the Plastic Surgery Section: something of which he was very proud.

Hamish Laing
The Director of Library Services and the Library Services Strategic Review Group are currently creating the Library strategy for 2017-2022. This will be presented to the Academic Board in May and the RSM Council in July.

Davies donation

The Library would like to thank Jonathan and Perry Davies for their very generous donation of £3,000 for the purchase of history of medicine books.

This greatly appreciated donation is in memory of the Davies brothers’ parents. Their father Professor Michael Davies had a special interest in medical history, and their mother Betty Davies was a qualified librarian and ran the medical library in the Hebrew University Medical School where their father taught for nearly thirty years.

Each book will be given a bookplate acknowledging the gift in memory of Professor and Mrs Davies. The books will be bought in the coming weeks and will gradually be added to the collection.

E-journal donation

Thanks also go to Dr Theodore Bazas for providing access to the electronic journal *Hygeia Ergasia* (from the Hellenic Society Of Occupational And Environmental Medicine). This is a Greek occupational medicine journal with English abstracts. This journal can be accessed by RSM members by logging on to the e-resources page on the RSM website and searching the list of e-journals.

New e-resources available

The Library has acquired access to two major publisher packages of e-resources.

1. Wiley Online Library Electronic Books: access to thousands of electronic books in addition to the journals already provided by the RSM Library.


New Discovery Service

Members can now search across the Library’s electronic resources using the RSM Library Discovery Service. This is a new addition to our resources and enables members to search for articles by keyword, author and more, as well as by publication titles. The search covers all the publishers in the collection and members can search for publications in the print collection too. The product is currently still being configured and tested prior to a bigger launch in the future.

Members are invited to use the Discovery Tool and send feedback to the Library team to help them tweak the service and make improvements. Visit [www.rsm.ac.uk/library/research-tools](http://www.rsm.ac.uk/library/research-tools) and login to use the Discovery Tool and send feedback.

You can also email your feedback to collection.management@rsm.ac.uk. Please mention ‘Discovery Tool’ when submitting your comments.

Library app

The Library will be introducing an app in the near future which will allow online renewals, placing holds and searching the catalogue from mobile phones and devices.

Two information screens will also be introduced to promote Library and RSM content, including details about the latest exhibition and the information skill training programme as well as signage for events coming up within the wider RSM.

Please feedback your comments and suggestions for improvements to Library services to nicolas.fernandez@rsm.ac.uk or telephone 0207 290 3936.

EXHIBITIONS

Attachment: our enduring need for others To Saturday 29th April

The Bowlby Centre, in collaboration with Royal Society of Medicine, are proud to present a unique exhibition on Attachment inspired by the life and work of Honorary Fellow John Bowlby, the founder of Attachment Theory. This intimate exhibition presents seldom-seen letters and photographs from the John Bowlby Archive at the Wellcome Library. The material has been thoughtfully curated to trace our understanding of the universal need for others across the lifespan and how this develops in a cultural and social context.

The Mesmerist: John Elliotson (1791-1868) Monday 8 May to Saturday 29 July

The exhibition tells the story of John Elliotson and his battle to promote mesmerism – hypnotism as it was later renamed – in the face of furious opposition from the medical establishment and medical press. Elliotson was President of the Medical and Chirurgical Society of London in 1833, and it was during his term of office that the Society was granted a Royal Charter to become, in 1834, the Royal Medical and Chirurgical Society.

Admission to exhibitions is free and open to all.

Opening hours

Monday – Thursday, 9am – 9pm

Friday, 9am – 5.30pm

Saturday, 10am – 4.30pm
13 DAYS from submission to first decision on paper or article

Over 600k downloads of JRSM papers/articles in 2016

10,000 institutions

14,452 mentions across the globe of 459 articles in JRSM by blogs, tweets, facebook posts or news articles.

Top article on altmetrics
“What caused the spike in mortality in England and Wales in January 2015?”
Shared by 194 tweeters

Top 10 submitting countries (Scopus 2011-present)

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Increase of the 5 year Impact Factor


Case study: Maximum exposure for high profile research:
2017 press release ‘New analysis links 30,000 deaths in 2015 to cuts in health and social care’ resulting in 1,194 news items published by publications with a combined circulation of over 3 million

Heritage

108 volumes published since Volume 1 in 1908

Over 36,190 articles published

JRSM is the journal for the latest opinion and debate on important international clinical topics
IHP is Europe’s largest coordinator of donated medicines, providing a professional service to enable healthcare companies and aid agencies to support patients around the world who cannot otherwise access the medicines they need. Here Doctor Olufemi Sanni explains how IHP is helping him take essential medicines to Nigeria.

Doctor Sanni was pleased to be carrying IHP’s Essential Health Packs when he visited the Steno Memorial Foundation, Nigeria in March. “These medicines are going to make a huge difference. My concern has always been to bring good quality care to the communities I am helping. To do that it is crucial that I bring genuine medicines. There are a lot of fake ones out there and it’s not possible to verify. But at least with these Essential Health Packs, I know they are genuine and the people I will be helping will see the impact almost immediately. So, I’m very excited,” says the psychiatrist who works for Greater Manchester Mental Health Services.

Dr Sanni registered the Steno Memorial Foundation in 2011 in honour of his late brother, Yomi Sanni (Steno) who died earlier that year in a road traffic accident. The foundation provides health care to poor communities throughout Ogun State in Nigeria. Earlier this year, a friend informed him about IHP and their Essential Health Packs (formerly known as Doctors’ Travel Packs) and he jumped at the chance of taking them.

The Essential Health Packs comprise two boxes of primary healthcare medicines, with approximately 800 treatments for adults and children. The portable packs include a broad range of essentials including antibiotics, antifungals, analgesics, anti-inflammatory and anti-parasitics. Most products are for acute conditions. All the medicines are donated and come direct from the manufacturer.

“The pack gives health care professionals the ability to go to a resource-poor environment already equipped. The feedback we receive has been phenomenal,” says Patrick Keys, IHP’s Health Programme Manager, who runs the scheme. “We are looking forward to seeing more health professionals come on board and take packs overseas,” he continues. Dr Sanni already has plans to carry out more this summer.

For more information about taking an Essential Health Pack overseas contact p.keys@ihpuk.org visit www.ihpuk.org or follow @IHP_UK

The Royal Society of Medicine is pleased to be supporting the Council for At-Risk Academics (Cara) who are launching a major campaign during an evening reception at the RSM on Wednesday 7 June.

Cara has been saving doctors and academics from persecution and from war zones for over 80 years. Helping academics in immediate danger, those forced into exile, and many who choose to remain in their home countries despite the serious risks they face, Cara also supports higher education institutions whose continuing work is at risk or compromised.

The event at the RSM will launch Cara’s new awareness and fundraising campaign and is designed to thank Cara’s existing supporters and encourage others to join in. RSM President Mr B Sethia will introduce the programme and Jon Snow, Channel 4 News presenter, will be interviewing academics and scientists who have benefited from Cara’s support over the years.

Many Cara Fellows will be on hand during the evening to explain how Cara’s work has changed their lives, given them new hope and the chance to learn valuable new skills.

This will be a popular event and RSM members wishing to attend should contact Martin Thornton at thornton@cara.ngo as soon as possible.

To donate or learn more about Cara please visit: www.cara.ngo

Case study

Adel is a doctor from Mosul, the second biggest city in Iraq, which was occupied by Daesh (IS) in June 2014. As Iraqi military forces fled the city, a tragic breakdown in health and education services followed and hundreds of innocent men, women and children were kidnapped and murdered.

Many doctors fled Mosul but Adel remained. Like his fellow doctors, he was forced to work in appalling conditions. In desperation, Adel emailed Cara in June 2015 and by December he had been offered a place at a UK institution.

After a terrifying journey out of Mosul he arrived in Amman where Cara was able to help him with all the arrangements for travel, his fellowship in the UK and accommodation. Adel’s family will be joining him in the UK soon.

Adel says: “It’s not an exaggeration to say that Cara have saved the lives of my family and me, saved our future and even our dreams. My father and brother are still in Mosul and I hope that, when the fighting is over, I can use the knowledge I’m gaining now to return to my homeland and help to rebuild the healthcare system for future generations.”
This year’s new partnership between the RSM and King’s College London has put forward a rich programme centred on three main streams: ‘Education’, ‘Emergencies’ and ‘Big Issues’. To date, more than 600 delegates have engaged with the emerging themes and new research avenues in global health since the annual programme was launched in September 2016.

The first Education event titled *Global health in local practice* helped generate momentum around the inclusion of global health competencies in medical education. Our next Education event, the *Global Surgery Summer School*, will take place in July 2017 and will be targeted at those interested in developing a career in global surgical policy or as a global surgeon, anaesthetist or obstetrician.

Our Emergencies stream included an evening titled *Man-made disasters: Toxic remnants of war*. The first event of its type, it generated research momentum around the crucial but neglected issue of war related pollution. Our next Emergencies meeting, *Negotiating the humanitarian space* will take place in June 2017 and will seek to connect the health community, universities and non-governmental organisations around the pressing issue of violence against hospitals and health care workers in violent contexts.

Our Big Issues stream also runs through the year and tackles specific populations’ access to healthcare and wellbeing and encourages evidence-based policy responses to key global health challenges. Our first Big Issues meeting, *Resilience and recovery: Post-Ebola health systems strengthening in Sierra Leone*, engaged the Sierra Leonean Ministry of health, Public Health England and numerous organisations.

Audiences also took part in current thinking around UK health collaborations overseas through a meeting entitled, *Global health partnerships: Buzzword or breakthrough?* that was co-organised with the Tropical Health Education Trust.

Global Ageing: Challenges and opportunities

**Monday 24 and Tuesday 25 April**

This two-day multi-disciplinary meeting will dive into the greatest demographic transformation of the 21st century. World experts on effective care for chronic conditions and dementia will discuss ageing from China to South Africa, across urban, rural and conflict affected settings.

To view the full programme and register for the meeting, visit [www.rsm.ac.uk/globalhealth](http://www.rsm.ac.uk/globalhealth).

The team can also be contacted at [globalhealth@rsm.ac.uk](mailto:globalhealth@rsm.ac.uk)
NEWS FROM THE RETIRED FELLOWS SOCIETY

The Retired Fellows Society (RFS) of the RSM is now in its twentieth year and a 20th Anniversary Lecture by Thomas Plant, auctioneer and member of the panel of experts on the popular TV show “Bargain Hunt”, is being planned for October.

As a society within a society, our membership covers all other Sections and is open to any member of the RSM who has reached retirement age, rather loosely defined as anyone who has retired from their main discipline or has reached “bus pass age”. A fee of £20 per annum is charged to cover expenses and to support the RFS Newsletter.

Meetings are in the form of lectures - and lunch following for those wanting to stay and meet up with their colleagues. A fee of £4 covers the cost of coffee, and lunch is approximately £30. Future lectures by prominent speakers, including Sir Barry Ife, and Sir James Munby, are planned.

Extramural meetings are held regularly, and a private tour of the London Palladium with afternoon tea is planned among other interesting meetings.

The RFS also has an active and very popular Camera Society, open to all grades of photographers, and is responsible for the exhibition of photographs by its members, in the main hall of the RSM.

The very popular annual Recent Advances day is organised by the RFS, the next being held on the Thursday 7

UPCOMING EVENTS:

Professor Caroline Wilkinson: Facial reconstruction - depicting the dead
Thursday 18 May 2017

Mr Robert Hulse: Brunel’s Great Eastern - the ship that changed the world
Thursday 15 June 2017

December of this year. Full programme details will soon be announced. Details of our second annual essay prize open to students and retired fellows is now open online.

Members approaching or having reached retirement are invited to join the RFS. For more information please email rfs@rsm.ac.uk or visit www.rsm.ac.uk/rfs

HISTORY OF MEDICINE SOCIETY REPORT

2016/17 so far has proven successful for the History of Medicine Society, with a good turnout across the meetings. In October 2016, Professor Emerita Anne Charlton spoke about an example of Tudor Medicine, specifically the treatment of King Henry VIII’s leg wound. This was followed by a lecture by Dr Catherine Kelly who is Senior Lecturer in Law from University of Bristol.

The second meeting was the inaugural William Bynum lecture supported by the Centre for Global Health Histories at the University of York and Cambridge University Press. Dr Chris Renwick, Senior Lecturer in Modern History from University of York gave insight into the social biology and progressive politics in Britain during the mid-twentieth century. The meeting was introduced by the respected Professor Bill Bynum, Professor Emeritus of the History of Medicine, University College London and Founding Head of the Academic Unit of the Wellcome Institute for the History of Medicine.

The meeting held in February, Physicians’ gardens and naval surgeons featured Dr Clare Hickman from University of Chester and Professor Felix Driver from Royal Holloway University of London.

A two course dinner follows each evening meeting which is a great opportunity for attendees to network and catch up.

The Society looks forward to welcoming many members to the meetings coming up during the rest of the year which includes two out of house visits. More details below and on our Society webpage.

FORTHCOMING EVENTS:

Out of house visit to East Grinstead
Saturday 8 April

The patentability of medical treatments
Wednesday 7 June

Out of house visit to Brompton Cemetery
Monday 12 June

To register for a History of Medicine Society event visit www.rsm.ac.uk/history
RENOVATING OR EXTENDING A LISTED PROPERTY?
LOOK OUT FOR THE PITFALLS

Home renovations and extensions have become such a popular British trend that even the Queen is preparing to put up with an invasion of builders and the ensuing disruption. Of course, the news that Buckingham Palace is to undergo a £369m facelift over the next ten years may not have much in common with the average spend on home renovations or extensions – but, as stamp duty increases hit, many of us are choosing to renovate and/or extend rather than move home.

Of course there are numerous pitfalls to look out for when embarking on any home building project whether it’s a new bathroom, loft conversion or an extension; pitfalls that can be even greater when a property is listed.

There are around half a million listed homes in the UK from Grade I which represents those of ‘exceptional interest’. The majority of listed buildings (92%) however are in the Grade II category which are seen as those of ‘special interest’ by the National Heritage List for England. But what does this all mean when it comes to renovations and extensions?

IS YOUR HOME LISTED?

Firstly, if you’re not sure, you can check the National Heritage List to see what listing (if any) your property has. Once you know that, you will be able to investigate what restrictions there are on what you can and cannot do to the building. For example, if you’re doing work only to the interior of a building you will generally only need listed building consent but if your works also include exterior changes then you may also have to get planning permission. Removing trees in the garden or altering outbuildings can also impact the ‘setting’ of your listed property so again, you should seek clarification before making any changes.

UNDOING PREVIOUS MISTAKES

It’s also worth remembering that alterations carried out by previous owners of your property may not have complied with the property’s listed status and you could find yourself having to undo earlier work. For instance they may have used building materials unsympathetic to the original construction – a classic example being modern renders and plaster where more traditional materials should have been used.

MAKE SURE WORKS ARE INSURED

A key part of renovating and extending your listed property should also be to ensure that you have adequate insurance while the works take place. Many home owners are not aware that not only do they need to advise their home insurer of any building works, but that the works might not be covered and could invalidate their policy entirely. If you are beginning building works on your property check with your insurer or insurance broker to make sure the project will be covered.

RSM members save 12.5% on Hiscox Home Insurance and new Hiscox Renovation and Extension Insurance. Visit www.hiscox.co.uk/rsm or call 0800 840 2349.
SPECIAL MIDDLESEX CRICKET OFFER FOR RSM MEMBERS

Save on a season of cricket at Lord’s as a new member of Middlesex Cricket – the reigning County Champions!

With Middlesex Cricket winning the Specsavers County Championship in 2016, there’s never been a better time to become a new member of the club this year, and thanks to this brilliant introductory offer RSM members can enjoy a season of watching cricket at Lord’s Cricket Ground, the most famous ground in the world, for a fraction of the normal price.

For just £100, reduced from the normal price of £265, this special offer allows you to join as a new FULL member of Middlesex Cricket, or if you live more than 50 miles from Lord’s ‘as the crow flies’ then you’ll be able to join as a new COUNTRY member for just £80 for the entire year, reduced from the normal rate of £176. Joining as a new member of either category will afford you a host of benefits unrivalled by any other first-class county club!

You’ll receive free entry into every single Middlesex match at Lord’s, you can watch every Middlesex match from the famous Lord’s Pavilion and Long Room and even sign a guest in with you, plus you’ll receive priority access to tickets for all the international matches at Lord’s in 2018.

With no waiting list to join and almost 40 days of cricket at Lord’s to enjoy across all three domestic formats (Specsavers County Championship, Royal London One Day Cup and NatWest T20 Blast), join today and follow the County Champions at Lord’s in 2017.

Should you want to treat a friend or loved one, then you can also use this special discount against the purchase of a Middlesex Cricket membership gift voucher, which you can simply order and receive in the post, packaged and ready for you to send to your loved one as the ultimate cricket gift!

To join today, or to purchase this as a gift voucher, simply go to www.middlesexccc.com/2016rsm and enter the relevant offer code below at the checkout to receive this special discounted rate:

New FULL membership offer code: FRSM

New COUNTRY membership offer code: CRSM

Other membership categories are available, for further details contact the Middlesex Cricket office at Lord’s on 020 7289 1300.

BACK BY POPULAR DEMAND!

Dr Harry Brunjes and Dr Andrew Johns, stars of the show Dial Medicine for Murder, will be back at the RSM on Thursday 25 May for another performance of the sell-out hit.

Telling the story and juxtaposition of the two most notorious British physicians of the 20th century, Dr Harold Shipman and Dr John Bodkin Adams, the production has already had three sell-out performances at the RSM.

Showing for just one further evening, the RSM performance is a free member event and will be followed by a drinks reception. Places are expected to sell out fast so book online at www.rsm.ac.uk
**NEW MEMBERS’ RECEPTIONS**

**Tuesday 25 April and Tuesday 4 July**

All new RSM members are invited to the Society for a free evening reception to meet other new members and discover what the RSM has to offer. With a tour of the facilities and the opportunity to network over wine and canapés, the receptions offer new members the chance to meet RSM staff and key trustees who are leading medical professionals.

There are also limited spaces available for a 3 course dinner in the RSM’s private dining room at just £35 per person. This includes ½ a bottle of wine and is the perfect way to end the evening.

**Timetable**
- 6.00pm: Registration and drinks reception
- 6.30pm: Introduction from Honorary Secretary
- 6.40pm: Tours of the academic and members’ areas
- 7.00pm: Tour of the Library
- 8.00pm: End of reception / dinner for those who have booked

Dress code: Day dress

Venue: Royal Society of Medicine 1 Wimpole Street London, W1G 0AE

To book email membership@rsm.ac.uk or call 020 7290 3855

Registration for April’s reception will close on Friday 14 April.

Registration for July’s reception will close on Friday 16 June.

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**CAR DEALS FROM MOTOR SOURCE GROUP**

A new-improved website [www.motorsourceleasing.com](http://www.motorsourceleasing.com) brings with it nationwide new car leasing offers for RSM members and UK delivery direct to the door. Members have access to all makes and models in the leasing programme at affordable prices and flexible payment options, including both Business Contract Hire and Personal Contract Hire.

Motor Source Group Managing Director, Steve Thornton says: “We recognise that customers want to consider all options available when considering a new vehicle, and leasing is becoming an increasingly popular way to drive a new car. We have improved our own leasing options to give members not only a better website to aid their research but more importantly an easy purchase process which ends with delivery direct to your door.”

With Motor Source Leasing RSM members can:
- Select car from a full range of makes and models
- Choose the deposit, term and mileage
- Include optional maintenance plans for servicing
- Take delivery of the new car direct to your door anywhere in the UK

To find out more visit [www.motorsourceleasing.com](http://www.motorsourceleasing.com) or call Motor Source Group on 01522 500055 and quote “Royal Society of Medicine”.

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**Example offer**

Jaguar XE 2.0d 180 R-Sport 4dr
- Just £308.40 incl VAT monthly rental
- £925.20 deposit with 47 monthly payments of £308.40. 10000 miles per annum

**Example offer**

Nissan Juke 1.6 Visia 5dr
- Just £152.24 incl VAT monthly rental
- £913.44 deposit with 35 monthly payments of £152.24. 10000 miles per annum
The National Trust is a charity that looks after special places for ever, for everyone. From exploring the outdoors, discovering historic homes, relaxing in a National Trust holiday cottage, or taking in the views with a cream tea, a National Trust gift card can be used towards experiences like these at over 500 special places in England, Wales and Northern Ireland.

RSM members can now enjoy a 10% saving on National Trust gift cards. You can choose the value from £10 to £500 (in multiples of £5). So if you load £50, you will only pay £45!

The gift cards can then be used for:
- Entry for day trips
- Used in National Trust cafes and restaurants
- Redeemed in National Trust on-site shops
- National Trust holiday cottage bookings made by telephone
- National Trust membership which gives unlimited discoveries and free annual access to over 500 places.

JON BAINES TOURS NEW MEDICAL STUDY TOUR TO ARGENTINA 2018

in Association with the Royal Society of Medicine

Travel from the cosmopolitan capital of Buenos Aires through the mountains to Salta, take in the stunning views of Iguazu Falls from the Argentinian and Brazilian sides and finish the tour in El Calafate, near the edge of the Southern Patagonian Ice Field.

Janice Liverseide, Membership Director of the RSM, will lead this well paced tour which includes a wide range of medical visits offering an insight into healthcare in Argentina alongside cultural visits and talks.

Tour dates will be released in April 2017.

To register your interest in this tour, please contact info@jonbainestours.co.uk 020 7223 9485/5618 www.jonbainestours.co.uk

ENJOY SUMMER IN THE UK WITH THESE GREAT RSM MEMBER OFFERS

For more information about these special offers and the other discounts available to RSM members visit www.rsm.ac.uk

ENJOY A 10% DISCOUNT WITH FOREST HOLIDAYS

Escape to a luxury self-catering woodland cabin with Forest Holidays and enjoy a 10% discount - the perfect getaway for families, couples and friends.

Choose from seven locations across England and two in Scotland, exclusively on breath-taking Forestry Commission land. You can pack your days with action and adventure, hiring bikes or trying your hand at canoeing, archery or a range of other pre-bookable activities. Or perhaps you prefer to luxuriate with a glass of champagne in your own private hot tub under a starlit sky, soaking up the serenity of the forest around you or enjoying a soothing in-cabin spa treatment.

The freedom, the fresh air and the forest are yours to enjoy at your own pace, whatever the season. And the pet friendly cabins mean you can bring your dog too! These nine forest locations are idyllic destinations in their own right – from lochside cabins in the Scottish Highlands to lakeside cabins near the Cornish coast.
Bewitching red desert sands, blissful lakes, verdant winelands and stoic Moai statues reveal Chile at its most beautiful. And, with British Airways launching non-stop flights to Santiago for the first time ever, there really has been no better time to go.

Wexas offers a Highlights of Chile tailor-made holiday from £4,575. From the austere landscapes of the north to the granite spires of the Patagonian south and the cities of Santiago and Valparaiso in between, this 13-day itinerary takes in the best of Chile’s history, heritage, landscapes and wildlife.

Established in 1970, Wexas is an industry leader in luxury travel endorsed by 19 honorary presidents, including Sir Ranulph Fiennes, Michael Palin and John Simpson.

In 2008, Wexas and the RSM formed their partnership, and since then over 3,500 RSM members have taken advantage of the award-winning travel service offered by one of the UK’s most respected travel companies.

RSM members are entitled to free membership of Wexas, allowing access to multiple travel benefits at no extra charge.

NEW EXCLUSIVE MEMBER BENEFIT: When you book with Wexas you will also receive complimentary membership to Priority Pass (worth £69 a year), granting you and your guests access to more than 1,000 airport VIP lounges worldwide for just £15 per person per visit, regardless of your class of ticket or the airline you are travelling with.

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 available on qualifying bookings.

NEW BROCHURES: REQUEST YOUR COPY

Featuring practical information along with suggested tailor-made itineraries, cruises, and luxury hotels, Wexas travel brochures are designed to give you a taste of what a region has to offer before speaking to their team of specialists.

Request a copy of their newest brochures: Italy, Spain or Portugal, or customise your own brochure with a selection of their worldwide product.

To request a brochure or discuss your travel plans with a Wexas specialist, register for FREE membership by visiting wexas.com/RSM or calling 020 7664 2271.

*Free UK airport lounge access and Priority Pass membership are available on Wexas bookings that include international flights with at least two nights’ accommodation. Priority Pass membership is free for one year and is only renewed if a subsequent booking is made.
Spring Accommodation Discounts at Domus Medica

Thinking of planning a trip to London? Look no further for some excellent discounts on central London accommodation at the RSM’s member hotel, Domus Medica. All the rates quoted include continental breakfast.

May Bank Holiday Offers

Lower weekend rates apply across the May Bank holiday periods.

Quote reference BH17 when booking between Friday 28 April and Monday 1 May

Quote reference SP17 when booking between Friday 26 May and Monday 29 May

Are you looking for a wedding venue for yourself or a member of your family? Have you considered Chandos House, the sister property of 1 Wimpole Street owned by the RSM? A beautiful Grade I listed Georgian townhouse, Chandos House is located just around the corner from the RSM.

The House was built between 1769 - 1761 by Robert Adam and following a £5 million restoration project by the RSM, many of its original features such as marble fireplaces, painted ceiling murals and crystal chandeliers were returned to their original splendour.

The period décor provides the perfect backdrop for unforgettable wedding day celebrations.

Each room at Chandos House is licenced to hold civil marriage ceremonies for up to 80 people, as well as wedding breakfasts and receptions for up to 150 people; the entire venue can be hired exclusively.

There are five exquisite rooms, an outside Garden Terrace and 17 bedrooms; allowing you to base your entire celebration within our beautiful Georgian property.

All RSM members are entitled to a 10% room hire discount for any private event bookings.

If you would like to know more, please contact a member of the Chandos House events team: weddings@chandoshouse.co.uk or call 020 7290 2953

Book now

Via the website: www.rsm.ac.uk/club
Call: 020 7290 2957
Email: domus@rsm.ac.uk