

London School of
Emergency Medicine



Annual ACCS CT1-3 Emergency Medicine Conference

17th November 2021

BEHIND THE MASK



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Annual ACCS CT1-3 Emergency Medicine Conference 17.11.21

9:00-9:30: Introduction and welcome - Dr Jamal Mortazavi (Head of School)

9:30 - 10:30: Panel discussion: EM: an inclusive specialty?
Chair: Dr Dale Kirkwood, Panel: Dr Miriam Saey Al Rafai

10:30 - 10:45 Coffee

10:45 - 11:45 Unconscious bias and EM: Dr Fleur Cantle and Dr Carole Reid

11:45-1230 - POCUS - Dr Salman Naeem

12:30 - 13:00 Future of Emergency Medicine - Dr Katherine Henderson (RCEM President)

13:00 - 13:45 Lunch

13:45 - 14:15 Life in the fast lane: forging a career in PHEM - Dr Amar Mashru

14:15 - 14:45 "Life's a pitch"- combining emergency and team sports medicine - Dr Johnathan Hanson

14:45-15:00 Tea

15:00 - 15:30 Public Policy -Dr Toby Webster & Dr Akhil Bansal

15:30 - 16:00 Global Health - Dr Sarah Dickson

16:00-1630: Expedition Medicine - Dr Shona Main

16:30-17:00 Q&A session: Dr Firas Sa'adedin (Deputy Head of School)
Please submit questions to: firas.saadedin@nhs.net

The last 20 months have been hard on everyone, and its important to recognise the impact the pandemic has had on our training. ED training is tough, and comes with a notoriously hard rota, which often eats into other aspects of your life. And especially during the early ACCS years it's easy just to feel like another body filling rota gaps in specialties that aren't your own.

At work, we are a face behind a mask – sometimes working whole placements without ever seeing the entirety of our colleagues faces. This year's conference is to provoke thought on who we all are behind our masks and consider who those that surround us are behind theirs. Our morning sessions focus on the diversity within of our specialty with a panel session delivered by ED trainees from across the UK discussing topics around diversity and inclusivity. Followed by a session by Dr Fleur Cante and Dr Carole Reid discussing some recent research done on unconscious bias.

The afternoon is focused on who you are when the metaphorical mask is off. Beyond the ED doctor who cares about their patients, wants to be good at their job and is required to take part in audit and QIP - what interests you? On discussion with many ED consultants, they feel having something extra in their careers gives them variety and keeps them enjoying the time they spend on the shop floor. For the afternoon sessions we have chosen a few topics; subspecialties, or specialist interests that can be done along side working within the ED that can complement and enrich your career. These sessions will be hosted by doctors (trainees/consultants) who are actively involved in their chosen field. They will discuss what their interest is and how to get involved.

We will of course be joined by several EM big names starting with Dr Jamal Mortazavi, Head of School opening the day. Later on we will be joined by Dr Katherine Henderson, RCEM President discussing the future of Emergency Medicine. The day will be closed by a Question-and-Answer session with Dr Firas Sa'adedin, Deputy Head of School. Some questions will be taken on the day but if you have any burning queries you would like answering around the ACCS program please submit them to firas.saadedin@nhs.net before the day for ease of the session.

Finally, what Emergency Medicine day doesn't have some mention of POCUS? Nestled into the middle Dr Salman Naeem, EM ultrasound fellow at the Royal London Hospital MTC will deliver a talk on POCUS and its daily applications.

Book: <https://london.hee.nhs.uk/pan-london-em-accs-trainee-conference-2021-stct1-3-ms-teams>

Conference speaker biographies

Inclusivity panel:

Dr Dale Kirkwood: Dale (he/him) is a current LTFT North-West ST4, acting Co-chair of RCEM's National Quality Improvement Programme and the Emergency Medicine Trainees' Association's (EMTA) 2021 Training Survey lead. He is the former EMTA Secretary focusing on improving internal governance, recruitment and, operational transparency. He led EMTA's first virtual conference, EMTA2020: Vision, Equality and Training (<https://emta2020.glideapp.io/>) which provided a platform to hear from those driving improvements in healthcare equality in EM and more broadly. Dale has been engaged in work around representation inside and outside the medical profession since 2009 leading both locally and nationally with the Relationship and Sexual Health Charity Sexpression UK and as Chair and Deputy Chair of the BMA North-West Junior Doctors during the height of contractual dispute.

Dr Miriam Saey Al-Rifai: ST4 LTFT trainee at the North Middlesex Hospital and Pan London Trainee Representative for Higher Specialty Trainees. Other major responsibility is mother to a 1 year old. Interested in making Emergency Medicine accessible and adaptable to changes in family life and society. She has recently written a reflective article on her journey through the delicate balance of professionalism, guidelines and sharing her personality within her job:

<https://thepolyphony.org/2021/08/24/cultural-diversity-walking-the-biomedical-tightrope-reflection/>

Unconscious bias and EM:

Dr Fleur Cantle: Fleur is a consultant in Adult and Paediatric Emergency Medicine at King's College Hospital. She graduated from GKT in 2002 and trained in London and the South Coast. She undertook 18 months of paediatric emergency medicine specialty training at St George's Hospital. Fleur is head of EMCC block at GKT medical school, Kings College Hospital research lead, an honorary senior lecturer at King's College London and holds an MSc in Healthcare Leadership.

Dr Carole Reid: After completing a BA in History at Edinburgh University, Carole moved to New York and worked in the fashion industry for 13 years producing photo shoots for fashion brands, magazines and celebrities.

In 2012 her daughter Amelie was born and a year later she moved back to the UK to study postgraduate medicine at St Georges University. Carole's foundation years were spent between St Thomas Hospital, Guys Hospital and Kings College Hospital. Her path into research began while working as an FY2 in the emergency department at Kings initially by contributing to a paper about Covid-19. For a variety of reasons, not least the recent global spotlight on racial inequality, Carole's main interest in research surrounds unconscious racial bias amongst emergency healthcare workers and the impact this may have on patient care. In November last year, Carole received an RCEM research grant to explore this which is what she is here to discuss today. She is currently an ACCS ST1 in Emergency Medicine at Croydon University Hospital.



Dr Salman Naeem – POCUS

Dr Salman Naeem is a higher specialty trainee in emergency medicine with KSS. He is currently on an OOP working as a fellow in Physician Response Unit with London's Air Ambulance Charity. He has special interest in point of care ultrasound and diagnostics. He has about 8 years of experience in PoCUS and has done a fellowship in PoCUS at Royal London Hospital and currently doing his masters in medical ultrasound. Besides POCUS and EM, Salman has interest in pre-hospital care and research with various publications and chapters to his name. When not at work, Salman is a movie and TV series buff and enjoys spending time with family.

Dr Amar Mashru –Pre-Hospital Emergency Medicine

Amar is currently a EM ST6 working at St Thomas' Hospital, London and is now getting to the end of his EM training; hopefully CCT'ing early 2022. Amar undertook PHEM subspecialty training 2018-2019 at Kent Surrey Sussex Air Ambulance, having previously completed a prehospital fellowship in Bangor, North Wales. Since then, he continues to work for KSS and has completed a one-year fellowship with the Physician's Response Unit of London's Air Ambulance, with whom he continues to work for part time. He will be returning to LAA in 2023 to undertake a 6-month HEMS Fellowship. Amar joined EMTA in 2016 and held the position of Chair between 2019-2021. He is currently EMTA Rep to the RCEM PHEM Professional Advisory Group and Environmental Special Interest Group.



Dr Jonathan Hanson: Sports and Exercise Medicine

Consultant physician in Sport, Exercise and Emergency medicine. He spent 12 years practicing on Skye as lead clinician and lead a team of rural generalists. He currently works as an ED consultant in Victoria Hospital Kirkcaldy in Fife, Scotland.

He has a vast accomplished career as a team doctor in high performance Rugby and Olympic sports. Notably being team doctor for GB at Beijing, Rio & Tokyo Olympic Games and FIFA World Cup Russia 2018. He is also team doctor for the Scottish Rugby Union team both in the UK and on tours in Fiji and Samoa 2012 and South Africa 2013. He is particularly interested in accuracy of medical decisions on field through utilising critical care style human factors.

He advises, teaches, and has created pitch side immediate care courses with FA, UEFA, Scottish Rugby Union, Royal College of physician and Surgeons Ireland and Royal College of Surgeons Edinburgh.

Dr Toby Webster & Dr Akhil Bansal – Public policy

Toby is an F3 ED locum in South London while working 3 days a week as director of research at the Conservative Drug Policy Reform Group, which works mostly on structural reform of national drug policy, reducing barriers to research on controlled drugs, public health approaches to illicit drug use (mostly opiates), and cannabis regulation.

Akhil is a junior doctor from Australia who has recently moved to the UK. He has taken a step away from clinical medicine, working as a research fellow at Stanford University researching and advocating for healthcare resilience in the face of catastrophic risks. He also works in health policy for a healthcare consultancy firm, where he specialises in advocating for open-access science and in improving operational efficiencies in healthcare systems.

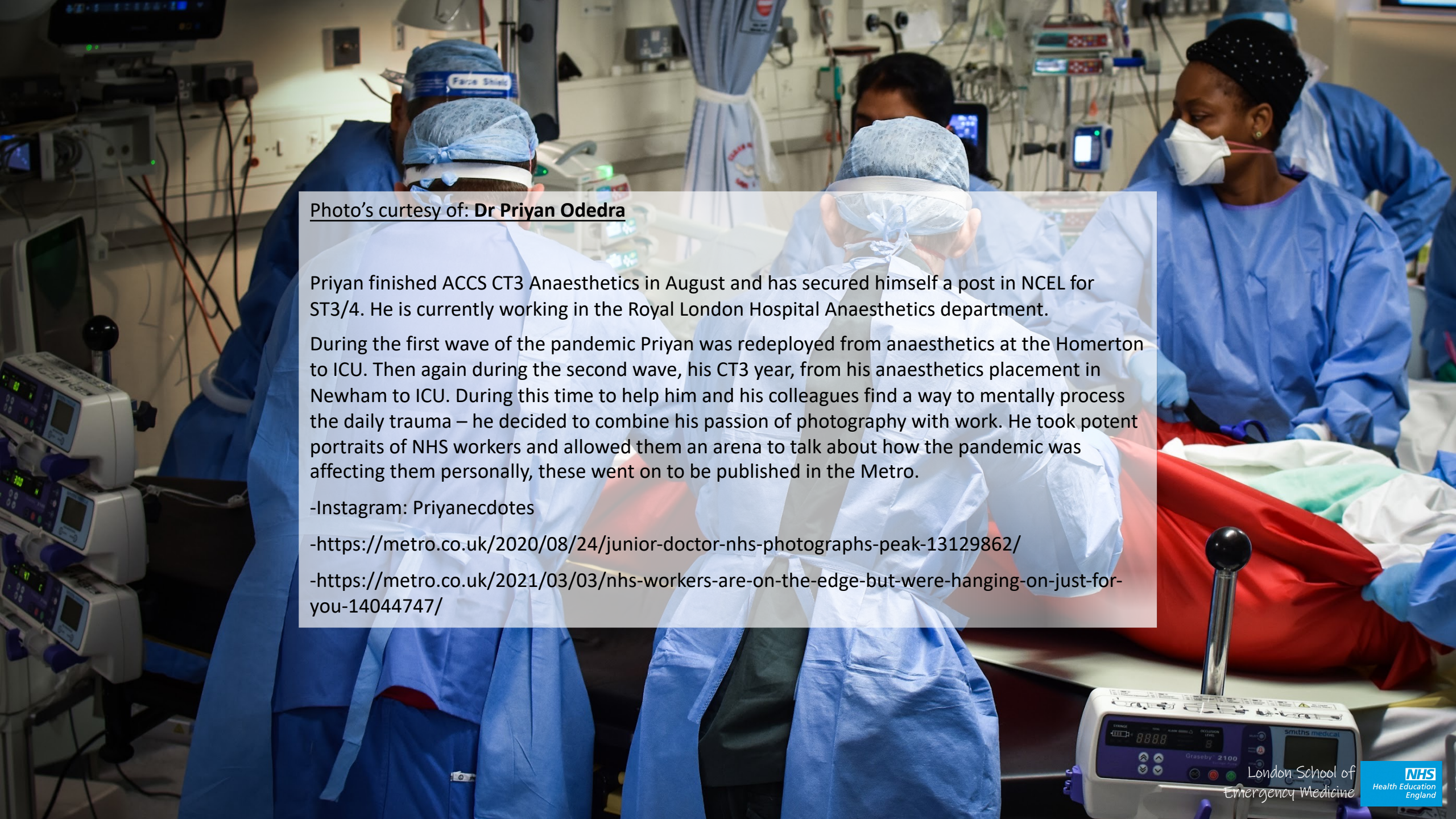


Dr Sarah Dickson - Global Health

Dr Sarah Dickson is currently an ED registrar working at Worthing Hospital. After completing ACCS in London, she is currently working as a clinical fellow whilst completing a masters in Global Health Policy at LSHTM. She has worked with various charities home and abroad, largely helping migrants access health care. As well as providing emergency care as a clinician, she also has experience in education, advocacy and campaigning work.

Dr Shona Main - Expedition Medicine

Shona is an Emergency Medicine trainee in the South West. She's worked on expeditions in the mountains, jungle, desert and at sea and supported sports events around Europe. She led the APEX 4 international altitude research trip and has volunteered on posts in the Philippines, India and Uganda. Now living a UK version of her NZ lifestyle she's often micro-adventuring with spritely dips at any opportunity or planning trips to the mountains. Writer, editor and now Head of Operations at award-winning magazine Adventure Medic (www.theadventuremedic.com), she looks forward to hearing your tales and developing the invaluable resource for those interested in medicine outside of the UK hospital setting.



Photo's curtesy of: Dr Priyan Odedra

Priyan finished ACCS CT3 Anaesthetics in August and has secured himself a post in NCEL for ST3/4. He is currently working in the Royal London Hospital Anaesthetics department.

During the first wave of the pandemic Priyan was redeployed from anaesthetics at the Homerton to ICU. Then again during the second wave, his CT3 year, from his anaesthetics placement in Newham to ICU. During this time to help him and his colleagues find a way to mentally process the daily trauma – he decided to combine his passion of photography with work. He took potent portraits of NHS workers and allowed them an arena to talk about how the pandemic was affecting them personally, these went on to be published in the Metro.

-Instagram: Priyanecdotes

-<https://metro.co.uk/2020/08/24/junior-doctor-nhs-photographs-peak-13129862/>

-<https://metro.co.uk/2021/03/03/nhs-workers-are-on-the-edge-but-were-hanging-on-just-for-you-14044747/>