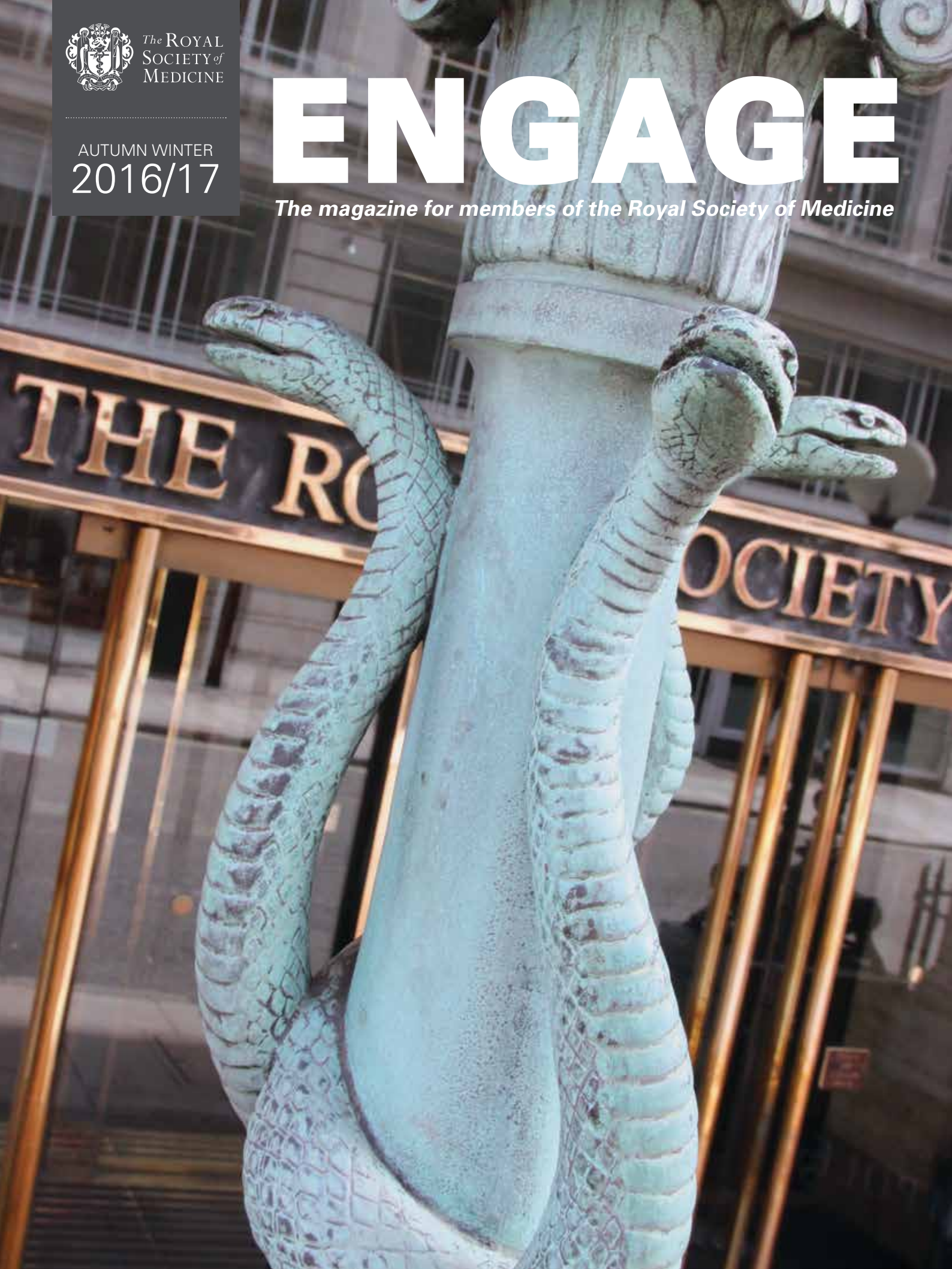
The Royal Society of Medicine

AUTUMN WINTER
2016/17

ENGAGE

The magazine for members of the Royal Society of Medicine



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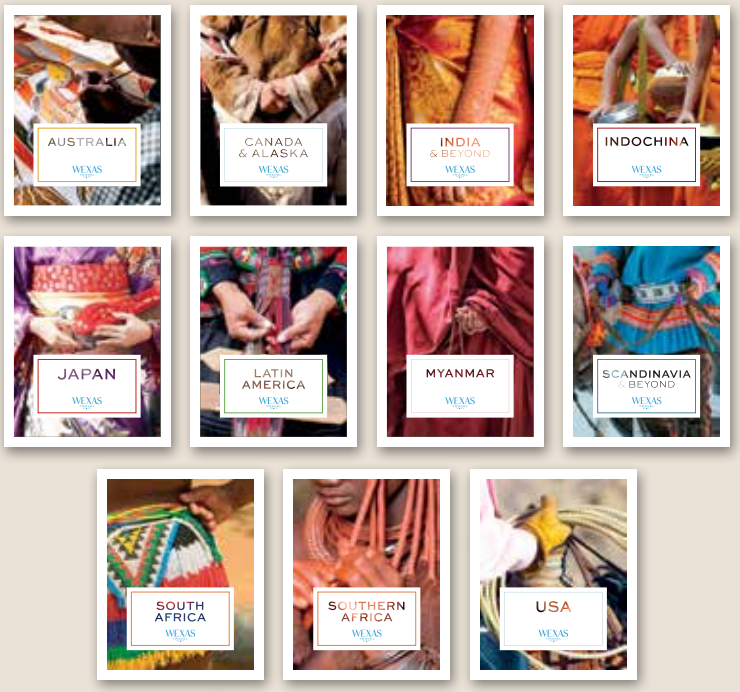
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NOTES FROM THE DEAN



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SOCIETY

2016/2017 DIARY OF EVENTS

The 2016/17 Diary of Events, which includes details of educational meetings and lectures for the new academic year, is now available. Pick up a copy when next visiting the RSM.

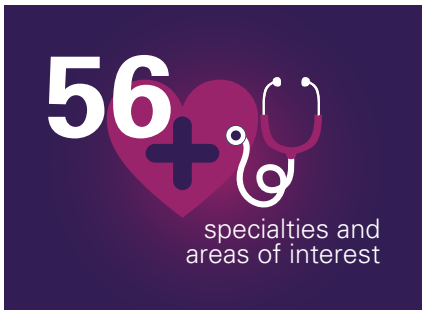
Alternatively call **020 7290 2991** or email **membership@rsm.ac.uk**.

The Diary is also available to download from the RSM website **www.rsm.ac.uk**





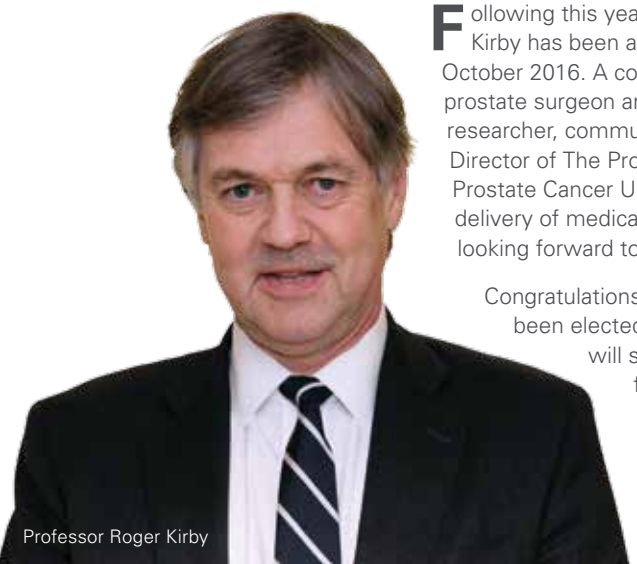








COUNCIL APPOINTMENTS


Professor Roger Kirby

Following this year's RSM Council elections, Professor Roger Kirby has been appointed as the new council member joining in October 2016. A consultant urologist, Professor Kirby is a renowned prostate surgeon and has an international reputation as a clinician, researcher, communicator and writer. He is currently Medical Director of The Prostate Centre and is a trustee of the charity Prostate Cancer UK. He has been involved in the development and delivery of medical education in the NHS and internationally and is looking forward to helping the RSM develop its educational remit.

Congratulations also go to Mr Martin Bailey who has recently been elected as the next RSM Vice-President. Mr Bailey will serve as Vice-President for two years from 1 October and will remain an important point of contact for RSM members in his role as Honorary Secretary.


Mr Martin Bailey

NEWS

THE PATRON'S LUNCH

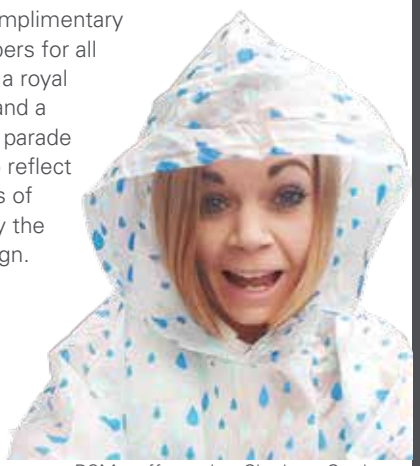




Despite inclement weather RSM members and staff enjoyed a memorable day on Sunday 12 June when they joined 10,000 guests at The Patron's Lunch on The Mall to mark Her Majesty The Queen's 90th birthday.

As one of over 600 charities and organisations enjoying The Queen's patronage, the RSM was invited to nominate guests to join the event, billed as a classic British street party. Braving the weather to join in the festivities were a group of RSM members, Retired Fellows and staff who won pairs of tickets in a prize draw earlier this year.

Features of the afternoon included complimentary picnic hampers for all the guests, a royal walkabout and a spectacular parade designed to reflect the decades of Her Majesty the Queen's reign.



RSM staff member Charlotte Cordrey

TRIBUTES TO LEADING LIGHTS OF THE RSM



Lord Walton of Detchant

All at the RSM would like to pay warm tribute to two highly regarded former luminaries of the Society.

Lord Walton of Detchant, neurologist, international authority on muscle diseases and 91st President of the Royal Society of Medicine, died earlier this year at the age of 93. During his presidency of the RSM from 1984 – 1986 he saw the development of the new building at 1 Wimpole Street and its formal opening by the Queen.

Former RSM Academic Dean and Honorary Fellow, Adrian Marston, died peacefully aged 89 in April. As Academic Dean, serving from 1995-1999, he is recognised for his significant contribution to the way the academic programme is run today.

QUEEN'S BIRTHDAY HONOURS

Congratulations go to the RSM members recognised for their achievements in the 2016 Queen's Birthday Honours list

CBE

Mr David J Dunaway for services to facial surgery in the UK and Africa

Mr Howard Lyons for services to healthcare management

Professor Jane Sandall for services to midwifery and women's health

OBE

Dr Olivia H Carlton for services to Transport for London and occupational medicine

Professor Celia Moss for services to paediatric dermatology

Professor Nick ADJ Webborn for services to paralympic sports medicine and the British Paralympic Association

Dr Ingrid J Wolfe for services to child health and care

MBE

Dr Basil J Farnan for services to forensic medicine and the community in Northern Ireland

Dr Peter N Trewby for services to medicine and medical education

Dr Paul R Wood for services to armed forces personnel

UK Health Alliance on Climate Change

The RSM has joined the UK Health Alliance on Climate Change to raise awareness of the health risks associated with climate change.

As extreme weather conditions such as flooding and heatwaves have become more common, the Alliance wants to promote stronger and smarter approaches to tackling climate change that protect public health, while also reducing the burden on healthcare services.

Bringing together the voices of Britain's doctors, nurses and healthcare professionals, the group will specifically focus on communicating the relationship between healthcare and climate change and urge the Government to put into place action plans to ensure that the public, and the health systems they rely on, are able to respond.

Other founding members of the Alliance include the Royal College of General Practitioners, the Royal College of Physicians, the Royal College of Nursing, the Faculty of Public Health, The Lancet, the British Medical Association and the British Medical Journal.

"The RSM is proud to be one of the founder members of the UK Health Alliance on Climate Change", said RSM President B Sethia. "Our membership of this Alliance will help us to deliver public benefit through raising awareness of the risks to health posed by climate change. We will also be better able to educate healthcare professionals and the public about the benefits to health that will derive as a result of engagement with this agenda."



CEREMONY OF REMEMBRANCE

On Wednesday 2 November the Royal Society of Medicine will hold a Remembrance Ceremony to honour the sacrifice made by doctors and clinical personnel killed or injured while serving in regions of military conflict.

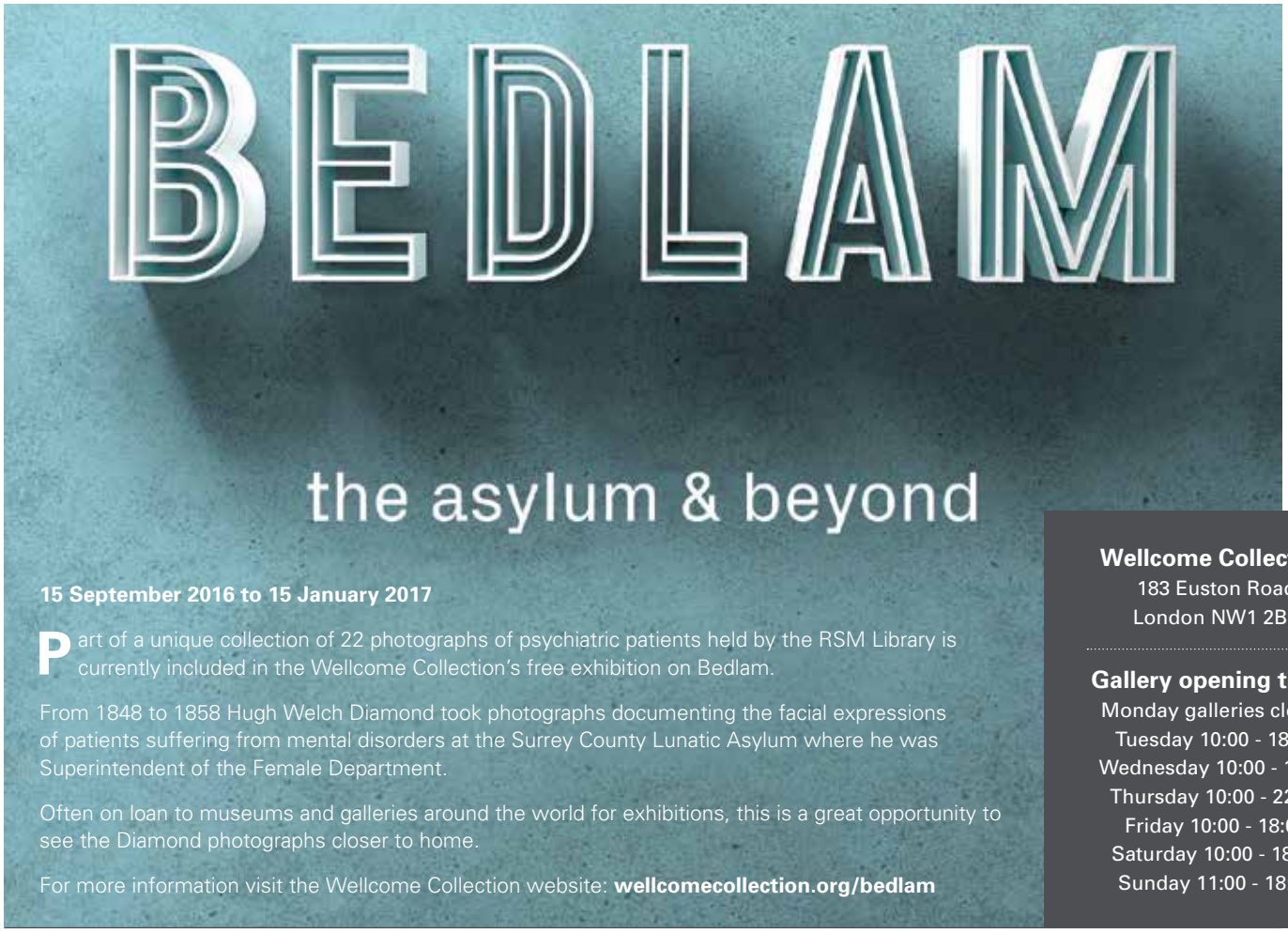
All RSM members are invited to attend the Ceremony, which will commence promptly at 6pm and will be followed by a drinks reception.

Dress code

Serving officers and other ranks: Royal Navy and Royal Air Force - No 1 dress with medals, Army - No 2 dress with medals.
Civilians: Lounge suit.

Please note there are no changing facilities at the RSM.

NEWS



15 September 2016 to 15 January 2017

Part of a unique collection of 22 photographs of psychiatric patients held by the RSM Library is currently included in the Wellcome Collection's free exhibition on Bedlam.

From 1848 to 1858 Hugh Welch Diamond took photographs documenting the facial expressions of patients suffering from mental disorders at the Surrey County Lunatic Asylum where he was Superintendent of the Female Department.

Often on loan to museums and galleries around the world for exhibitions, this is a great opportunity to see the Diamond photographs closer to home.

For more information visit the Wellcome Collection website: **wellcomecollection.org/bedlam**

Wellcome Collection
183 Euston Road
London NW1 2BE

Gallery opening times
Monday galleries closed
Tuesday 10:00 - 18:00
Wednesday 10:00 - 18:00
Thursday 10:00 - 22:00
Friday 10:00 - 18:00
Saturday 10:00 - 18:00
Sunday 11:00 - 18:00

RISING AV STAR

Congratulations go to Madeleine Vining, Senior AV Technician at the RSM, who was named 2016 Rising Star at the InstallAwards at the Grand Connaught Rooms in London on Friday 24 June. The InstallAwards recognise excellence across the pro-AV industry globally, with the Rising Star awarded to someone aged under 30 or who has fewer than three years of industry experience but who has used that time to make a huge impact in the AV world.

Commenting on Maddie's success, Kevin McLoughlin, RSM AV Manager, said: "This was a well-deserved reward for Maddie's progression within the RSM AV team and her involvement with the wider AV community."



Maddie Vining with (L-R) Tom Nash and Robert Grays of Prospero Integrated, sponsors of the Rising Star Award, and event host,comedian Ian Moore.

ADAPTABLE BANDWIDTH MAKES THE RSM A TOP CONFERENCE DESTINATION

It's It's been a highly successful year for the AV team who provide vital support services for events hosted by the RSM and external clients, including medical humanitarian charity Médecins Sans Frontières (MSF).

In May the charity was able to take advantage of the RSM's adaptable live streaming services to increase the audience of its annual MSF Scientific Days 36-fold. On top of a live audience of 300, 11,000 people in 125 countries tuned into the conference.

Using adaptable bandwidths and an audio only option people from areas with poor internet connectivity were able to engage with the conference.



PRESIDENT'S REPORT

By the time you read this issue of *RSM News* we may have identified a successor to Ian Balmer as the RSM's Chief Executive. Ian will be a hard act to follow. He has led our Society for the past eight years and has, during his tenure, seen the RSM develop into the dynamic organisation so beloved of our members and respected throughout the world for the quality of our educational activities.

Ian inherited his role at a time of significant instability, especially in respect of our finances. Through his vision, tact and energy, ably supported by the RSM Council and our dedicated team of Directors, the RSM is now well-placed to discharge our charitable obligations to both the UK public as well as to healthcare professionals. Thank you, Ian, for all that you have done for the RSM.

As we all know, with change, new opportunities should arise. The RSM Council is determined to build upon the legacy of recent years and ensure that learning remains at the core of our educational initiatives. In previous communications I have alluded to the challenges we face to ensure that we are providing the essential components for each RSM member's educational portfolio.

Today's environment means that effective team working, as well as individual excellence, is a prerequisite for optimal patient care. I am especially heartened to note the leadership being demonstrated in this area by our Dean, Dr Fiona Moss, as she looks to help us position the RSM as the voice of UK postgraduate healthcare education.

I hope that many readers will have seen *Doctors of the Future*, the programme produced in collaboration with ITN Productions, which clearly enunciates elements of the RSM's educational strategy. A key component of this work has been a commitment to partnership development.

This is already proving to be successful as we develop our activities in global health (in partnership with King's College London), with issues relating to medical professionalism (with the GMC and others) and as a founder member of the UK Health Alliance on Climate Change (alongside several Medical Royal Colleges, the Lancet and the BMJ). These collaborations, as well as several other new initiatives, have led to a significant heightening in the national profile of our Society as we demonstrate our increasing relevance to those who engage in the delivery of healthcare.

"I HOPE THAT MANY READERS WILL HAVE SEEN *DOCTORS OF THE FUTURE*, THE PROGRAMME PRODUCED IN COLLABORATION WITH ITN PRODUCTIONS, WHICH CLEARLY ENUNCIATES ELEMENTS OF THE RSM'S EDUCATIONAL STRATEGY."

As we look forward to the challenges of the months ahead, I am encouraged by the signs of increasing teamwork between Sections as they develop their programmes for the academic year ahead. This is in part due to the new structure of meetings of the Academic Board which has fostered more effective discussion between Section Presidents. I would like to take this opportunity to acknowledge the contributions of Mr Adrian Beckingsale as Chair of the Academic Board, while wishing his successor, Professor Alan Roberts, every success in this role.

Nevertheless, we cannot afford to be complacent about the quality of our educational meetings. At a time when physical attendance at meetings is constrained by budgets as well as the demands of individual rotas, an innovative approach to learning delivery is essential.

The RSM Council recently approved a new e-learning strategy and debate at the recent away day of the RSM Council focused on the challenges of providing the educational remit encompassed in our charter. As we look to further invest in our IT infrastructure I anticipate further significant opportunities whereby we can improve upon the services we provide to our membership as well as to the wider public. That will be just one of the challenges facing our new CEO!

I will conclude this piece by thanking Professor Nadey Hakim and Sir David Clementi who have now concluded their terms on the RSM Council. Nadey has been a hugely supportive member of Council as well as Vice-President for the past two years. Sir David has offered invaluable advice on financial matters as well as pithy observations on Council discussions. I am grateful to both of them for their immense support.

B Sethia
President

NOTES FROM THE DEAN



REFLECTING ON CPD

In the last 12 months the RSM has hosted 31,000 participants taking part in over 435 meetings organised by the Society's 58 Sections. RSM Dean Dr Fiona Moss is on a mission to develop CPD and make sure it has an impact on patient care

Most educational meetings held by the RSM are awarded CPD points and so, officially, they count towards a clinician's CPD log. But while we can count the points awarded and ask delegates to evaluate the programmes, we do not know the impact of our programmes on practice.

In July this year the Academy of Medical Royal Colleges (AoRMC) published seven core principles for CPD[1] [see box below]. The first principle outlines the importance of an individual's responsibility for their own CPD. This includes selecting what sort of CPD they attend and making sure that it is recorded.

The second point emphasises the importance of reflection, a crucial component of effective adult learning. A study on the effectiveness of CPD, commissioned by the GMC and the AoRMC[2], noted: "for many, reflective learning tended to be regarded as superfluous and a nuisance while actually doing it but it was regarded positively and appreciatively retrospectively."

That professionals should seek to develop as they practice is not contested. In the world of healthcare and medical practice, practitioners not only have to keep up with and know about advances in care, even if only tangentially relevant to their practice, they must also become proficient and expert in the sometimes very rapidly changing technologies in their own specialty.

Healthcare professionals' obligations to continue to improve their practice is challenging in the context of today's organisational and financial settings. Against this backdrop, and often without specific training, they may be asked to take on additional organisational responsibilities and manage complex and diverse teams.

So the potential scope of CPD is very wide indeed. In a sometimes hectic or cash strapped environment the risk is that education and, especially, time for reflection, is put on the back burner while everyone gets on with the task of looking after today's patients.

Making the case for time out for learning is a tough one in the face of rising waiting lists and staff shortages. But to neglect learning and to fill the space for reflection with action is a false economy with only apparent short term gain. Certainly there will be losses for the individual, their team, their organisation and their patients that will be noticed sooner rather than later.

From the study described above[2] it seems that not much is known about the effectiveness of CPD. This is hardly surprising though in the light of the complexity of what CPD may involve. Gaining knowledge and developing practical skills; understanding human factors; decision making and organisational skills – the scope is seemingly unending.

The fourth principle outlined by the AoMRC is CPD and appraisal. Professional development makes much more sense if it is done in the context of an individual's practice and professional development needs. Good appraisal matters. This is the one opportunity for a professional to consider their work and professional development needs with a trained appraiser. After reflection on all aspects of practice and the impact of the previous year's CPD, the professional can, with their appraiser, plan and map out future development needs, work out how these can be accessed and agree the time needed.

This is where CPD can be designed to suit the individual and its effectiveness assessed. CPD has to make sense to the clinician in the context of his or her current practice and to be relevant to other members of their team and the organisation. It is likely that the CPD discussed and agreed during an effective appraisal will be a package, suited to the whole of the clinician's practice and learning needs. A CPD package effective for one individual may not be appropriate for another.

Appraisal is also where it is possible to bring together informal CPD, an element of learning considered vital by many doctors, with the more formal external CPD experience.

Appraisal should never be considered a "tick box" exercise. When that happens not only is it a complete waste of time but it incurs the cost of the lost opportunity for a healthcare professional to discuss their development and learning needs and make the hours of CPD count.

Being an effective appraiser requires training and practice. If CPD is to be more effective, count more and make a greater difference to patient care, then perhaps there should be more focus on appraisal training – both for appraiser and appraisee. In the long run it seems that good appraisal makes a difference: organisations where staff consider appraisal useful are likely to be those where patient outcomes are better[3].

Attending conferences is one of the most frequently cited CPD activities. The top three motivations cited by consultants for attending a CPD event are: interest [in the topic]; gap in knowledge or skills; and collecting CPD points[2].

As one of the largest providers of CPD events, the RSM is keen to work with colleagues to find out what makes CPD effective and to make sure that it really counts. Is there a better way of valuing CPD than awarding points? Is there a way that the RSM can find out how RSM CPD programmes impact on professional practice? Is there something that the RSM can do to enhance the effectiveness of CPD? Please join the discussion through Twitter **@RSM_dean** or by email **fiona.moss@rsm.ac.uk**

Core principles for Continuing Medical Development: Academy of Medical Royal Colleges (1)

- INDIVIDUAL RESPONSIBILITY
- IMPORTANCE OF REFLECTION
- SCOPE OF WORK
- CPD AND ANNUAL APPRAISAL
- BALANCE OF CPD
- DOCUMENTING CPD
- EMPLOYERS' RESPONSIBILITIES

To finish I would like to take this opportunity to acknowledge the role of the Section Presidents, their programme organisers and the other Section council members, who put an enormous amount of discretionary effort into devising and developing so many effective educational programmes.

Your work on behalf of your Sections and the RSM is very much appreciated. Thank you.

Dr Fiona Moss
RSM Dean

[1] *www.aomrc.org.uk/publications/reports-guidance/core-principles-cpd/*

[2] *www.aomrc.org.uk/publications/reports-guidance/cpd-reports-guidance/effectiveness-continuing-professional-development/*

[3] *West, M. A., Dawson, J. F., Admasachew, L., & Topakas, A. (2011). NHS staff management and health service quality: Results from the NHS Staff Survey and related data. Report to the Department of Health Retrieved from www.dh.gov.uk/health/2011/08/nhs-staff-management/*



MEET DR CAMILLA SEN RSM DARZI FELLOW

A warm welcome goes to Dr Camilla Sen who has joined the RSM Academic Department as a Darzi Fellow. She will be spending a year at the Society as part of the Darzi Fellowship Programme, a prestigious, high-profile initiative run by the London Leadership Academy. Working alongside the Dean Dr Fiona Moss, Dr Sen will be leading the development of a learning hub designed to support the RSM's CPD progammes.

Tell us a little about your background

I studied medicine at Oxford University. I did my foundation training in the Oxford Deanery and moved to London for my paediatric training. I have a special interest in medical education as well as infectious diseases and child and adolescent mental health.

Oxford was great for allowing me to get into medical education early as we were encouraged to tutor the undergraduates from the fifth year onwards.

I've developed that interest since then and am currently studying for a Certificate in Medical Education with Dundee University. A lot of my academic work has been related to medical education. I particularly enjoy developing new training resources and have been involved in the development of the MRCPCH revision website **mrcpch.paediatrics.co.uk**

Can you explain what led you to apply for the Darzi Fellowship at the RSM?

When I read about the role and the project it involved at the RSM it just sounded like my dream job. It combines all the things I enjoy: reviewing and developing educational programmes, designing leadership training and facilitating different specialties working together.

Describe the work you will be carrying out during your Fellowship

I shall be reviewing the educational programmes on offer currently and liaising with trainees and consultants on the improvements they would like to see.

I shall also be helping to develop new resources and methods of learning to make sure we are keeping training up-to-date using new technology. One of the areas of my project will involve developing leadership and management training to make sure trainees are ready for the role of consultant.

I would also like to develop multidisciplinary learning during my post.

What are you most looking forward to during your time at the RSM?

Having the time to dedicate to all these exciting projects and really see some changes in medical training.

How do you anticipate the Darzi Fellowship helping you in your own career progression?

Alongside the work I do at the RSM I will be taking a Certificate in Leadership and Management which is part of the Darzi programme. I think this job will give me great experience in leadership and a real understanding of how to manage change.

I hope I will get lots of exposure to great educational experiences and I think I'll learn a lot from my time here. I've met quite a few of the team already and I'm really looking forward to getting stuck in.

CHIEF EXECUTIVE'S REPORT

It is with mixed feelings that I write my last contribution to *RSM News*. Having been at the RSM for nearly nine years there is no doubt that I will miss the place and the people.

So why mixed feelings? On one hand I feel the time is right for someone else to take over as CEO, given that the RSM has reached what I think is a pivotal point in its history. The next few years will present some tremendous opportunities for the RSM and I will miss the chance to be part of that. On the other hand clearly the time is right for me to go before the Society embarks on a new chapter of development, so allowing someone else to take these changes forward.

As with most enjoyable things, time has passed very quickly and it certainly doesn't feel like nearly nine years since I began working at the Society. Over that time I think it is reasonable to say that the financial stability of the RSM has become a little more certain. Although the days when we began introducing new financial regimes were difficult, the increased transparency has helped significantly, as has the continued focus on our core objectives.



When talking to new staff I always emphasise that the RSM is a luxury and not an essential and people will only attend meetings here or use our facilities if we are seen to be of high-quality and good value. Whether it is the educational programme or commercial clients using our conference facilities, objective evidence tends to show that the vast majority of our customers are very pleased with the service they receive.

Another issue that I have been trying to address over the years is how to ensure that the RSM is relevant in today's healthcare communities. This has meant providing educational content to a wider audience in terms of professions and to a greater number of people. I believe the RSM is now well-placed to build on its strong reputation and forge a unique position in the field of education and training of individuals working in the healthcare sector.

The success that has been achieved in recent years has been built on the quality of the educational material presented. This is even more impressive given the volunteer nature of those planning and presenting programmes at the RSM.

Whether it is in the field of global health or widening access to healthcare professions or indeed medical innovation, the RSM is increasingly becoming a voice in different areas of healthcare practice.

The strength of the RSM remains in the multidisciplinary nature of what we do and the apolitical non-lobbying stance we take. There is no doubt that there needs to be a serious debate as to how continuing professional development is delivered in the healthcare professions in the future and the RSM is in a tremendous position to be at the centre of this debate.

So although I won't miss the emails reminding me that I haven't yet written my piece for the *RSM News*, I certainly will miss the opportunity to be part of this exciting future.

One of the great assets of the RSM is its ability to bring people together and that applies as much to its Trustees and Directors as anything else. I have had the great pleasure of working with a number of fascinating and talented individuals.

The RSM needs now to develop innovative new ways to increase the range of educational content and indeed the audiences it attracts for that content, so that the Society can play an important role in an ever increasing number of peoples' lives. Traditionally this role has been as a membership organisation. This again can be seen as a challenge for the future as perhaps these types of organisations become less fashionable. The absolute key point, however, is that increasing numbers of people engage with the RSM to utilise the services we offer. Whether these individuals are delegates to meetings or members of the Society, the fact is that in a very competitive environment, we are continuing to increase the number of people coming through our doors.

When I was relatively young and in the first stages of my career in the NHS, someone told me 'always try and work in an organisation that you think has an impact and also try and work in one that people have heard of'. The RSM fits both these criteria and I believe will increasingly do so over the fullness of time.

So finally can I thank everybody who has helped and supported me during my time at the RSM and allowed me to bathe in their reflected glory. My thanks go to a wide range of people but none more so than Jo Rose who, as every right thinking person knows, actually runs the RSM!

Ian Balmer
Chief Executive

WESLEYAN ■ RSM
trainee
OF THE YEAR

POSTER PRIZES INTRODUCED FOR 2016

This year's *RSM Wesleyan Trainee of the Year* awards will include, for the first time, a poster presentation category. Expanding the opportunities available to trainees to take part in these prestigious awards, the posters will be judged by Dean of the RSM, Dr Fiona Moss and Dr Kamran Abbasi, Editor of the *Journal of the Royal Society of Medicine*.

Taking place on the evening of Thursday 24 November, the finals will mark the culmination of the Society's 2015/16 prize programme.

Five oral finalists, selected from all of the RSM's trainee prize winners in the last academic year, will compete for the coveted trophy and first prize of £3,000. Each will present for 10 minutes followed by a Q&A session with the judges who this year will include Mr B Sethia, RSM President; Professor Lesley Regan, President, Royal College of Obstetrics and Gynaecology; Professor Sir Simon Wessely, RSM Honorary Fellow and President, Royal College of Psychiatrists; and Professor Iain Hutchinson, Chief Executive and Founder, Changing Faces.

The poster presentations selected for the finals will be on display during the evening.

This is always a fascinating and enjoyable evening, celebrating the very best of the RSM and its trainees. All RSM members and their guests are invited to join the finalists and judges at what promises to be a stimulating and exciting evening of science and debate.

Book online at **www.rsm.ac.uk**



Respiratory physician Dr Elaine Soon, winner of last year's Wesleyan RSM Trainee of the Year Award



INTERNATIONAL CONFERENCE ON RESIDENCY EDUCATION

The world's largest conference devoted exclusively to advancing residency education, this year's ICRE event will take place from 29 September – to 1 October and will feature a unique tie-up with the RSM.

The RSM's Dean, Dr Fiona Moss, has been involved with the conference for a number of years and is currently serving as one of ICRE's official co-chairs. As well as exhibiting at the conference itself, the RSM will be live streaming one of the plenary sessions in London on Friday 30 September. [see box right]

Based in Canada and hosted by the Royal College of Physicians and Surgeons of Canada, the ICRE is now attended by more than 1,600 educators from around the world, who come together annually to explore the latest trends and hear provocative views on a broad range of medical education issues.

Now in its ninth year, the robust programme for 2016 will resonate with anyone involved in residency teaching, learning and/or assessment, including (but not limited to): postgraduate deans, clinical teachers, educational supervisors, educational researchers, training programme directors, those who administer training programmes, and residents/learners.

The theme for this year's conference is *Advancing quality: aligning residency education and patient care*, and will include five plenaries, 16 learning tracks, 50+ workshops, and 200 poster and paper presentations.

LEARNING TRACKS INCLUDE

Educating for quality and safety

Teaching and learning in residency education

Simulation in residency education

Leadership education

Using innovative technologies for medical education

If you are interested in attending ICRE visit the Royal College of Physicians and Surgeons of Canada: **http://bit.ly/1ZXMlqo**

ICRE: LIVE STREAMING AT THE RSM

On Friday 30 September the RSM will be hosting an afternoon of discussion and debate about education, learning and patient safety. The meeting *Learning about quality and safety improvement: whose responsibility?* will start with the live streaming of the ICRE plenary session *Linking residency training with quality of care: Education in action*. During the session delegates at the RSM will hear from Dr Brian Wong, physician, Toronto; Professor Wendy Levison, professor of medicine, Toronto; and Dr Emma Vaux, consultant nephrologist, Berkshire, UK and Generation Q Fellow, The Health Foundation.

The afternoon at the RSM will then continue with presentations followed by a panel and audience debate. Taking part will be Dr Robert Klaber, consultant paediatrician and Director of Quality and Associate Director of Education, Imperial College Healthcare NHS Trust; Dr Tracey Batten, Chief Executive, Imperial College Healthcare NHS Trust; Dr Tim Draycott consultant obstetrician, Bristol and Dr Nishma Manek, GP Trainee and Clinical Fellow, St Mary's Hospital.

The afternoon starts with light lunch refreshments and concludes with a drinks reception.

Rates: £15 for members, £25 for non-members.

To register for the meeting visit: **www.rsm.ac.uk/events**

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EVENTS PROGRAMME

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

Association or causation in miasmas and mixtures: Current reflections on Bradford Hill's 1965 contribution to public health
Thursday 13 and Friday 14 October

A workshop to address the critical issues for public and environmental health raised in the 1965 Bradford Hill lecture: *Environment and disease: Association or causation.*
Held in partnership with Brunel University, the London School of Hygiene & Tropical Medicine, Public Health England and Imperial College London.



A meeting focusing on the issues surrounding diabetes and the surgical patient, and the importance of a multidisciplinary approach throughout the patient's journey, from admittance to recovery. Featuring a key note lecture by Dr Mark Rice, Professor and Division Chief, Multispecialty Adult Anaesthesiology at Vanderbilt University School of Medicine, USA.

Prostate cancer: What does the future hold?
Friday 21 October

An educational state-of-the-art review of the latest advances in the diagnosis and treatment of the most common cancer to affect men. Taking part will be Professor Martin Gleave, Director, Vancouver Prostate Centre , and Dr Iain Frame, Director of Research, Prostate Cancer UK who will discuss the charity's new 'Ten years to tame prostate cancer' strategy.



A conference hosted by the RSM's Military Medicine Section focusing on aeromedical and space medicine. The programme will focus on aeromedical operation, coordination, training, the infectious patient, space and scientific research into this exciting and growing area of medicine. Taking place immediately after the meeting will the RSM's Ceremony of Remembrance (see p 6 for details).



Pharmacogenomics: A tool for precision medicine
Monday 7 November

Precision medicine is set to revolutionise medical practice. This meeting will introduce the concept of pharmacogenomics and provide a realistic overview of the likely impact of pharmacogenomics in modern medicine. The meeting will include international speaker Professor Hendrik Jan Guchelaar, Professor of Clinical Pharmacology and Toxicology, Leiden University Medical Center, Netherlands.

Point of care testing: Disruptive innovation – is the NHS ready for it yet?
Tuesday 22 November

Providing an update on the current development in point of care testing (POCT), this meeting will outline its potential to both transform health care delivery and to improve efficiency. A world-class array of speakers will look at how POCT is disrupting care delivery, the resulting practical benefits, white blood cell counting to aid chemotherapy and rapid genetic testing.

The brain series: Memory and the brain
Thursday 1 December

This meeting aims to offer a broad overview of aspects of the neurological underpinning of memory. A keynote speaker will be actress Kika Markham, who will deliver a lecture with the title 'Like a Pinter play gone wrong – Corin Redgrave's fight to recovery'.



At the start of the 2015/16 academic year the energy and enthusiasm of the Student Members Group and the Trainees Committee was given a boost as they each became official RSM Sections. With greater opportunities for funding for high profile speakers the two new Sections will have the resources to produce better quality events and a stronger voice in determining the RSM's annual programme of educational events.



STUDENT ROUND-UP

In April 2015 *BeyondBORDERS: The future of global surgery* was held in association with Medsin and Lifebox Foundation. This was the first ever student-run global surgery conference in the world. The event was a great success with nearly 200 attendees joining an international and high-profile assembly of experts. The event explored surgery, obstetrics and anaesthesia through keynote lectures, interactive lectures and networking opportunities which allowed delegates to consider the options for building a career in a global world.

This year's programme of events kicks off on Sunday 2 October with a joint event with the UK Medical Students' Association (UKMSA). In its second year, the 2016 conference title is *Equipping tomorrow's clinical leaders* and the theme is 'Embracing change: What the future holds for the practice of medicine in the UK'.

The following weekend, on Saturday 8 October, the Students Section will join with the RSM's Open Section to host *The values of the NHS: The horizontal curriculum*. This topical meeting with its exceptional panel of high profile speakers will set out to explore the principles and values that guide the NHS, which apply at every stage of training, from medical student to consultant.

SPECIALTY CAREERS FAIR 2016

The annual RSM specialty careers fair is a highlight of the educational programme, with hundreds of trainee doctors coming along to explore possible career paths in medicine. This year's event will take place on Friday 11 November.

An exciting Twitter prize competition will take place on the day, giving attendees the opportunity to win an iPad, a Kindle Fire and much much more!

To register for all Students Section events, and to keep track of what's coming up visit the student pages on the RSM website: **www.rsm.ac.uk**

NEWS FROM THE TRAINEES

During 2015/16 the Trainees Section has run a full calendar of events for doctors in training to support their professional, clinical and pastoral needs.

In response to the government's plans for expanding NHS services across England, the meeting *Training today: NHS 7-day services* was delivered in March. This was the inaugural meeting of a new *Training today* programme which will aim to review pertinent issues of interest to trainees not otherwise delivered at the RSM. This successful meeting contributed to the national debate about this important issue and was featured in both the BMJ and BMA News.

Other successful meetings during the year included *Opportunities in expedition and humanitarian medicine* held in June, with *Radiology for foundation doctors*, the *John Glyn trainees' prize* meeting and *Orthopaedic trauma: first steps*, completing the year's educational programme.

Looking forward the second *Training today* meeting will take place in March 2017. This will likely review how the NHS can respond to increasing financial challenges.

The popular meeting *Medical authors: From inspiration to ink* will return in June 2017, showcasing trainee book ideas, with shortlisted authors going head-to-head in front of a 'dragons den' panel of publishers and clinicians.

The *Specialty Application Series*, which has helped many trainees gain an important insight into their specialty application process, will re-launch in 2017/18 to better meet the needs of trainees.

The Trainees Section will continue to innovate and develop new meetings and events to engage today's trainees and tomorrow's GPs and specialists.
To read an extended version of this article visit the Trainees Section at **www.rsm.ac.uk**

PRIZES

There are over 80 prizes and awards open to students and trainees each year. Full details can be found at:

WWW.RSM.AC.UK/PRIZES-AWARDS

FORTHCOMING PRIZE DEADLINES

KEY
T TRAINEES
S STUDENTS

OCTOBER 2016

S T Nephrology
T Geriatrics & Gerontology
S History of Medicine
T Surgery
T Cardiology
S T Patient Safety

NOVEMBER 2016

S T Global Health
T Ophthalmology
S T Orthopaedics
S T Otology
T Oral & Maxillofacial Surgery
S Epidemiology & Public Health

DECEMBER 2016

T Orthopaedics
T Clinical Forensic & Legal Medicine
T Laryngology & Rhinology
S T Emergency Medicine
T Otology

JANUARY 2017

T Paediatrics & Child Health
T Epidemiology & Public Health
T Laryngology & Rhinology
T Psychiatry
T Obstetrics & Gynaecology
T Otology
T Urology
S T Maternity & the Newborn

FEBRUARY 2017

T Rheumatology & Rehabilitation
T Dermatology

MARCH 2017

T Palliative Care
S T Venous Forum
T Urology
S T Maternity & the Newborn
T Gastroenterology & Hepatology



RECENT PRIZE WINNERS

ANAESTHESIA SECTION

Student Essay Prize
Mr Ka Ting Ng

Trainee Essay Prize
Dr Rob O'Donnell

CLINICAL IMMUNOLOGY & ALLERGY SECTION

President's Prize Award
Dr Scott Henderson

OPHTHALMOLOGY SECTION

Student and Trainee Prize
Dr Shafi Balal and Ms Chrishne Sivapathasuntharam

RHEUMATOLOGY & REHABILITATION SECTION

Eric Bywaters Prize
Dr Ilfita Kamaliah Sahbudin

SURGERY SECTION

John Dawson Medical Student Prize
Mr Harry Theron

Adrian Tanner Prize
Dr Kathryn Dayananda

Poster Prize
Dr Abdul Ahad

TRAINEES SECTION

Opportunities in Humanitarian and Expedition Medicine Prize
Dr Zoe Burton

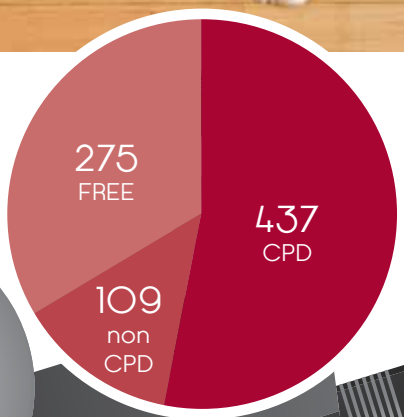
GENERAL PRACTICE WITH PRIMARY HEALTH CARE SECTION

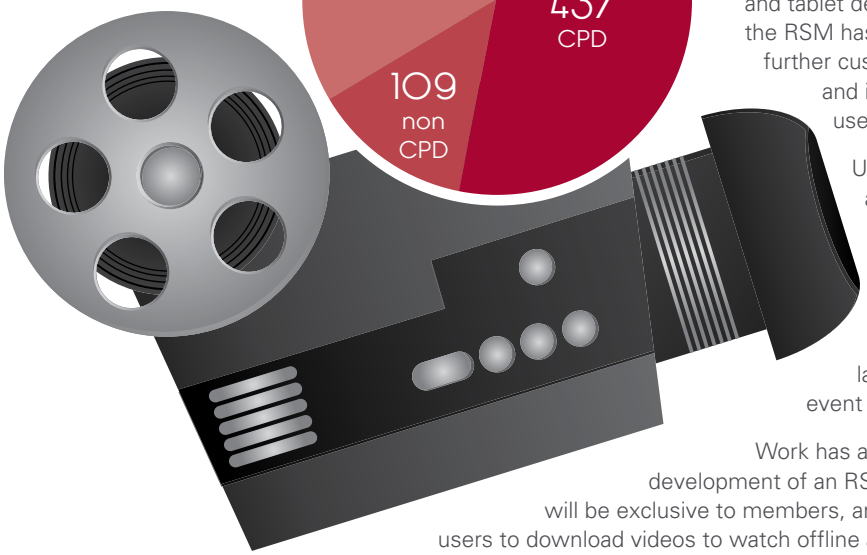
Caipe John Horder Award
Mr Subir Bali

IMPROVEMENTS TO RSM VIDEOS



821 VIDEOS IN TOTAL





The upgrade of the RSM Videos site in February means members can now access the site from most desktop PCs, mobiles and tablet devices. Since then the RSM has responded to further customer feedback and improved the user experience.

Updates include: the addition of a forward and rewind button for mobiles, improvements to the sort function and an updated layout on specialty and event pages for mobiles.

Work has also started on the development of an RSM Videos app, which will be exclusive to members, and which will enable users to download videos to watch offline and on the move.

UNLIMITED ANNUAL ONLINE CPD SUBSCRIPTIONS AVAILABLE

There are now over 800 lectures on RSM Videos, over 400 of which are CPD accredited. RSM members have full, unrestricted access to all video content (for non-members the cost is £6 per video). Members can also benefit from half-price annual CPD subscriptions. For just £95 per year (£190 for non-members) members can earn unlimited online CPD.

To add this to your membership subscription, email **membership@rsm.ac.uk** or call **020 7290 2991**.

TOP TEN 2016 VIDEOS VIEWED

1. **Ellison-Cliffe Lecture: Life is what you make it**
   Professor Paul Freemont
   videos.rsm.ac.uk/ellison-cliffe

2. **What is a physician associate?**
   David Kuhns, Jane Perry and Charlotte Scott-Wilson
   videos.rsm.ac.uk/physician-associate

3. **Sexuality, sexual health and religion today**
   Dr Rowan Williams
   videos.rsm.ac.uk/sexuality-religion

4. **2nd Sir Naim Dangoor Lecture: How digital innovation can improve healthcare**
   Lord Darzi and Mr Suleymen
   videos.rsm.ac.uk/naim-dangoor

5. **Heart failure: What does the future look like?**
   Dr Alexander Lyon
   videos.rsm.ac.uk/heart-failure

6. **Pulmonary fibrosis: How the British Lung Foundation can help**
   Ms Ruth Sabella
   videos.rsm.ac.uk/pulmonary-fibrosis

7. **Colorectal Neoplasia**
   Professor Robert Goldin
   videos.rsm.ac.uk/colorectal-neoplasia

8. **A history of pain**
   Professor Joanna Bourke
   videos.rsm.ac.uk/history-pain

9. **Headaches in general practice**
   Professor Leone Ridsdale
   videos.rsm.ac.uk/headaches-gp

10. **Living with pulmonary fibrosis: Why is it difficult to diagnose and treat?**
    Dr Melissa Wickremasinghe
    videos.rsm.ac.uk/pulmonary-fibrosis-diagnosis



SPOTLIGHT ON ...
EMERGENCY MEDICINE SECTION

The Emergency Medicine Section of the Royal Society of Medicine was founded in 1987. Since its inception, the Section has consistently followed its mandate to provide high quality, interesting and relevant educational meetings for members and non-members who have an interest in emergency medicine. This is reflected in the Section's popularity with existing members and is the reason why it regularly attracts new members.

Three one-day educational meetings are held each year with a varied programme that reflects the wide knowledge base required for a career in emergency medicine. The Section recognises the need to adapt to changes in an ever-developing specialty. Examples include changing its name from the Accident and Emergency Section and changing the make-up of the Section Council to reflect the range of healthcare professionals involved in the delivery of emergency medicine. The Council also understands how innovative use of social media can help promote meetings and encourages live-Tweeting from meetings as they are running.

The Section Council has excellent representation from colleagues working in the military, which has enabled recent advances in trauma, infectious disease and transfusion medicine gained in conflict and humanitarian operations to be shared in educational meetings.

The Section awards prizes each academic year to help encourage research and innovation in emergency medicine. There is also a medical student prize to support audit or research work undertaken during student electives. As well as a cash prize, the winner is given the opportunity to present their work at one of the Section meetings.

30TH ANNIVERSARY MEETING

The Emergency Medicine Section is looking forwards to its 30th anniversary on 27 January which will be marked with an educational meeting discussing the past, present and future of emergency medicine. A panel of nationally and internationally renowned contributors will include key note speakers Professor Lee Wallis, Head of Emergency Medicine, Provincial Government, Western Cape, South Africa; Professor Amal Mattu, University of Maryland School of Medicine; and Dr Pat Croskerry, Professor in Emergency Medicine, Dalhousie University, Canada.

The meeting will be followed by a drinks reception and celebration of the Section's long and proud history.

To book visit **www.rsm.ac.uk/events**



NEWS FROM RSM PROFESSIONALS

2015/16 has proved another successful year for RSM Professionals, the bespoke event management team at the RSM. With 37 events run during the year, plans are to increase activity in 2016/17 to approaching 50 meetings.

The portfolio of courses continues to grow and for the first time RSM Professionals managed the Society's Objective Structured Clinical Examinations (OSCE) training days. Four of the seven days sold out.

Between January and April 2017 ST3 interview courses for a variety of specialties will be on offer, including general surgery, orthopaedics and plastic surgery.

During the new academic year there will be repeat collaborations with a number of organisations.

On Friday 18 November 2016 the third annual event with The Association of the British Pharmaceutical Industry takes place. It aims to promote clinical research careers within the pharmaceutical industry, specifically to those involved in life sciences, including undergraduates, postgraduates and postdoctoral researchers. RSM members are welcome to attend and are invited to circulate details of the meetings within their networks.

The second collaboration with Live Music Now will take place on Monday 28 November 2016 and will examine the evidence for the value and impact of music intervention on health and morbidity in children with learning disabilities. This event is open to all including clinicians, musicians and academics. Places are still available and an audience of over 100 is expected.

RSM Professionals has been working with the Nutrition Society for four years and on Tuesday 6 and Wednesday 7 December will be hosting an event that addresses the links between diet, nutrition and mental health and wellbeing. These meetings are always popular, bringing in over 200 delegates. This year will be particularly well-attended as The Nutrition Society celebrates its 75th anniversary. As part of the conference there will be an optional drinks reception and dinner for delegates to attend.

A highlight of the RSM Professionals calendar is the annual aesthetics conference which this year will take place in February 2017. Now in its 9th year, the programme will be more scientific and encourage peer-to-peer interaction, including international speakers, live demonstrations and case reports. With approximately 100 places available this meeting is open to all grades of medical professional but particularly for those specialising in aesthetic medicine, ENT, oral and maxillofacial surgery, odontology and general practice.

New partnerships for this academic year include Enteric Healthcare Technology Co-operative and the MASIC Foundation. The meeting with Enteric will take place on Friday 14 October 2016 and aims to bring together people with an interest and expertise in imaging, sensing and digital health in gastrointestinal medicine. Places are still available for the event which, featuring lectures and interactive workshops, is one not to be missed for those in the field.

To register for an RSM Professionals event visit **www.rsm.ac.uk/events**

ABOUT RSM PROFESSIONALS

RSM Professionals provides a forum for members and likeminded organisations to run conferences and meetings with the RSM that are outside the standard programme of events. RSM Professionals works with partners to deliver events from unique perspectives and provides end-to-end event support including venue liaison, speaker management and creation and implementation of marketing plans. RSM Professionals can also act as an events agency for organisations who would prefer to run their events in this way.

For more information about RSM Professionals, forthcoming events and services available please contact Gemma Lamb on rsmprofessionals@rsm.ac.uk

PUBLIC LECTURE ROUND-UP



Stimulating, sometimes provocative and always thought-provoking, the RSM's public lectures play an important role in the Society's charitable obligation to deliver public benefit.

Starting with the 2016 ***Ellison-Cliffe lecture*** on **Tuesday 18 October**, Carl Philpott will take his audience on a journey through the senses and how the brain trains our bodies to use them. An ear, nose and throat surgeon at the UK's only smell and taste clinic at the James Paget Hospital in Norfolk, Mr Philpot's lecture will focus on smell and taste disorders, how they arise and the problems that people face when they lose their senses.

Then on **Thursday 3 November** the eighth annual ***Darwin lecture*** will be hosted by joint organisers the Linnean Society at Burlington House. There Professor David Rollinson, Merit Research Scientist at the Natural History Museum will discuss an evolutionary perspective on reducing the burden of neglected tropical diseases.

Looking beyond the New Year, the RSM will be hosting **Baroness Helene Hayman** on **Tuesday 7 March** when she will deliver the 38th annual ***Jephcott Lecture*** and receive the Jephcott medal.

Public lectures at the RSM are always popular so it is advisable to book tickets in good time.

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

Catch up with last year's public lectures for free at RSM Videos: **https://videos.rsm.ac.uk**

&medicine &me

50TH MILESTONE FOR MEDICINE & ME



The highly successful *Medicine and Me* programme at the RSM has recently marked its 50th event in the series. The meeting *Medicine and Me: Living with lymphoma* was organised jointly with the Lymphoma Association, which this year celebrates its 30th anniversary, and took place at the RSM on Thursday 15 September.

The meeting examined the impact of lymphoma diagnosis, from the perspective of both patient and doctor. The event was included in the programme for the 2016 Lymphatic Cancer Awareness Week.

Established in 2014 by the RSM's former Academic Dean Dr John Scadding, the *Medicine and Me* programme was designed to bring healthcare professionals and patients together to talk openly about the issues of managing a particular condition and to learn from each other.



Dr Scadding said: "Listening to patients or carers' journeys through the diagnosis and management of various conditions has been incredibly inspiring but also humbling for healthcare professionals. It often highlights the importance of effective two-way communication which can in some instances be wanting."

He continued: "Organised jointly with relevant charities, these meetings have gone from strength to strength and feedback from patients has been truly heart-warming. The RSM should be rightly proud of its *Medicine and Me programme.*"

UPCOMING EVENTS:

Living with depression
Living with multiple sclerosis
Living with polycystic ovarian syndrome
Living with bronchiectasis

Dates will be confirmed soon on the RSM website. Consultants and GPs are encouraged to share information about the meetings to patients, families and carers, especially if they are managing cases of the featured conditions.

The meetings are free of charge for patients and carers and there is a small charge for RSM members.

For further information email **medandme@rsm.ac.uk** or call **020 7290 3919**.

NEWS FROM THE LIBRARY

A survey of members earlier in the year to measure the standard of services provided by the RSM Library gained a good response and excellent feedback. Generally, respondents felt the Library provides a high standard of service.

The physical space in the Library is particularly appreciated by members, notably the large desks, quiet collegiate atmosphere, together with the book and journal collection.

Suggestions for improvement included the installation of new PCs and improved advertising of the services provided by the Library. There was also a call for improvement to access to e-journals.

The questionnaire data will be fed into the new Library strategy for 2017 – 2022, with the aim for forward planning to meet the growing needs of the medical community and the RSM as an educational charity.

EXHIBITION: TREASURES FROM THE CHALMERS LIBRARY



In 1922 the Library of the Royal Society of Medicine received a generous gift of around 1800 rare books presented by the widow of the late Dr Albert J Chalmers, a doctor specialising in tropical diseases and the co-author with Aldo Castellani of the *Manual of Tropical Medicine*.

Dr Chalmers was a true bibliophile and among the books donated from his collection are Geminus' *Compendiosa*, published in 1553, Brunschwig's *Liber de arte distillandi* (1500), Celsus' *De medicina* (1478), and the oldest book in our collection, Mesue's *Opera* published in 1471 (see below). These books and several more will be on display at the Library of the Royal Society of Medicine from 1 August 2016 until 29 October 2016.

FEATURED FROM THE COLLECTION



The earliest printed book in the RSM Library is Opera. *Liber de complexionibus, proprietatibus, electionibus… Grabadin Joannis filii mesue…Practica de medicines particularium aegritudinum…Petri Apponi addition. 1471.*

Published in 1471, no place of publication is given, but William Osler, in his Incunabula Medica of 1923, speculates Venice or Florence.

Yahya ibn Masawaih or Mesue the Younger is said to have been a Jacobite Christian living at Maradin on the Euphrates in the 10th-11th centuries. However none of his writings has ever been found in their original language and no Arabian biographer or bibliographer knows him and it is now believed that a Latin author of the early 13th century assumed the name.

At any rate, these works soon gained authoritative importance as the pharmacological quintessence of Arabic therapeutics, and the esteem in which they were held is shown by the fact that they belonged to the first medical books to be printed. The *Grabadin*, or apothecary's manual, was the most popular compendium of drugs in medieval Europe, and was used everywhere in their preparation. It was also used in compiling the first *London Pharmacopeia*.

This book can be viewed in the Library by appointment only.
Email **library@rsm.ac.uk** or call **020 7290 2940 / 2941**.

JOURNAL OF THE ROYAL SOCIETY OF MEDICINE

JRSM open



The Royal Society of Medicine journals, published since 2012 by SAGE, range in scope from primary research to clinical practice and cover topics across a broad range of disciplines, including infectious disease, health practice, women's health and vascular medicine. The flagship publication, the Journal of the Royal Society of Medicine, is one of the most widely read and enjoyed general medical periodicals, providing insight into a broad spectrum of issues facing medical professionals.

JOURNAL OF THE ROYAL SOCIETY OF MEDICINE (JRSM)

Published since 1809, JRSM articles range from evidence-based reviews and original research papers to editorials and personal views. JRSM is an independent scientific and educational publication, which features well-argued debate and dissent on important clinical topics.

JRSM OPEN

Launched in January 2014, JRSM Open is an online-only journal that follows the open-access publishing model. A companion journal to JRSM, the journal publishes research papers, research letters, clinical reviews and case reports in all specialties and from all countries.

SUBMIT YOUR MANUSCRIPT TO ONE OF THE RSM'S JOURNALS

Why not consider submitting your paper to one of the Royal Society of Medicine's journals? When you publish in JRSM and JRSM Open, you will get:

- Rigorous peer review of your research
- Multidisciplinary audience exposure
- Prompt publication

Find our more at **jrsm.sagepub.com** and **jro.sagepub.com**.

BENEFITS FOR RSM MEMBERS

RSM members have free access to JRSM by logging into e-journals on the e-resources page of the RSM website. JRSM Open is free to access and RSM members also benefit from reduced article processing fees.



NEW PRIORITIES FOR RSM GLOBAL HEALTH PROGRAMME

The RSM has formed a new partnership with the King's Centre for Global Health (KCGH) at King's College London to deliver an enhanced global health programme at the RSM. The programme will launch in September 2016, and new priorities have has been developed to address the fundamentals of this progressive agenda.

Led by Andy Leather, KCGH Director, Paula Baraitser, KCGH Director of Education and Fawzia Gibson-Fall, KCL/RSM Teaching Fellow in Global Health, the programme's objective is to make the RSM a leader in the field by addressing key issues facing global health today.

This will be done by introducing three key programmatic streams:

1. Education: support the national global health education agenda by promoting the development of a global health curriculum at all stages of health professional education and for all health professional groups.
2. Emergencies: provide a neutral forum for those interested in prevention of and response to humanitarian crises, to develop and share best practices of intervention.
3. Big issues: foster open discussion on pressing global health challenges to encourage debate and evidence based policy responses.

Through the introduction of the three streams the RSM's Global Health programme will aim to:

- Deliver a monthly global health educational offering
- Reach a diverse audience and include the public in current global health conversations
- Involve key stakeholders in new thinking around undergraduate and post-graduate global health education
- Enable conversations on health systems strengthening and evidence-based policy for global social justice
- Encourage practitioners to engage with global health issues
- Partner with key institutions and organisations working to improve health and social justice worldwide.

Regular meetings and conferences, which focus on one or more of the programme streams, are being planned, all of which will critically analyse and debate the important global health issues of our times. Topics covered will include strengthening health systems in Sierra Leone, man-made disasters, global ageing and advocacy in global LGBT health.

For more information about the RSM's Global Health programme contact the team at **globalhealth@rsm.ac.uk**.

To book visit **www.rsm.ac.uk/globalhealth**

UPCOMING EVENTS



Resilience and recovery: Post-Ebola health systems strengthening in Sierra Leone
Saturday 22 October

Man made disasters:
Toxic remnants of war
Tuesday 24 January

Partnerships in Global Health:
Working in and out of the NHS
Wednesday 22 February

RETIRED FELLOWS SOCIETY

CELEBRATING 20 YEARS AT THE RSM

In October 2017, the Retired Fellows Society will celebrate 20 years since its foundation within the Royal Society of Medicine in 1997. It has been one of the fastest growing RSM Sections and at the present time has over 1,000 members.

Open to any member of the RSM who has retired, the Retired Fellows Society's activities include regular lectures on an eclectic range of subjects, attracting an average of 100 members to each meeting, extra-mural visits to various interesting locations and a flourishing camera club for all grades of photographers. In addition, it organises an annual all day course on recent advances in medicine, and produces a printed newsletter three times a year, to which members are invited to contribute.

The cost to members of the RSM is an annual payment of £20, which covers expenses and the cost of producing the newsletter. The fee for attending lectures is £4 to include coffee, or £30 to include a full post-meeting lunch with wine.

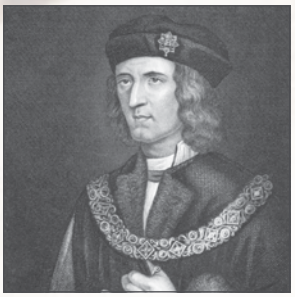
Extramural activities have included visits to the BBC, a visit to Woburn Abbey and Bletchley Park, walks exploring Southwark and Chelsea and other interesting London areas and buildings, a tour of Trinity House and a tour of the Cutty Sark. Costs vary according to the locations visited.

In addition, the society is sponsoring a prize essay, entitled *Trust Me I'm A Doctor*. This is open to student members of the RSM and there is a separate prize for retired members, each of £300. The closing date for submission is Friday 30 September. An annual oration by a distinguished speaker is also being planned.

Members of the RSM approaching, or having reached retirement are invited to join the society, and we look forward to attracting an increasing number of members to this vibrant and active Section.

For more information email **rfs@rsm.ac.uk** or visit **www.rsm.ac.uk**

FORTHCOMING LECTURE SUBJECTS INCLUDE:



THE SCIENTIFIC STUDY OF RICHARD III

Thursday 20 October



SMALL INTESTINAL DISEASE

Thursday 17 November



THE MYTH OF REBIRTH FROM THE ASHES OF WORLD WAR II

Thursday 20 October



KLU KLAX KLAN

Thursday 16 March

Other lectures are to be confirmed.

PENSION UPDATE

Confusion is set to leave most doctors unprepared for retirement.

Doctors are still confused by pensions, with three quarters (77%) not understanding their key features, or how much to save each month, according to new research by Wesleyan*, the specialist financial mutual.

More than one in five (21%) incorrectly believe they can withdraw their full pension fund, tax free, at any time, while the amount they believe they will need each year in retirement has fallen by more than £16,000 from £48,243 in 2014** to £32,037 in 2016.

Vicki Wentworth, Chief Customer and Strategy Officer at Wesleyan, said: "It is very hard for a busy doctor, with all the pressures that come with the job, to free up the time to frequently review their plans for retirement.

"As a result, there is clearly still some confusion around what pensions are there to do and how they can help you plan for the future, but proper planning is essential to help us enjoy the standard of living we dream of in retirement."

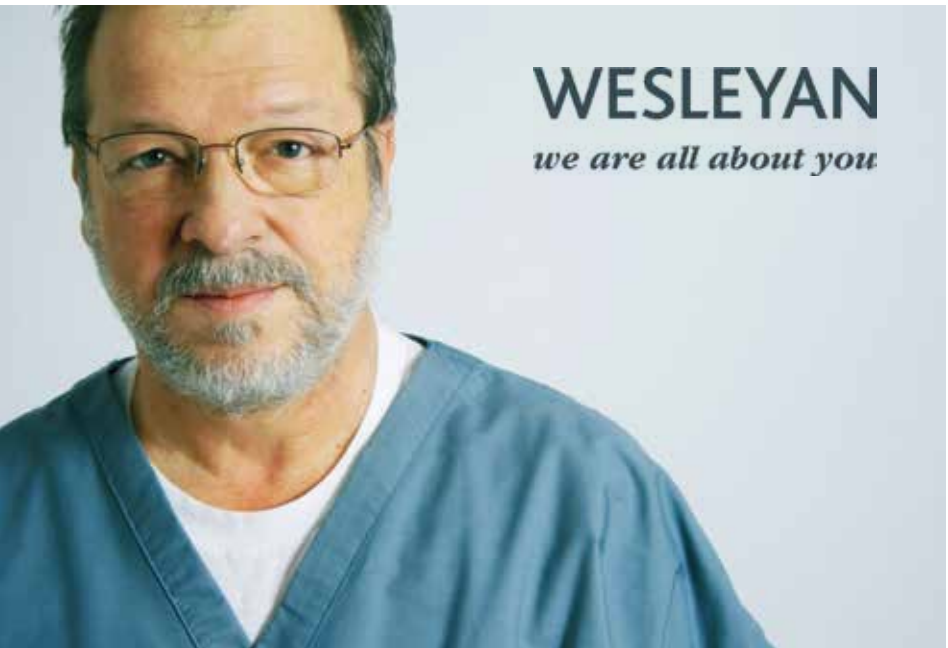
According to the findings, nine-out-of-ten doctors (91%) have researched into their pensions in the past year, yet despite this most are unclear about what lies ahead.

Three quarters of doctors (77%) don't understand the key features of a pension

The same number (77%) don't know how much to set aside for a comfortable life in retirement

The amount of money doctors expect to need in retirement has fallen by more than £16,000 since 2014 – from £48,243 to £32,037 a year

A fifth (21%) incorrectly believe they can withdraw the full pension fund at any time, completely tax free



The research also found that 69% of doctors are unaware how much the government contributes for every pound invested in a pension.

While they may not apply to all doctors, 69% don't understand the pension freedom reforms put in place last Spring despite the extensive publicity surrounding their introduction more than a year ago.

Overall, a fifth (21%) of doctors incorrectly believe the reforms mean people can withdraw their full pension fund at any time, completely tax free. More than a quarter (26%) believe it is only possible to take a sum from a defined contribution pension after retirement.

Vicki added: "It is hard to plan for retirement if you don't fully understand the options available to you and what you can actually do with your savings – our research shows most doctors sadly don't understand.

"How much doctors need in retirement depends on their own circumstances and needs, but what is clear is that many have an idea of what they would like to have after they finish work, but don't understand enough about pensions to make effective plans to achieve it.

"Given the amount of publicity that has surrounded pensions during the past year, we would expect to see doctors begin to plan earlier for retirement, but our insight tells us that isn't happening and that doctors are still confused."

"Fortunately, knowledgeable, credible, expert advice can help to get people's retirement plans back in good health."

• *Wesleyan specialises in providing specialist financial advice and services to doctors.*

For more information about Wesleyan call **0800 980 2321**, email **financialreview@wesleyan.co.uk** using the code **47277** or visit the website at **wesleyan.co.uk**

**Research based on a survey of 203 doctors by Censuswide on behalf of Wesleyan, February 2016*

***Research based on a survey of 101 doctors by Censuswide on behalf of Wesleyan, February 2014*



IMPROVE DON'T MOVE

Improving your home rather than moving home can be a cheaper and less stressful way of gaining more space but there are pitfalls to avoid

According to the Federation of Master Builders, the average cost of moving home is equal to 5% of the purchase price of the new home. With UK homes now averaging around £300,000, it's not hard to see why many people are now opting to improve and create more space within their existing home rather than deal with the expense of a move. But what are the main trends when it comes to extending and renovating the family home and what should those setting out on their own 'improve don't move' project look out for?

For those looking for more space, loft and basement extensions are growing in popularity particularly where space to extend outwards is limited. New kitchens and bathrooms are popular as is expanding into the garage to make more living space. En-suite bathrooms can add value to a house as can opening up the back of a house with the addition of a well designed conservatory and landscaping the garden to make it more inviting.

It's important, however, that homeowners take a number of precautions to ensure they get the renovations or extensions that not only help their house function better as a home but that also add value to the house.

GET INSPIRATION

First of all, decide what you want. Inspiration can come from many places but websites like Pinterest can help you come up with ideas. If the project is going beyond a simple refresh, getting an architect in can pay dividends. Finding the right one is critical and it pays to research architects that have experience in working on homes of a similar age and character. Personal recommendations can be valuable or you can check the website for the Royal Institute of British Architects (RIBA) which lists UK Chartered Practices.

ASK QUESTIONS

Now's the time to ask questions. Why do you want a kitchen extension for example? Is it to help you host dinner parties or because you want somewhere the children can do their homework while you prepare supper? The design needs to work for you and for the needs of your family.

APPLY FOR PERMISSIONS

Once the design is ready you and/or your architect will have to make sure the necessary building and planning consents are applied for.

If you choose to project manage the building works yourself, it helps to choose contractors who are used to working together. That way, the builders, electricians and plumbers are more likely to coordinate their work better and there will be less opportunity for issues. It's also important to keep on top of the project on a daily basis so any particular issues can be quickly resolved.

KEEP CONTROL OF THE COST

Keeping on top of the cost is important and while you should aim to make sure costs are clearly itemised at every stage, there is always the potential for unforeseen expenses. Hiring a quantity surveyor for bigger projects can help you keep a closer eye on the overall cost.

Allow four to five months from the feasibility study to tendering for construction. Building work depends on the size of the project, but on average, a garden sitting room takes about five to six months, while a small loft conversion is about eight weeks.

ADVISE YOUR INSURER

A common mistake for many homeowners embarking on a renovation or extension project is to forget to advise their home insurer. Having building work carried out can increase the risk of damage to the property and its contents, theft of possessions and building materials - particularly if the home is harder to secure, as well as the increased possibility of personal accidents. The problem is that most homeowners 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 having building works check with your insurer or insurance broker to make sure the project will be covered.

HISCOX

Having home renovations or an extension? RSM members save 12.5% on Hiscox Home Insurance. To find out more about Hiscox Renovation and Extension Insurance, visit www.hiscox.co.uk/rsm or call 0800 840 2373.



TRAVEL INSURANCE

From Brussels to Beijing, Hiscox Travel Insurance provides peace of mind for travellers whenever they go abroad.

RSM members receive a 5% discount across Hiscox Annual Travel Insurance and Hiscox Gap Year Travel Insurance. Members can also benefit from an additional 10% discount when buying cover online.

Annual travel insurance is a comprehensive annual policy designed to cover individuals and families for up to 62 days.

Gap year travel insurance is a single trip policy for those going away for an extended period of time, whether for leisure, for work or to study abroad.

WHY CHOOSE HISCOX?

- £10 million emergency medical expenses
- Personal liability up to £2 million
- Natural catastrophe evacuation cover

To find out more visit **www.hiscox.co.uk/rsm**

HISCOX



MORE NEW CAR DEALS FROM MOTOR SOURCE GROUP

Great news from Motor Source Group as RSM members can now access special discounts on Mitsubishi and MG as well as other brands in the Motor Source programme.

The MG line-up may be small, but there are three great cars offering something to suit all lifestyles and budgets. The smallest car in the range, the MG3, starts at just £6,801.95, the family hatchback, MG6, from just £12,277, or there's the most popular GS crossover from just £13,241.37 with RSM Motor Source discounts.

Mitsubishi offers a great choice of vehicles too, with the Outlander PHEV currently very popular, especially with a saving of up to £8,724.85, including the £2,500 Electric Car Government Allowance.

What's more, both MG and Mitsubishi brands participate in the Motor Source local dealer collection programme. Please note, that to take delivery at a local dealer in conjunction with these specialist discounts, orders must first be placed with Motor Source Group. They will then liaise with the manufacturer to arrange local delivery.

RSM members can view the full range of MG and Mitsubishi discounts, and all other makes and models, on the Motor Source website at **www.nhs.motorsourcegroup.com** or call **01522 500055**.



Always mention you are an RSM member to benefit from the waiving of the usual £195 administration fee

20% OFF BOOKS AND DIGITAL RESOURCES

CRC Press and Routledge are part of the Taylor & Francis Group and publish books and digital resources on medicine, nursing, allied health, psychology and mental health subjects.

Working with internationally renowned authorities CRC Press and Routledge produce trusted, high-quality content for students, practitioners, academics and libraries, carefully tailored to suit the needs of its specialist markets.

The CRC Press list features classic reference and textbooks for practitioners and students at all levels, including *Obstetrics & Gynaecology by Ten Teachers* and Bailey & Love's *Short Practice of Surgery*. Routledge Psychology and Mental Health publishes a comprehensive portfolio of books on psychiatry, clinical psychology, psychotherapy, psychoanalysis, cognitive psychology, neuropsychology and more, including Goldberg's *Psychiatry in Medical Practice*.

Taylor & Francis Group provides Royal Society of Medicine members with 20% off the entire print collection from CRC Press and Routledge, including leading medical, nursing, midwifery, leadership, mental health and psychology books (including those within the Psychology Press and Guilford Press brands).

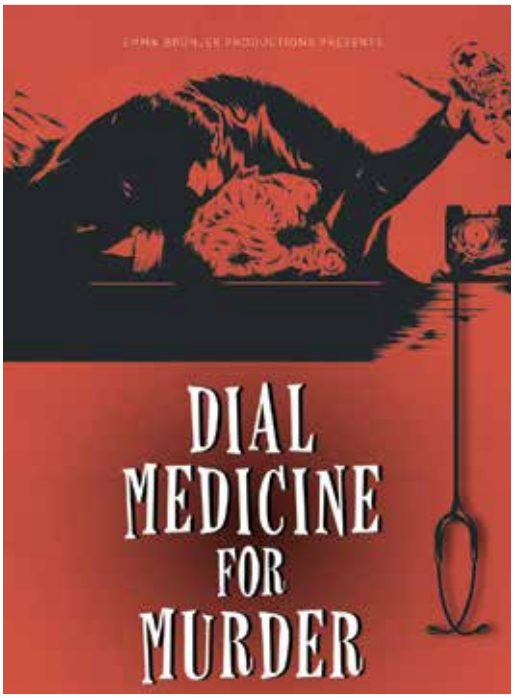
For more information search for 'educational benefits' at **www.rsm.ac.uk**.

Taylor & Francis
an informa business



Dr Harry Brunjes (left) and Dr Andrew Johns

COMING TO THE RSM: DIAL MEDICINE FOR MURDER



DIRECT FROM THIS YEAR'S EDINBURGH FESTIVAL FRINGE

Following two sell-out performances of *Dial Medicine for Murder* at the RSM in May, the show is back by popular demand.

Dial Medicine for Murder tells 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 compares and contrasts the background, arrest, trial, legacy and psychopathology of both individuals interspersed with film footage and contemporaneous news items.

The show is presented as a consultation with Dr Harry Brunjes and Dr Andrew Johns, who first met as medical students at Guys Hospital, followed by careers in general practice and forensic psychiatry respectively.

Coming to the RSM straight from the 2016 Edinburgh Festival Fringe, *Dial Medicine for Murder* will be showing for just one evening at the RSM and will be followed by a drinks reception. Places are limited so book online soon at **www.rsm.ac.uk**

"A chilling tale of betrayal of trust"
The Times

Monday 31 October

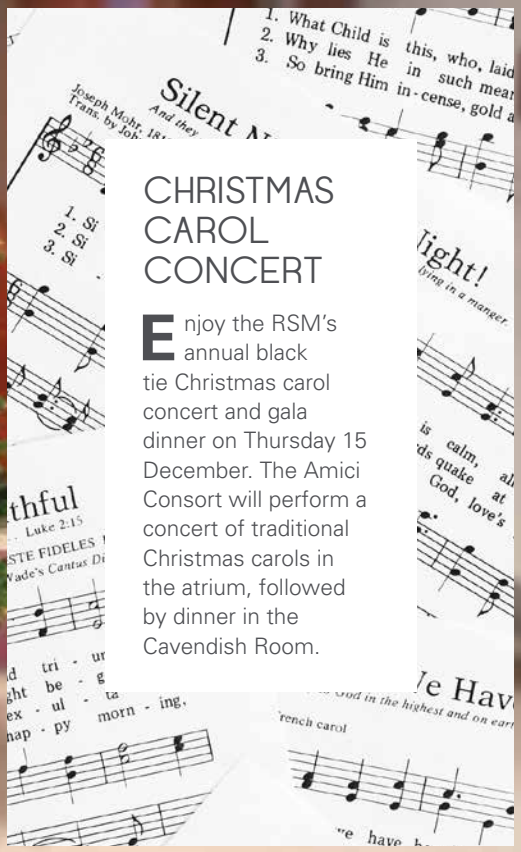
6.00pm Registration

6.50pm Welcome and introduction, Mr Martin Bailey, RSM Honorary Secretary

7.00pm *Dial Medicine for Murder*

8.15pm Drinks reception and optional tours of the Library and Club areas

CHRISTMAS IS COMING



CHRISTMAS CAROL CONCERT

Enjoy the RSM's annual black tie Christmas carol concert and gala dinner on Thursday 15 December. The Amici Consort will perform a concert of traditional Christmas carols in the atrium, followed by dinner in the Cavendish Room.

DINING AT THE RSM

Treat family, friends or colleagues to a traditional Christmas lunch or dinner in the Members' Restaurant. Alternatively, larger parties may book one of the RSM's private dining salons free of hire charge for their Christmas celebration.

To book call **020 7290 2957**







DISCOUNTED RATES FOR MULTIPLE NIGHT STAYS

Members attending a multi-day course at the RSM can stay at Domus Medica and receive 10% off per night for a two night stay or 15% off for a three night stay.

SPECIAL SUNDAY BEDROOM RATES FOR CONFERENCE ATTENDEES

Members attending a conference at the RSM on a Monday can avoid the early morning rush and stay at Domus Medica on the Sunday night for only £75.

Please mention these offers when booking and quote conference attending to receive the discount. Book now via email **domus@rsm.ac.uk** or call **020 7290 2960**.

NB: the following courses are NOT included in multiple night stay offer; GP Forum, NBO Training, Expert Witness Masterclass (April) and all Botox sessions.



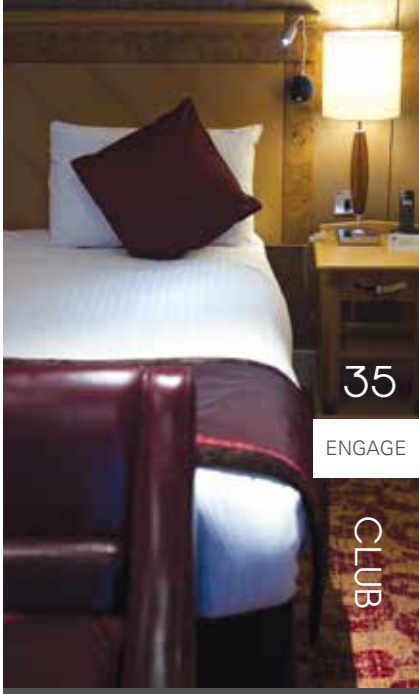


RECENT CHANGES TO CLUB RESTAURANT

The changes to the menus in the RSM Club restaurant, which brought individually priced dishes rather than set pricing, have been warmly welcomed by members since they were introduced this year.

Coming soon, we will be creating a more fluid dining offer throughout the day in the Club areas, thus adapting to modern lifestyle and dining trends.

For more details visit **www.rsm.ac.uk/club**



NEW ACCOMMODATION RATES FOR DOMUS MEDICA

Members planning to stay in the capital over the Autumn may wish to take advantage of the exclusive accommodation available at Domus Medica and Chandos House. New bedroom rates have been introduced from Saturday 1 October for Domus Medica. Note that Chandos House rates remain unchanged moving into the new academic year.

For more details visit: **www.rsm.ac.uk/club/accommodation**

Domus Medica Room Rates between 01/10/16 and 30/09/17

Room Type	Monday - Saturday	Sunday
Single occupancy**	£152	£106
Double	£165	£126
Twin	£180	£138
Suite	£220	£185

** Rate refers to a single person staying in a double room.

Chandos House Room Rates between 01/10/15 and 30/09/17

Room Type	Rate
Standard double	£149
Executive double	£173
Twin	£163
Superior	£249

The prices shown are per room and per night. All prices include VAT at the current rate.





AWARD-WINNING TRAVEL SERVICE FOR RSM MEMBERS

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.

Specialising in luxury tailor-made travel to destinations across all seven continents, RSM members are entitled to free membership of Wexas, allowing access to multiple travel benefits at no extra charge.

EXPERT KNOWLEDGE & PERSONAL SERVICE

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

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

TRAVEL OFFERS & EXCLUSIVES

With more than 45 years' worth of industry contacts Wexas are able to negotiate great value offers and exclusives on flights, hotels, cruises, tours and more. All the latest offers can be found on their website, while the pick of the bunch are included in their weekly e-newsletters. Right now RSM members can enjoy a **European short break from £450**, **USA Pacific Coast Highway self-drive from £2,995** or explore **Peru's Amazon, Sacred Valley and Machu Picchu from £3,445**.

FREE UK AIRPORT VIP LOUNGE ACCESS

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



REQUEST A BROCHURE

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.

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



EXPERIENCE CANADA ABOARD THE ROCKY MOUNTAINEER

Big, boisterous, beautiful and surprisingly hard to define, Canada is a traveller's dream. Culturally it's a cross-stitch of a thousand threads, combining indigenous traditions and a mix of European, Asian and other immigrant influences. Its cities are exciting and varied – each with their own distinct character and charm – while endless wild landscapes offer a varied topography and abundant animal life wait to be observed.

For many visitors, a trip to the world's second largest country is paired with an iconic rail journey. For over 25 years the famous Rocky Mountaineer train has been carrying passengers in style and elegance across Canada's west, allowing you to uncover the stunning landscapes of Alberta, British Columbia and the majestic Canadian Rockies.

The unparalleled experience aboard the all dome-fleet offers rich, historic storytelling, world class cuisine and a first-hand look at the vast and untouched beauty of the Pacific Northwest and Western Canada. With four routes to choose from, Rocky Mountaineer's unforgettable adventures offer romance and history, and a reminder that travelling is as much about the journey as it is the destination.

GOLDLEAF SERVICE

Travelling in a custom-designed bi-level glass dome coach puts Canada's incredible scenery centre stage and allows for optimal viewing of soaring eagles, spawning salmon, and the occasional black bear or elusive moose.

Gourmet à la carte cuisine is prepared on board by internationally acclaimed chefs and served in the lower level private dining room. Revel in nature's wonders unfolding outside your window as Rocky Mountaineer Hosts entertain with colourful tales of the passing regions to complement the journey.

An exclusive outdoor viewing vestibule provides access to the crisp, mountain air and an up-close view of the magnificent Rocky Mountains.

SILVERLEAF SERVICE

Travel in style in the spacious single level glass dome coach, with plush seats and extra-large picture windows providing exceptional views as you pass through the Canadian Rockies.

Canada's wild beauty - old growth forests, glacier capped mountain peaks, and tumbling waterfalls – act as the perfect backdrop while you enjoy a culinary adventure and exceptional service.

All Rocky Mountaineer journeys stop in Vancouver, so you're able to experience the best this cosmopolitan city has to offer – shop at local markets, dine in vibrant restaurants and stroll along its sweeping coast.



WHEN TO VISIT

Rocky Mountaineer operates between April and October. Travelling during this time of year ensures that you can take full advantage of the daylight hours on board, before overnighting in comfortable accommodation in either Kamloops, Quesnel or Whistler, British Columbia.

June is 'Springtime in the Rockies' with snow on the mountaintops and flowers beginning to bloom. April, May and October offer savings and July and August give you the warm weather in the mountains. However, the sunshine and warmth also increases demand, so we recommend you book early to avoid disappointment.

Enjoy an eight-day tailor-made journey from Vancouver to Calgary aboard the iconic Rocky Mountaineer from £2,875pp incl. flights.

To find out more, register for FREE Wexas membership today by visiting wexas.com/sign-in/RSM or calling 020 7664 2271.



MEDICAL STUDY TOUR



Jon Baines Tours run medical and professional study tours, cultural tours and tailor made tours. Each tour offers privileged and specialist access to a country.

VIETNAM AND CAMBODIA: 4 – 18 MARCH 2017

NEW FOR 2017

Jon Baines Tours in association with the RSM are running a new Medical Study Tour to Vietnam and Cambodia (4-18 March 2017) for a group of RSM members. This bespoke tour, led by Janice Liverseidge, Membership Director of the RSM, will provide an insight into the history, culture and medical system of these quite distinctive countries.

Sail through stunning Halong Bay in a luxury junk, take a spectacular train journey along the coast from Hue to Hoi An and explore the citadel at Hue with a Vietnamese war veteran. Fly south to cosmopolitan Saigon and finish this memorable tour in Cambodia to visit the Bayon and Angkor Wat Temples.

A well-paced itinerary, allowing ample time to relax and explore at leisure is combined with a range of medical visits which include the Kim Long Charity Clinic, the Bach Mai teaching hospital in Hanoi and the Tu Duc maternity hospital with its specialist unit for sufferers of the genetic effects of Agent Orange.

For more details, including the full itinerary and costs,
please refer to **www.jonbainestours.co.uk/rsm**
Email **info@jonbainestours.co.uk**
Call **020 7223 9485/5618**

Pre or post tour extensions along the Mekong River or to Hanoi or Siem Reap are available.

Dining at the RSM

Pre-theatre

Monday – Friday between 17:30 and 18:15
The pre-theatre meal experience is just as important to your evening in the West End as the show you booked for months ago. Enjoy your pre-theatre meal in the RSM Restaurant and ensure you receive a swift, stress-free and delicious meal.

Christmas bookings

Christmas will soon be upon us, so please ensure you reserve your table or Private Dining Room as soon as possible. A set Christmas Lunch is available.

Book now
Via the website **www.rsm.ac.uk/club**
Call: **020 7290 2957**
Email: **restaurant@rsm.ac.uk**



Reduced rates for members attending conferences and events

Multiple Night Stays

Attending a multi-day course at the RSM?
Get 10% off for a two night or 15% off for a three night stay

Sunday Night Stays

Attending a conference at the RSM on a Monday?
Avoid the early morning rush and stay at Domus Medica for just £75 on the Sunday night.

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

**Please mention the offer when you are booking and quote which conference you are attending to receive your discount. Terms & conditions apply*



The Royal Society of Medicine

The Royal Society of Medicine

IT'S EASY TO BE WISE BEFORE THE EVENT.

Happily your home stays fully protected, even as it increases in value. Our unlimited buildings insurance automatically covers the cost to fully rebuild your house.

RSM members save 12.5%.
Call 0800 840 2373 or visit hiscox.co.uk/rsm.

HISCOX HOME INSURANCE. EXPERTLY COVERED

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