

East Midlands Trainee Bursary Scheme 2017

Feedback highlights



Claire Mawditt, Public Health ST1

In March 2018 (12th-16th) I attended the 61st session of the UN Office on Drugs and Crime (UNODC) Commission on Narcotic Drugs (CND) in Vienna. During my 7 day visit I attended debates on the eleven tabled resolutions which gave me an insight into the polarisation of member states on issues relating to drug control and how political consensus is reached. I spent time networking with Civil Society Organisations, UNODC staff and member state delegates, learning about their unique contributions to tackling the global drug problem. During my interactions I advocated for women-specific harm reduction provision, an area I am passionate about. I also gave a presentation at a side event entitled "Voices from the ground: the impact of drug policies on women in situations of vulnerability" focusing on the issues facing pregnant women who use drugs globally, which generated discussion and was well received.

I will use my increased political awareness and experience of public health advocacy at the CND to better influence decision makers at a local and national level and will build on the networks I have created during the CND to improve harm reduction provision for women who use drugs both in the United Kingdom and internationally.



Sophie Moseley, Foundation LNR F2

I applied to attend the Anglo-French Medical Society Medical French Course with the aim of improving my vocabulary so that I would be better prepared for working in French-speaking countries and organisations later in my career. The course allowed me to develop my language skills both in and outside of the clinical setting. Not only this, but it gave me the chance to learn more about working in both France and French-speaking countries, working with migrant populations, teaching French in England and teaching in French Medical Schools. I was able to form friendships and network with people from a variety of backgrounds and have been able to start planning the next stage of my career.



Bernadeta Bridgwood, GP Derby ST3

This bursary was used to fund attendance at the 23d WONCA conference (World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians) Krakow 2018. During this conference, I undertook two oral presentations – which had a focus on international exchanges in primary care. I also co-presented three workshop.

This opportunity exceeded my expectations. The conference as a whole was a great personal learning experience. It was fantastic to have the opportunity to engage with colleagues worldwide to learn, develop and collaborate.

Ying Yi Wendy Yap, Foundation Trent F2

I had participated in an orthogeriatrics research project investigating if anticoagulation affects the outcomes of surgical repair of hip fracture. Our abstract was accepted for an oral presentation. I was given the opportunity to share our team's study findings at an international conference hosted by Fragility Fracture Network. This is an annual conference with audience comprising of consultants, junior doctors, various healthcare professionals including physiotherapists from various parts of the world.

This was my first time presenting at an international conference of this scale. It was a valuable experience that has built my confidence and public speaking skills. Through the plenary sessions and workshops, I've met other healthcare professionals and learnt more than knowledge in the area. The similarities and differences in what is being practised in different parts of UK/world was intriguing, provoking me to reflect about my clinical practice. I'm also more aware of the challenges that are faced in this area.



Claire Blackmore, Public Health ST2

My placement at WHO was with the high threat pathogens (PAT) team, at the European regional office in Copenhagen. I worked on pandemic preparedness planning, and used recently published guidelines and technical reports to assess the completeness of selected country plans. I looked at examples of best practice, and this culminated in creating a framework for pandemic plans. This could be used either to write a plan from scratch, or to revise an existing plan. The framework was presented at pandemic planning workshops in four countries, where two countries opted to use the tool to structure their revised pandemic plan, and the remaining two used it to support their revised plan.

Working at WHO allows you to approach projects with an international perspective. The team I was placed with were incredibly supportive and I had some fantastic opportunities to participate in workshops and see my work put into action. You can find out about current situations in the region, and it allows a greater understanding of how large international organisations work.



Nathalie Fennell, Plastic Surgery ST4

I completed the Columbia University Advanced Microsurgery course in New York. This was an intensive 5 day course in microvascular anastomoses. I completed over 20 anastomoses including end-end, end-side, vein grafts, arteriovenous anastomoses and a free flap all in the rat model. This is a prestigious course which without the bursary I would never have completed. As part of my visit I also spent some time with the course director discussing the requirements to set up a training facility. Whilst there is a lot of work to do, the link with this unit will hopefully give us the basis for setting up a microsurgery course here in Leicester. The course director has agreed to schedule a visit to Leicester later this year when she is in the UK to help us to do this.

Without this bursary which EMD allowed me to use to contribute to the cost of childcare whilst I was on my course I would never have been able to complete this opportunity. As a fulltime trainee and mum to a toddler I feel the deanery should be commended for supporting me in this training endeavour. I am truly grateful for this opportunity and I feel hugely incentivised to make the most out of my visit and the skills I have learned to help the unit in Leicester and microsurgery training in the deanery. Thank you very much for your support.



Navjot Singh Bhangoo, Trauma & Orthopaedics ST8

I have just returned after a deanery supported visit to the foremost name in soft tissue knee surgery in the World, Dr Freddie Fu. I would like to thank the Deanery for affording me such a unique opportunity. Dr Freddie Fu is the Chairman of UPMC Orthopaedics and the driving force behind the setup of the UPMC sports medicine division. He has truly been a pioneer globally and has published countless research papers and books. Many of his patients have been world class athletes with the most recent being Zlatan Ibrahimovic on whom he performed an ACL (anterior cruciate ligament) reconstruction.

I was warmly welcomed by his team to Pittsburgh where I was escorted to clinics, theatre sessions, meetings, research facilities and rehabilitation facilities. I was made to feel part of the team with excellent teaching given by Dr Fu on a daily basis. I learnt a new perspective and philosophy for dealing with soft tissue knee injuries in elite athletes. His extensive knowledge and wealth of experience gave a fantastic evidence based approach to dealing

with individual cases. His attention to detail was inspirational. My questions were answered with both experience and reference to published literature or on-going research. Each patient in clinic was examined in detail following a prior PowerPoint presentation by the juniors regarding history, imaging and previous surgery. Rather than a blanket approach with regards ACL surgery, what was unique was the fact each operation was tailored specifically to that patient and their unique anatomy. This approach is called the anatomic ACL - something I had never seen before. I saw a number of ACL operations including an over the top ACL reconstruction, something I have never seen before. Visiting his research meetings I was able to have an insight into the cutting edge of ACL research and potential new breakthroughs. All in all I have come away more knowledgeable, enthused and skilled to offer patients in Derby the best, up to date care possible with regards ACL surgery.

Eleanor Nash, GP Lincoln ST1

I was invited to run a workshop at the National Association for Simulated Patients in Healthcare (ASPiH) conference. The workshop was called "Surviving and thriving training: Teaching wellbeing and resilience through simulation". It was a privilege to be asked to run a workshop at a national conference, especially as a trainee.

The workshop was a huge success, it was well attended and everyone engaged in the session, with lots of positive feedback (including comments on ASPiH twitter account).

Reshid Berber, Trauma & Orthopaedics ST8

The funds provided through the Trainee Bursary Scheme facilitated a trip to Vancouver to visit the Vancouver General Hospital Hip unit. This is a world-renowned specialist orthopaedic centre. Such a trip would have been very difficult to fund without the generous bursary that supported my travel and accommodation during my visit. I was able to meet the specialist surgeons and visit the unit. In particular I was able to experience how planned medical health is provided in Canada in contrast to the UK. Secondly I was able to explore the unit and the experience the work undertaken there. In particular, I gained experience in the surgical planning, implant choices, surgical techniques, management of metal on metal patients and other patients requiring revision surgery. As a high volume centre they undertake approximately 1000 primary hip replacements annually and approximately 250 revision hip surgeries annually.