

PHEMTA News Letter

March 2016 Edition

Pre-Hospital Emergency Medicine Trainees' Association (PHEMTA) March 2016 Newsletter

Welcome to the March PHEMTA Newsletter. Items covered in this month's edition:

1. Annual General Meeting report
2. IBTPHEM Board and Committees reports, March 2016
3. PHEMTA Survey results
4. GMC Survey 2016
5. Industrial action
6. Wellbeing
7. Changes to the RCSEd Examination Regulations
8. National Training Days
9. Regional representatives
10. PHEMTA representation at future conferences
11. Upcoming events

1. Annual General Meeting

PHEMTA held its first Annual General Meeting on 4th March in Birmingham. Thank you to the regional representatives who called into the meeting to provide vital feedback.

We have produced a summary of PHEMTA's organisation, membership, achievements so far and future plans. This is included in the newsletter email.

The bi-annual PHEMTA Survey was discussed at length, more about this later in the newsletter.

Finally, plans are starting to be made about a permanent home for PHEMTA outside IBTPHEM to guarantee our independence along with plans for the election of Committee members later in 2016. More about both of these things in the coming months.

2. IBTPHEM Board & Committee reports, March 2016

The latest IBTPHEM Board, Training Committee and Curriculum Committee meetings were held on 16th March. Representation was provided by PHEMTA to all of these meetings.

Training Committee

- The PHEMTA Survey was welcomed by the Committee, which consists of TPDs from all regions and other representatives. It generated lots of positive discussion and some action points that will be discussed further in June. PHEMTA will continue running the survey twice a year with the support of RCSEd for the foreseeable future as it provides such valuable feedback from you about your individual experiences and regional schemes.

- National Training Days – it was acknowledged that forewarning of these and general organisation could be better – this is being looked at again for 2017/18 year. More information when we have it

Curriculum Committee

- No significant updates

Board

- Logbook: long discussion about different logbook options and demonstration by Richard Browne (PHEM Trainee, West Midlands) of Nick Foster's Google Sheets logbook which is being used by most of you. The Board are considering options and we will keep you updated. This is a high priority for the entirety of IBTPHEM.

3. PHEMTA Survey results

Since inception, PHEMTA has run a survey of all current PHEM trainees every six months. This has been conducted without funding or administrative support and is a huge project in terms of time and effort.

Although initially viewed slightly skeptically, it has become a regular fixture in IBTPHEM and is welcomed by all Committees and the Board as it provides genuinely useful feedback about individual and regional experiences.

Attached to the newsletter email is a brief overview of the survey results. Your TPDs have received more detailed summaries which were discussed in the Training Committee.

Some important points:

- Questions cover most aspects of the GMC survey along with gathering information useful to both PHEMTA and IBTPHEM
- Some questions will change for July 2016
- There will be a more detailed discussion in June about the significant variations in case numbers, sign off periods / 100% supervised time.
- Wellbeing was discussed (see later in the newsletter).

4. GMC Survey 2016

The 2016 GMC Survey is live. Please remember that PHEM is not included in the survey and is unlikely to be anytime soon. This is due to the small number of trainees and the fact that they feel they cannot guarantee anonymity.

Those of you in Scheme A or B jobs, complete it for your allied specialty. Those in Scheme C, any survey responses will be included in your usual specialty and aren't fed back to IBTPHEM.

5. Industrial Action

In the current climate of uncertainty around Junior Doctor contracts and impending Industrial Action affecting emergency care, PHEMTA finds itself in a difficult position. We have no funds to seek legal advice to help you or protect ourselves prior to giving you advice and two of our Committee members (Damien Keene and James Chinery) are unable to comment due to their military service.

However, the other members of the Committee recognise the challenges that PHEM, as a relatively unique subspecialty, may present at this time. We suggest you consider the following points, although they are not 'formal advice'. **We urge anyone considering industrial action to seek guidance from the BMA and other organisations.**

- PHEM work is affected by the emergency care strike

- Whether you intend to strike or not, it seems sensible to discuss your intentions with your employer as soon as possible. This should enable them to find alternative cover if required. For those of you seconded to a charity (eg. Air Ambulance charities), it would be advisable to inform them as well.
- Please consider carefully the potential impact on a charity of any negative publicity may cause – for example, appearing on a picket line wearing uniform with their branding. We suggest you do not wear the uniform of a non-NHS organisation on a picket line.

6. Wellbeing

PHEM is a challenging subspecialty. It exposes you to scenes, patients and events that few medical colleagues ever have to deal with and, at times, can be extremely mentally, emotionally and psychologically challenging.

We would like to remind you how to seek guidance, advice and help should you need it.

- Your Educational Supervisor and Training Programme Director have a responsibility for your wellbeing and are often the best initial people to contact if you have problems.
- The Ambulance Service you work in will have a wellbeing and psychological support programme. Most have adopted the Trauma Risk Management (TRiM) process, which is excellent and can lead to access of other services if required.
- The charity MIND are running a Blue Light campaign which focuses on the mental health of people who work in the emergency services. Their website has lots of advice and resources <http://www.mind.org.uk/news-campaigns/campaigns/bluelight>.



Need confidential advice on your mental health or wellbeing? [mind.org.uk/bluelight](http://www.mind.org.uk/bluelight)

Call, email or text the Mind Blue Light Infoline 0300 303 5999
(Open Monday to Friday, 9am to 6pm)
Text 84999 or email bluelightinfo@mind.org.uk

 

7. Changes to RCSEd Examination Regulations for NSA 1 and 2

Last month we notified you of changes to the examination regulations for NSA 1 and 2 from July 2016. If you are sitting either the DipIMC or FIMC in July we strongly recommend you look at the new regulations on the RCSEd website.

This year, RCSEd will be sending you additional information regarding College and election fees when you receive your entry information. We will provide more information to you in the coming months.

8. National Training Days

The next National Training Day is in the North East on 11th May. Contact Dave Bramley, TPD for North East for more information.

Remember the live spreadsheet with latest updates for National Training Days:

<https://docs.google.com/spreadsheets/d/1tDlxU5myMRmv3dofggIH61wJ7QQbUj3g23axZRvzpq0/edit?usp=sharing>

9. Regional Representatives

Thank you to those of you who have volunteered to be regional representatives. We would like you to keep your ears to the ground and feedback and contact us with any questions or problems.

As you can see, the only region that has not provided a regional representative now is North Central and East Thames. Please could we have a volunteer – email me: phemta@rcsed.net

Region	Representative
East of England	Sarah Hazleman
North Central & East London	Vacant
North East	Jonathan Howes
South West	Greg Cranston
Thames Valley	Ed Norris-Cervetto
Wales	Tim Manfield
West Midlands	Ali Husain
Yorkshire and the Humber	Paul Onion

10. PHEMTA conference representation

For the first time, PHEMTA will be representing PHEM training and PHEMTA at national conferences in 2016. We hope that this will become a regular part of the PHEMTA role which will broaden the understanding of PHEM, allow us to interact with more with current and future trainees, and provide a visible presence of our small but significant subspecialty. We are currently in talks with several national conferences about this for 2016/17.



The first conference we will have a presence at is the Trauma Care Conference on the PHEM/HEMS day on 19th April. The day offers an excellent programme and has become one of the leading conferences for our subspecialty alongside many other streams

PHEMTA would like to thank Sir Keith Porter and Dr Caroline Leech as part of the Conference Organising Committee for their support of this new PHEMTA project and their ongoing support and enthusiasm for PHEM.

If you are attending, please come along and say hello to Jon Birks (PHEMTA Examinations representative) and the other PHEM trainees who have kindly volunteered to help that day.

More information about the conference and programme can be found on their website

<http://www.traumacare.org.uk/conference/conference-programme>

11. Upcoming Events

19th April – Trauma Care Conference – PHEM/HEMS day

<http://www.traumacare.org.uk/conference/conference-programme>

25th April – Emergency Medicine Educators Conference (EMEC) 2016

<http://www.the-emec.com>

11th May – North East PHEM Training Day

PHEMTA is here for you – please get in touch if we can help in any way.

A handwritten signature in black ink, appearing to read 'Scott Grier', with a stylized flourish at the end.

Scott Grier
PHEMTA Chairman *on behalf of the PHEMTA Committee*

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