

# PHEMTA News Letter

April 2016 Edition

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

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

1. PHEMTA and the Faculty of Pre-Hospital Care
2. RCSEd Fees
3. FPHC & RCSEd examination videos & podcast
4. TAP paperwork & guidance
5. Conference update
6. Wellbeing reminder
7. Upcoming events

### 1. PHEMTA and the Faculty of Pre-Hospital Care

PHEMTA are pleased to announce that we finally have a permanent home. In the past few months we have been in negotiation with both IBTPHEM and the Faculty of Pre-Hospital Care, discussing where it would be best for the organization to reside. Following these discussions, we are delighted to have been invited to join the Faculty of Pre-Hospital Care (FPHC) as a subcommittee.

This is a hugely significant step. The FPHC and its Advisory Board align well with the aims of PHEMTA and we believe that support from the FPHC (and its parent College – RCSEd) will allow our organisation to develop in the coming months and years.

Although little will change in the short term, there are a number of things that you will see in the coming months:

- A new PHEMTA website as part of the IBTPHEM/FPHC pages with much more information for you as well as up-to-date guidance and links
- RCSEd/FPHC administration of our PHEMTA elections in the summer
- Changes to the fee structures of RCSEd which are hugely advantageous to PHEM trainees.

The PHEMTA Committee would like to take this opportunity to thank Dr Colville Laird, Chairman of the FPHC Advisory Board and also Professor David Lockety, Chairman of the IBTPHEM Board, for their support, guidance and enthusiasm in these negotiations.

### 2. Royal College of Surgeons of Edinburgh fees

One of the first benefits of PHEMTA joining FPHC has been our ability to finally address some concerns about RCSEd fees levelled at PHEM trainees who pass the FIMC and wish to continue to use the post-nominals.

Through the FPHC, we have sought clarification on an 'election fee' (of around £350) which has been invoiced post-FIMC to all current holders and is not advertised. We have also expressed concerns about the ways in which PHEM trainees are listed as surgical trainees (thus paying a significantly higher annual membership) when in fact we are all non-surgical.

We are pleased to confirm that this is all in the process of being resolved. Whilst we do not have the final details there are a couple of points to pay attention to:

- Those of you sitting NSA 2 (FIMC) in July will receive additional information with your payment confirmation from the RCSEd which will address the above problems
- PHEMTA strongly suggests that you **all** consider joining the FPHC if you are not already members. This costs £50 and will give you a number of benefits. Firstly it will reduce (probably to £0) the election fee post-FIMC. Secondly, as PHEMTA is now a subcommittee of the FPHC you will benefit from a new journal (soon to be announced) and other future developments.
- When you pass the FIMC, you are required to pay the RCSEd an annual fee if you would like to use the post-nominals (*FIMC RCSEd*). The cost of this (currently £128) will **include** FPHC membership if you are already a member – another reason to join before your NSA 2 examination.

Information about joining the FPHC can be found [here](#).

### **3. NSA 1 + 2 (DipIMC + FIMC) official videos & podcast**

In the past few weeks, the FPHC in partnership with RCSEd have published a series of videos and a podcast targeted at candidates sitting both NSA 1 (DipIMC) and NSA 2 (FIMC). These are designed to 'de-mystify' the process and have been developed following feedback and support from PHEMTA.

We would strongly recommend you watch them if you are sitting exams in the coming months.

You can find them [here](#).

### **4. TAP paperwork & guidance**

There are a large number of you completing PHEM this summer. Earlier in the year, the Training Committee and PHEMTA released guidance on the Training Assessment Panel which can be found along with the TAP documents [here](#).

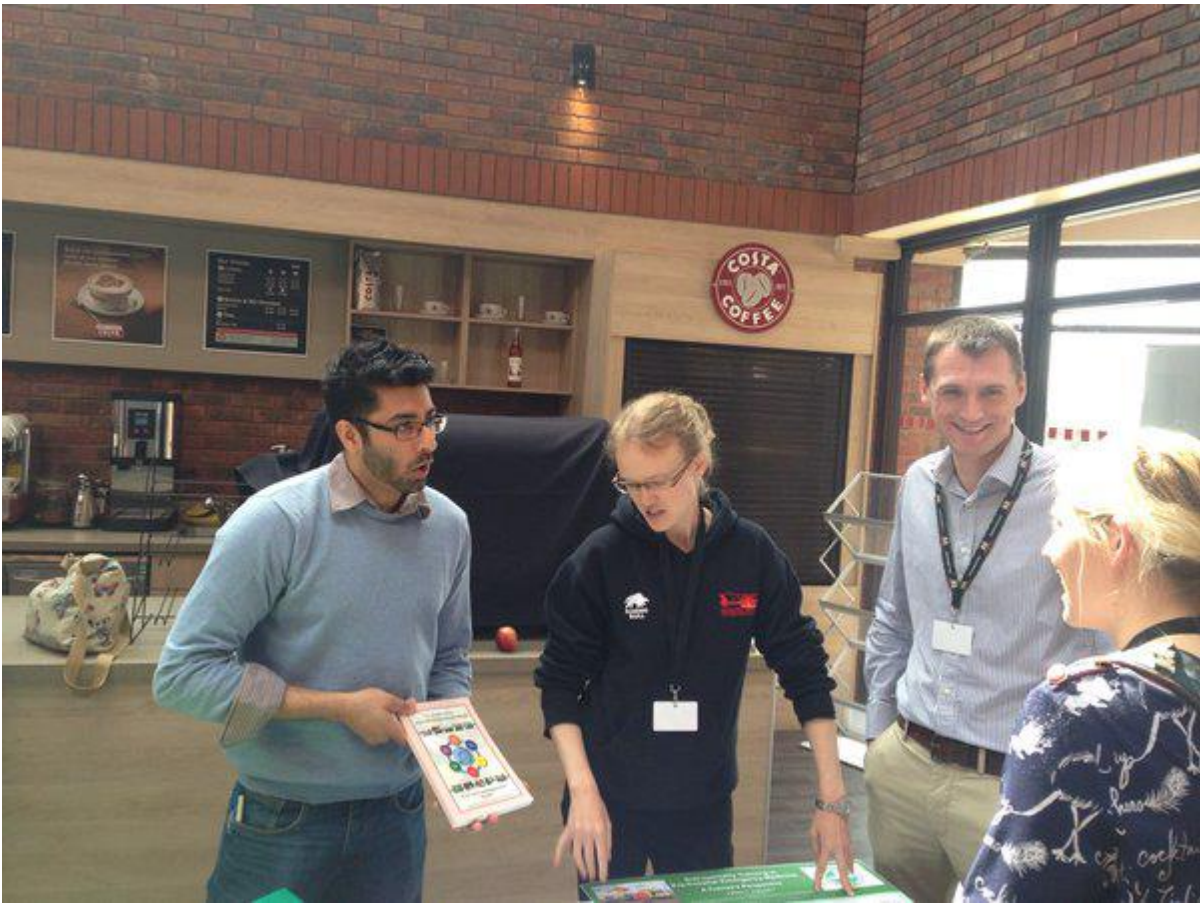
If you have not already read this, we urge you to do so. Paperwork preparation and submission for the TAP takes a reasonably large amount of time and you can mitigate this by being organised now.

The TAP Guidance document does not specify a particular folder structure for your Dropbox/Google Drive/iCloud submission. PHEMTA have a blank set of folders which we can share with anyone who feels that would be beneficial.

If you have any questions about the process, paperwork, organisation of the folder etc., please consult your TPDs in the first instance. Please contact PHEMTA ([phemta@rcsed.net](mailto:phemta@rcsed.net)) if you need further advice.

### **5. Conference update**

For the first time, PHEMTA was represented at a national conference – Trauma Care 2016 – by Jon Birks (PHEMTA Examinations Representative), Ali Hussein and Suzy Stokes. The representation was a great success with a number of current and future trainees talking to us. We believe raising the profile of PHEMTA is essential to raising the profile of PHEM subspecialty training and the work that we all do. Thank you to both Ali and Suzy for kindly giving up their time to support PHEMTA.



*Photo credit: @TraumaCareUK Twitter feed, 19th April 2016*

Thank you to Trauma Care 2016 and in particular Sir Keith Porter and Dr Caroline Leech for kindly supporting PHEMTA.

PHEM trainees were also well represented at Retrieval 2016 in Glasgow last week with posters and presentations from several services.

PHEMTA are likely to have representation at future conferences – negotiations currently ongoing, so watch this space.

## **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://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](mailto:bluelightinfo@mind.org.uk)



## 7. Upcoming Events

11th May North East PHEM Training Day  
7th June Wales PHEM Training Day  
Contact Dr John Glen from EMRTS for more information:

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



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

### Contact

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