



# PHEMTA Newsletter

June 2016 Edition

## Pre-Hospital Emergency Medicine Trainees' Association June 2016 Newsletter

Items covered in this month's edition:

1. New contact details for PHEMTA and IBTPHEM
2. PHEMTA Website
3. RCSEd Examinations – July 2016
4. FPHC & RCSEd examinations videos
5. TAP paperwork & guidance – repeat information
6. Wellbeing reminder
7. Upcoming events

### 1. New contact details for PHEMTA and IBTPHEM

As part of the process of PHEMTA moving to sit under the Faculty of Pre-Hospital Care, you will see a few changes coming to the appearance of your organisation. The first is a new set of contact details. To contact PHEMTA, please use this new email address:

[PHEMTA@RCSEd.net](mailto:PHEMTA@RCSEd.net)

This supersedes all other email addresses including the PHEMTA Committee members' personal addresses. If you do contact us, please could you include in the subject line an indication of the area of PHEM training that your email concerns. This will help us direct your email to the most relevant of the Committee.

If you need to contact IBTPHEM for any reason, there is now a single point of contact and an administrator:

Marko Dardel Jessop, IBTPHEM Administrator

[IBTPHEM@RCSED.ac.uk](mailto:IBTPHEM@RCSED.ac.uk)

### 2. PHEMTA Website

The new PHEMTA website is currently in development. Our plan is for it to be the main source of information for current, future and past PHEM trainees. As such it will have a number of pages:

*PHEMTA overview:* including Committee members, structure and history

*Trainee information:* links to IBTPHEM documents, advice to trainees regarding WPBAs, logbook, TAP paperwork, training day dates, conferences etc

*Newsletters:* current and archive of all past newsletters

*Useful links and resources:* anything relevant to PHEM training, pre-hospital care, trainee welfare

*Frequently asked questions and guides:* addressing questions frequently posed by future trainees along with advice to current trainees about various issues

We hope to have some of the content ready in July. Please let us know if there are specific things you think would be useful to you as trainees and trainers and we will endeavour to include them.

### **3. RCSEd Examinations – NSA 1 & 2 (DipIMC / FIMC), July 2016**

Exam season is rapidly approaching. There are a large number of you sitting NSA 1 and 2 in July. The PHEMTA Committee wish you all the best of luck with these examinations.

Please remember to read the examination regulations carefully prior to leaving home. There are details of examination structure and also appropriate clothing to wear for exams (particularly NSA 2 OSPE) that you must be aware of. These regulations can be found here:

[Diploma in Immediate Medical Care \(NSA 1\)](#)  
[Fellowship in Immediate Medical Care \(NSA 2\)](#)

PHEMTA are again seeking to clarify the election fees that are due following success in NSA 2. We will keep you updated regarding this.

### **4. FPHC & RCSEd examinations videos**

A reminder that the Faculty of Pre-Hospital Care 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.

You can find them [here](#).

### **5. TAP paperwork & guidance**

This is another reminder!

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.

## 6. Wellbeing

This is the fourth month we are including the information below. Once we have a website up and running, you will be able to find it online.

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 [www.mind.org.uk/news-campaigns/campaigns/bluelight](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

- 12<sup>th</sup> July                      iPHEM16 Kent Surrey Sussex Air Ambulance annual medical conference  
[www.kssairambulance.org.uk/annualConference2016](http://www.kssairambulance.org.uk/annualConference2016)  
Please see attached programme for more information
- 6<sup>th</sup> – 12<sup>th</sup> August            PHEM Induction Course at Moreton-in-Marsh, Gloucestershire
- 26<sup>th</sup> January 2017           PHEM Obstetrics & Neonatal Simulation Day  
*Early date for your diaries. This is an excellent day that covers most of the obstetric and neonatal competencies in the curriculum. More details as I get them.*

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

[PHEMTA@RCSED.net](mailto:PHEMTA@RCSED.net)