



THE FPHC STUDENT & JUNIOR
TRAINEE GROUP CONFERENCE

CHALLENGING PREHOSPITAL ENVIRONMENTS

Free Online Conference
Saturday 12th June 2021



RCSEd
FPHC

Faculty of Prehospital Care Student and Junior Trainee Group Virtual Conference

Event Programme

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Welcome to the FPHC Student and Junior Trainee Group Virtual Conference 2021



This conference has been organised to focus on one of the key and consistent aspects of pre-hospital care – the challenges on those who choose to do it. Recent events have rightly put the pressures on emergency responders high on the agenda and the Keynote talk will address this. However the challenges that are inevitable in our pre-hospital practice – and the satisfaction of rising, with effective training, to deal effectively with them is one of the reasons that we attract some of the best in our recruitment. The challenges come in many different forms – complex or difficult clinical problems, austere environments and numerous other challenges specific to services or places. Having worked in urban and rural air ambulances, military pre-hospital care, major incidents and search and rescue I never cease to be impressed by new challenges and that is why I recommend pre-hospital care as a part or focus of a career. The excellent variety of talks that the organisers have put together reflect some of the career enhancing places and services that you could work in if you choose to take this path. Whether in a UK city on a far-flung mountain or in a desert: caring for patients in a tight knit small multidisciplinary team is why we do it.

We know that many lives can be saved by delivering basic care in a timely and effective manner but opportunities for entering advanced practitioner roles and training in pre-hospital emergency medicine have never been better.

I hope this conference will be the first of many and that you take away enthusiasm and ambition for the unique challenges that pre-hospital care provides.

David Lockey

Professor David Lockey MD(Res) FFICM FRCA FIMC RCS(Ed) FFSEM

Chair, Faculty of Pre-hospital Care



Challenging pre-hospital environments: a topic that has been brought to the limelight over the past year, highlighting the complex and dynamic circumstances those in the field of pre-hospital care often face. While front-line services have pushed through adversity, the countless options that a career in pre-hospital care could offer you have perhaps become even more pertinent.

From having worked in the Ambulance Service, event medicine, sports and now embarking on the start of my own medical career adventures, I remain continually amazed by the spectrum of opportunities offered by pre-hospital care. As the first Student and Junior Trainee Group conference, I hope we will only continue to ignite your excitement in pre-hospital care to help you embark on your own journey. Throughout today you will be exposed to a world of pre-hospital care that you may not have been aware of, with a diversity of incredible speakers and workshops.

I want to take this opportunity to thank our conference organiser, Jonathon Abeles, for the indescribable amount of work he, and the regional representatives have put into making this event possible. This extends to all of the speakers and facilitators who have given up their time to impart their fountains of knowledge to you.

And also to yourselves, for joining us from all over the world, from many different career pathways. It continues to overwhelm me the sheer reach of our events.

I hope you all thoroughly enjoy the day and discover more about the endless possibilities pre-hospital care can offer.

Molly Greenaway BSc(Hons) MbChB

Chair, Student and Junior Trainee Group



THE ROYAL
COLLEGE OF
SURGEONS
OF EDINBURGH

The Faculty of Pre Hospital Care

12th June 2021 Conference Programme

9 – 9.15am: Introductions, housekeeping

9:15 – 10:00am Introduction to Pre-Hospital Emergency Medicine

Dr Sophie Mitchinson (Emergency Medicine and Pre-Hospital Care Consultant)

10 – 10:45am Challenging Environments (Medicine in Antarctica)

Sqn Ldr Natalie Lonsdale (Emergency Medicine and Pre-Hospital Medicine Senior Registrar, RAF Squadron Leader)

11 – 11:45am Beyond the UK (Aid and Humanitarian Medicine)

Dr Amy Hughes MBE (Clinical Academic Lecturer in Emergency Response, Humanitarian Medicine, and Pre-Hospital Medicine)

11:45 – 12:30pm Within the UK (Mountain Rescue)

Dr Alistair Morris (Paediatric Consultant, Medical Director for Mountain Rescue England and Wales)

13:15 – 14:00pm Workshop 1 (Choose one)

So you want to be a HEMS doctor? Dr Daniel Sedgewick (ST6 in Emergency Medicine and Pre-Hospital Emergency Medicine)

So you want to be a HEMS paramedic? Mike Patton, Dave Percival et al. (Paramedics, Air Ambulance Northern Ireland)

14 – 14:45pm Workshop 2 (Choose one)

Expedition Medicine Dr Jon Dearden (CT3 Anaesthetist, Expedition Medic)

Human Factors Duncan Ritchie, Anna Horrocks, Manasi Panshikar, Inova Lee (Pre-Hospital Medicine BSc Students)

15 – 15:45pm Keynote Speaker - London's Advanced Paramedic Practitioners - Reflections on our COVID Response Nick Brown (London Ambulance Service Senior Advanced Practitioner)

Speaker Biographies

Sophie Mitchinson

Sophie is an Emergency Medicine and Prehospital Care Consultant. Her Prehospital career started in 2017 as a clinical fellow with the Physician Response Unit (PRU), a doctor and ambulance clinician service based in North East London which aims to take the Emergency Department to the patient. More recently she has worked as a HEMS doctor with London's Air Ambulance and Air Ambulance Kent Surrey Sussex and is now a Consultant back with the PRU. She is also currently working as a Darzi Fellow with the PRU, working on local service development projects; exploring the development of a pan-London service; and developing the profile and strategy for Community Emergency Medicine nationally. In addition to Prehospital Medicine, Sophie has an interest in education and simulation.



When not at work, Sophie enjoys running, walking in the countryside, socialising with friends and travelling (when we were allowed!). Her greatest achievement is swimming the English Channel when she was 20 years old, being the fastest British swimmer that year, as well as the youngest swimmer.

Natalie Lonsdale

Natalie Lonsdale is a Senior Registrar in Emergency Medicine and Pre-Hospital Emergency Medicine. Currently working at the James Cook University Hospital in Middlesbrough and also for two Air Ambulance charities, Lincolnshire & Nottinghamshire Air Ambulance and East Anglian Air Ambulance Service. She proudly holds the rank of Squadron Leader within the Royal Air Force and with all of these commitments still finds the time to provide medical services for Newcastle Thunder rugby league team.



Nat was selected to be an integral part of the medical team for the British Antarctic Survey based at Rothera Research Station for four months. During this time, she provided dental, radiology, and physiotherapy services along with providing an aeromedical response capability. Whilst there Nat also created a COVID prevention and response strategy at international level.

Nat has been involved in the provision of many conferences, teaching sessions and leadership roles within many of her positions and is a representative for the Faculty of Pre-Hospital Care for the North East region.

Nat is a published author of clinical papers and has been involved in research with the Pre-Hospital Trainee Operated Research Network (PHOTON).

Nat has a passion for Human Factors and is always striving to ensure that all involved in clinical care provide the best care possible to their patients and ultimately work effectively as team members ensuring the best outcome for their patients.

Amy Hughes

Dr Amy Hughes is an Emergency Medicine clinician, currently completing a flight doctor year with Essex and Herts Air Ambulance combined with a NIHR Research Fellow post. Amy has pursued a 'portfolio' career route since resigning her ST3 EM training number in 2010, and has just completed her Fellowship exams to support completion of EM training via CESR route. Amy has combined clinical, academic, humanitarian, pre hospital and expedition work over the last 15 years, including working as a Clinical Academic Lecturer in Emergency Humanitarian Response and Global Health at the Humanitarian Conflict and Response Institute (University of Manchester); an Emergency Unit Lead with MSF in post-conflict northern Sri Lanka; deploying as part of the UK-EMT to Typhoon Haiyan, Philippines (UK EMT) and the West Africa Ebola outbreak, Sierra Leone. She has been engaged in the WHO Emergency Medical Team (EMT) initiative and, working with Interburns, continues to contribute towards improving standards of care in burn mass casualty incidents globally. Current academic work includes Senior Education Fellow with the Institute of Pre Hospital Care (QMUL) supporting the BSc and MSc in Pre Hospital Care. Previous clinical work has included London's Air Ambulance, KSS Air Ambulance, Careflight (Queensland) and The Royal Flying Doctors. She has completed the Diploma Tropical Medicine and Hygiene (Liv) and European Masters in Disaster Medicine. She was awarded an MBE in the 2016 for services towards Emergency and Humanitarian Medicine.

Alistair Morris

Alistair is a Paediatric Consultant based in Halifax. He has been a team member of his local Mountain Rescue (Calder Valley) team for the last 8 years and is currently Assistant Team Leader. He also responds to requests for medical input from the Cave Rescue Organisation in the Yorkshire Dales. In 2021 he was appointed Medical Director for the national body, Mountain Rescue England and Wales. He is a volunteer on the West Yorkshire Medic Response Team car.



Alongside this he has a long history of teaching overseas in places such as Palestine, Trinidad, Gambia, Liberia, Cameroon. He is trustee of the education charity, NICHE International, delivering sustainable neonatal care training in Africa.

Over the years he has been a mountaineer, climber, caver, fell runner, adventure racer and expedition cyclist completing unsupported tandem rides throughout Asia.

Daniel Sedgewick

Daniel is an ST6 in Emergency Medicine and Pre-Hospital Emergency Medicine at Northampton General Hospital. He started his NHS career as an Emergency Medical Dispatcher in the ambulance service prior to and alongside medical school in Southampton. Following foundation training in South Thames he started emergency medicine training in the Thames Valley, taking a year out to do a PHEM Fellowship in Bangor, North Wales. Following ST4 he moved to the East Midlands to undertake PHEM subspecialty training with Magpas Air Ambulance.



Daniel's clinical pre-hospital experience began as a community first responder for the ambulance service before training as a voluntary ambulance crew member for the British Red Cross where he went on to be a trustee and committee chair. He gained further PHEM experience volunteering with the Thames Valley Enhanced Care Response Unit and as a clinical fellow with Wales Air Ambulance and Welsh Ambulance Service. He now works as a pre-hospital doctor with Thames Valley Air Ambulance and Magpas Air Ambulance, as well as with the Emergency Clinical Advice & Triage team at East of England Ambulance Service.

Daniel has an academic interest in the dispatch of pre-hospital critical care resources and has presented work on this subject at a number of conferences. He is currently working on a national study on HEMS Dispatch as part of the PHOTON network.

Mike Patton

Mike joined the London Ambulance Service in 1999 as a Trainee Technician, and qualified as a Paramedic in 2003. He transferred to the Northern Ireland Ambulance Service in 2008, and has worked in various Paramedic roles including RRV solo responder, Training and Education, and is currently a full time Paramedic in the most recently established HEMS service, Air Ambulance Northern Ireland. He recently completed a PGCE with Ulster University, is working with colleagues in the development of an Advanced Practice Critical Care Paramedic role in NIAS.



His interests include Drumming, cycling long distances, and surfing a longboard on the North coast.

Jon Dearden

Jon has always had a passion for getting outside and into the wild, which began while living in the USA. Before graduating from the University of Leeds in 2015 Jon spent most of his spare time playing sports or getting out into the Yorkshire dales, although a 6-week elective in the tropical Solomon Islands and time spent in the University's Royal Naval Unit opened his eyes to the world outside of God's own county.



He spent his F3 year working 6 months in a major trauma centre A&E, followed by 6 months overlanding from Chile to Canada. Upon his return Jon was convinced he needed to integrate his love of the outdoors with his medical career. He attended the World Extreme Medicine conference, applied to join the Holme Valley Mountain Rescue Team and spent a week in the snowy mountains of Slovenia on an alpine medicine course.

Then came his first expedition medic role: this was as the doctor for a group of 18 people who were climbing Mt Kilimanjaro. Expedition medicine (especially at altitude) was addictive and he was offered another job later that year to go with a group of 22 to Everest base camp. Sadly, Covid-19 halted any trips in 2020 but he does have one lined up for late 2021 as the doc for a group climbing Mt Toubkal.

Although the side of a mountain and an anaesthetic room may seem miles apart Jon is a big believer that the skills learnt from expedition medicine transfer perfectly to his job as a CT3 anaesthetist in West Yorkshire where he has an interest in pre-hospital medicine and trauma surgery.

Intercalated BSc Students

Duncan Ritchie is a final year medical student at the University of Aberdeen and recent graduate from Barts and The London with a BSc in Prehospital Medicine. Duncan has research interests in Ergonomics and Human Factors with a particular interest in the ergonomics of body armour. He is also actively involved with the development of undergraduate Human Factors education. Duncan has previously been faculty for the Undergraduate Prehospital Care Course and team-taught Human Factors at Barts.



Anna Horrocks is a fourth-year medical student at the University of Liverpool and a recent graduate from Barts and The London School of Medicine and Dentistry with a BSc in Prehospital Medicine. Anna has an interest in exploring human factors and the provision of medical education through high fidelity simulation. She has been actively engaged in the development of materials and lectures regarding human factors for medical students, providing lectures for medical students at both Barts and The London and medical student societies at the University of Liverpool.



Manasi Panshikar is a fourth-year medical student at Barts and The London School of Medicine and Dentistry and has recently graduated with an iBSc in Prehospital Medicine from Barts and The London SMD in partnership with the Institute of Pre-hospital Care at London's Air Ambulance. Manasi is also in her third year of the Trauma Sciences and Care of the Injured Patient Programme (TSCIPP) at the Centre for Trauma Sciences. She has research interests in Medical Education, Trauma Systems and Prehospital Airway Management, with a particular interest in Human Factors. Manasi has previously team-taught Human Factors at Barts.



Inova Lee is a fourth-year medical student at Barts & The London, having graduated with a Prehospital Medicine iBSc. Inova has a special interest in Trauma Science and Human Factors in mass casualty incidents, recently completing a research project studying medical responses to aircraft accidents. Inova is currently involved in research into learning methods for Human Factors and has been part of the team developing and teaching Human Factors to Barts undergraduates. Her passion for education extends to raising awareness of trauma, having written and illustrated children's resources for the Centre of Trauma Science.



Nick Brown

Nick Brown is a Clinical Supervisor within London Ambulance Service's Advanced Paramedic Practitioner (Critical Care) programme. He holds a Masters in Advanced Healthcare Practice and a Certificate in Education. Additionally, he is a paramedic partner in the Health Care Professions Council, a visiting university lecturer and a current NICE guideline committee member. With 25 years'

experience in prehospital care he has previously worked as a Flight Paramedic with London's Air Ambulance and as a Clinical Team Leader. He has published a number of articles and co-authored a book. Particular interests include; critical care, focused cardiac ultrasound, family witnessed resuscitation & breaking bad news and debriefing.



About the Student and Junior Trainee Committee at the Faculty of Prehospital Care:

The Faculty of Pre-Hospital Care Student and Junior Trainee is a group of students and junior professionals within the fields of medicine, nursing, and paramedicine, who are committed to developing and extending opportunities in training and education for careers in pre-hospital emergency medicine (PHEM). As a committee of the Faculty of Pre-Hospital Care RCSEd the primary focus is to extend the work of the Faculty into the realms of students and junior trainees to help promote opportunities and training of the highest standard, and available as widely as possible.

The Executive Committee consists of Chair, General Secretary, and Treasurer. They are responsible for the overall running of the group and work together with the regional representatives to implement the aims of the group.

The committee's primary objectives are:

- Developing and disseminating standards and guidance on pre-hospital education for students and juniors.
- Supporting the creation and advancement of local, regional, and national pre-hospital education initiatives.
- Connecting junior stakeholders on a regional and national level to promote and enhance their activities.
- Providing a conduit for communication between students/juniors and the Faculty's senior leadership.