Latest News

Congratulations are in order for:

Natalie Batey for becoming head of North ST 4-8 Trainees Committee

Daniel Onyekwere for becoming head of South ST 4-8 Trainees Committee

Latest News

Please see our ‘Save The Date’ feature for the upcoming registrar training days for the upcoming four months.

For the South, they will take place on alternate Tuesdays and Thursdays.

For absences relating to the January study day, please address all apologies to:

Kate Atkinson, Development Manager, HEEM (kate.atkinson11@nhs.net)

Worth a read

Effect of Supplemental Donor Human Milk Compared With Preterm Formula on Neurodevelopment of Very Low-Birth-Weight Infants at 18 Months

Deborah L. O'Connor, Sharyn Gibbins, Alex Kiss et al. JAMA 2016

When discussing with parents of premies about the advantages of donor human milk vs preterm formula, we need to be well-informed on this topic. Based on this RCT, usage of supplemental donor milk compared with formula did not improve neurodevelopment at 18 months corrected age. Therefore, this outcome should not be considered a treatment goal and instead focus on other benefits such as reducing NEC and infections.

Letter from the Editor

Dear All,

Another year, another Babble edition!

Looking back over 2016 - Brexit, Trump, Junior Doctors contract, Prince ... surely it can only get better from now on! There are many exciting things happening within the School this year, including our first School Conference day and having our first PAFTAs. This resonates with what Babble as a team believes in - that inspiring stories and acknowledgement of each other’s work are things that we can positively fit into our working culture. Therefore we have included an Appreciation noticeboard for our trainees to express their appreciation of other members of the team. Enjoy our "Broaden Your Horizon” features for more stories on what our trainees are up to. We have also included Christmas photos from around the school, though this is not inclusive of all those who worked the Christmas weekend (thank you for holding the fort, guys!).

Here’s to a great new year ahead,

From myself, Hafizah Salleh and the rest of the Babble team!

SCHOOL CONFERENCE DAY: MARCH 9th 2017

Plans are well underway for the first School Conference day at The Derbyshire Hotel. We are hoping for a well-supported day to celebrate the achievements and work of the school and are encouraging all trainees and trainers to come along.

We are hoping for good levels of participation from trainees so please consider putting in an abstract for a presentation (10-15mins) or a poster.

Places on the day should be booked via Intrepid Course Manager.

Please see the VLE for the flyer detailing how to book and guidance regarding abstract submission.

If you fancy your skills as a debater, please contact me. I am hoping to put together a team for a 30 minute debate to stir up some controversy and discussion!

Cathryn Chadwick
cathrynchadwick@nhs.net
MEET THE … NEW COLLEGE TUTOR:

Dr Katie Govier

What does your job involve?
I am one of the Paediatricians in Kettering, my special interest is Diabetes. I have been working part time since having my children. I took over as College tutor in Kettering in the summer. As college tutor, I am responsible for ensuring that trainees have high quality postgraduate education. I try to ensure that there is an appropriate balance between service and training. I am responsible for the induction programme and assigning educational supervisors. I am lucky in Kettering as another colleague runs the teaching programme. I link into the educational meetings in the hospital and the paediatric school at the deanery. I have enjoyed attending the college tutors day in London and mixing with other college tutors and picking up good ideas.

As an aside, I have also taken on the unenviable job of rota coordinator. I seem to spend a large amount of time trying to recruit juniors and covering rota gaps. On a more positive note, I am also working with my colleagues looking at longer term solutions to the ongoing gaps that are predicted.

What was your earliest ambition?
When I was at junior school, I always used to say that I wanted to be a teacher as my mother was a teacher. I know now that I would not have the patience to be a teacher of young children but enjoy the teaching aspects of my job!

How do you spend your time outside work?
Outside work I am a full-time Mummy and can be found on the school run or attending 5-year-old birthday parties. I am not sure what went wrong as 5 year olds have much better social life than me!

Guilty Pleasure
My guilty pleasure is the rare occasion when I am not at work and my youngest has a lunchtime nap and I can sit down with a bar of chocolate and watch Neighbours, it has however gone downhill from the days of Charlene and Scott!

Personal ambition/ future vision
I would like to win the lottery and live a life of leisure! If I can’t do that, I want to ensure that I continue to strive to make Kettering a top place for trainees to come to work. A place where there are lots of opportunities for learning but also a fun place to work. I still remember the jobs where I learnt the most; where coming to work was also fun as we worked well together. My colleagues from that job are still some of my best friends today.

The PAFTAs are a way of recognising and celebrating Trainees, Trainers and Training Units that have gone over and beyond the call of duty to provide excellent patient care, and helped make the working environment successful and enjoyable for all. If you have worked with people or places like this, then please support & nominate them! All nominees get a certificate and the winners will receive their awards at the School Conference Day in March. The overall winners will also be put forward as the East Midlands nominees for the RCPCH National PAFTAs!

Award categories:
For nomination by Consultants:
Junior Trainee of the year, North & South
Senior Trainee of the year, North (Chris Nelson Prize) & South (Wren Hoskyns Prize)
For nomination by Trainees:
Training Unit of the Year
Supervisor of the Year
Nominations will be open from 1st – 31st January. Forms are available via the VLE.

BROADEN YOUR HORIZONS                      By CAMILA BENOUALI

“Cam, can you even ski?”
Hi, I’m Camila and I’m one of our registrars. In April 2017, I am going to the North Pole. Yep, the actual North Pole. I will be pulling a 45kg sled in temperatures between -20 and -40C for two weeks.

I have wanted to go to the North Pole since I read “The Northern Lights” by Phillip Pullman as a child, dreaming of this tough little girl with a polar bear as a best mate. This expedition is an updated “adult” version, where I get to fulfil my ambition of going to the North Pole but using the opportunity to benefit others by raising funds for a charity called Action Medical Research for Children. They fund research into premature, rare childhood diseases and childhood disability. They funded research that gave us the polio vaccine, that proved the link between spina bifida and folic acid, and that culminated in Curosurf.

I’m no academic. Anyone who has had the misfortune of going through my ePortfolio can attest to that! My contribution towards making sure we are making progress for future generations is through fundraising to provide my colleagues who are researchers with the funds they need to discover new breakthroughs.

I have so far raised around £17 000 of my £36 000 total. My final fundraising push is the “90 Degrees North Ball” to be held at the Grand Mercure Hotel in Leicester on Saturday 11th February. This includes having a delicious 3 course meal, followed by an auction (including Take That tickets and a week’s holiday!) and a good boogie to a live band. I would love to see you all there- colleagues past, present and future to shake off the gloom of a busy winter in paediatrics and to help me raise money for this charity that has so impacted our daily work.

If you would like to donate or come and buy tickets, please go to www.action.org.uk/north-pole-mama for all the details. Thank you!
UNIT PROFILE: LINCOLN COUNTY HOSPITAL

Lincoln County Hospital is a large district general located near the historic Lincoln Cathedral. It is an excellent place for junior paediatric trainees to gain experience in both general paediatrics and level 2 neonatal intensive care. The main paediatric ward, Rainforest, consists of 19 beds and a newly introduced discharge lounge. During the day Safari ward opens to function as an acute assessment and daycase unit. Day cases consist of elective neuro-imaging, surgical cases and, more recently, food challenges. Nocton ward is a 10 cot neonatal unit where babies over 30 weeks gestation are cared for. Given the rural nature of the hospital, there is a great deal of entry level HDU experience to gain and also regular liaison with the local tertiary centres (Queen’s Medical Centre in Nottingham and Sheffield Children’s Hospital). Trainees are encouraged to attend clinics regularly and when possible to observe the joint specialist cardiac and nephrology clinics.

The rota is made up of 8 SHO’s (4 ST1-3 grade paediatric trainees and 4 GP trainees), 8 registrars and 3 F1 doctors. During night shifts one registrar covers both paediatric and neonatal patients with supporting SHO and ANNP cover. This can mean regular runs up and down the notoriously cold glass corridor out-of-hours and a lengthy sprint to ED! The consultant body are all approachable and the nursing staff are very supportive and friendly.

Teaching is a large part of the weekly timetable with sessions led by both the hot week consultant and the junior and middle grades. There are also weekly neonatal simulation sessions to attend to brush up your skills. Involvement with audit is actively encouraged in the Trust and many trainees are involved in writing guidelines and changing practice.

Lincoln city is also a beautiful place with a great number of restaurants and bars and even a famous pie shop! The only down side is that for commuters from Nottingham the A46 can get a little tiresome!

Overall Lincoln is a great place to see a real variety of common paediatric pathology and develop upon clinical and leadership skills. I would recommend Lincoln as a place to work in spite of the commute!

East Midlands Paediatric Peer Mentoring Programme

We are delighted to invite you to participate in the East Midlands Peer Mentoring Programme. The programme will provide a unique opportunity to all new registrars (ST4 - mentees) to be mentored by senior trainees (ST6-8 - mentors) for a period of one year. The pilot will begin from February 2017 and we hope the official programme will be available to all new registrars from August 2017.

Mentoring is the process by which an experienced, highly regarded, empathic person (the mentor) guides another individual (the mentee) in the development and re-examination of their own ideas, learning, and personal and professional development (RCPCH). Mentoring relates primarily to the identification and nurturing of the mentees potential. Crucially, the agenda for a mentoring relationship is always set by the mentee. The mentor helps the mentee to develop insight and understanding through becoming more aware of their own experiences and reactions

The mentors will receive formal mentoring training as well as support from senior experienced consultants. They will offer support in a safe and responsible manner through a series of meetings throughout the year. The mentor-mentee relationship will be confidential.

The scheme is not only of benefit to mentees but also to mentors. It provides a fantastic opportunity to develop peer mentoring skills as outlined in the RCPCH curriculum, offers networking opportunities with other like-minded senior trainees, promotes advanced communication skills and allows the development of expertise in leadership and management skills. All of these skills will be immensely useful as a consultant both in clinical work and in supervisory roles.

All information regarding the mentoring scheme will be available on the VLE. Please email any queries to empaedpeermentoring@gmail.com or to request an application form.

Many Thanks,
Renu Khetan
Mentoring Programme Champion

Acknowledgements:
Head of School - Cathryn Chadwick
TPD link - Carol Bertenshaw
Steering committee - Maria Moran, Anusha Ponampallam, Colin Gilhooley, Karen Aucott, Min Lee, Pooja Harijan, Suzi Armitage, Deepa Patel, Jenna Deeming
**SPIN MODULES: WHAT ARE THEY ABOUT?**

By Chris Kingsnorth and Eliza Magnusen

SPIN (Special Interest) modules are an RCPCH-approved method of gaining additional experience in an area of paediatrics which appeals to you. Trainee SPIN modules are available to Level 3 doctors, but you can apply during ST5. Training is equivalent to 12 months full time, and involves working towards additional specialty competencies and curriculum items. Rarely, 18 months is required to achieve these, but trainees should not need to take time out of programme.

Application involves a simple form, support from your Educational Supervisor and approval from the Head of School/Training Programme Director. In some cases, retrospective experience may be taken into account.

It is important to note that trainees cannot take inter-deanery transfer to undertake SPIN, and it does not count as sub-specialty or Grid training, but it provides structured evidence and skills to support applications to become a local lead or part of the specialist clinical network.

**Available Modules**

- North- HDU, Respiratory, Epilepsy, Allergy, Renal, Safeguarding, Young Person’s Health
- South - HDU, Diabetes, Gastroenterology, Allergy, Respiratory, Neonatal (in development)

**Trainees feedback**

**Richard Hastings, ST7, HDU SPIN**

I applied towards end of ST5. It was very easy to apply. I put in my application (a couple of page document) in on a Sunday evening and had it approved by Monday lunchtime. The application for HDU SPIN itself only requires one piece of thought; you have to give some learning points you expect to obtain from doing the SPIN.

Top tips for people thinking of applying: Find out the competences you need early and start tagging in your ePortfolio from day 1!

**Renu Khetan, ST8, Respiratory** (part time; 70% WTE)

I applied in August 2014 and my 2 previous posts (Respiratory/PICU) were retrospectively counted towards SPIN. The framework of Respiratory SPIN competencies were clear and achievable in the time frame.

Top tips: 1) Plan well in advance 2) Discuss about the SPIN application and ways to achieve competencies with a senior consultant 3) Split each area of the SPIN curriculum in small achievable PDPs 4) Get WBA on all areas of curriculum as you go along. 5) Remember; it’s all about how confident you feel to be able to manage patients independently.

**Bengisu Bassoy, ST8, Diabetes SPIN**

I have applied at ST5 and did it during ST6-7 for 18 months. I have enjoyed every single minute I have spent that is involved with SPIN training - the clinics, doing CBDs, dietitian and biochemistry session. It motivated me to come in even during my off days. However, I had to do a lot of the sessions (to complete competencies) during my spare time. The curriculum was organised and well structured. All the supervisors were supportive but their hands were tied when services were needed.

Top tips: Make the decision to do SPIN at an early stage and mention your interest early. My wish is that trainees are able to take 3-4 study leave days to attend relevant clinics & sessions.

**Daniel Onyekwere, ST8, HDU SPIN**

I developed interest in HDU spin from the winter of 2015. This was not formally offered in the south deanery but with the support of Dr. Joe Fawke and Dr. James Whitelaw (TPDs), the posting was pleasantly provided and application was approved by RCPCH in summer 2016. Interestingly there is Anaesthetics secondments and retrospective addition of completed posts.

Top tips: Seek advice with the TPDs and supervisors as there is a lot that can be offered in the deanery with the supportive school of paediatrics.

For more information about SPIN modules, visit the RCPCH pages: http://tinyurl.com/traineespin.

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**COURSE REVIEW: Confident, calm and communicating effectively**

By Mahdieh Malekpour

**What is it?** A two day course held in HEEM, Mere Way, Roddington, Nottingham and organised by PSU (Professional Support Unit)

**Itinerary:** This course is about finding out our level of confidence and self esteem and how to boost it, and the methods of tackling stress at work. In this course, lots of methods were mentioned for recognising and dealing with stressful situations and to manage complex situations effectively. There were also advice on communicating effectively and how to control the difficult conversations with patients, colleagues, etc.

**What you liked about it?** I found the presenter, Clare Manning, very knowledgeable and is an experienced coach and trainer who has worked with NHS for several years. The tutorials were accompanied with some interesting activities. The confidentiality for all the audience was considered; everybody could talk freely and all the attendees supported each other and gave their own experiences and solutions. I found that the areas covered in course are very common issues especially among us, doctors and learning how to deal with them can solve many medical and non medical issues at work and even in our personal life.
IN THE FOOTSTEPS OF A CLINICAL ACADEMIC TRAINEE

I’m not really an academic trainee - I train LTFT and I use my “off” days to complete a PhD. My research looks at children’s experiences of healthcare. I use qualitative research methodologies to try and understand what children, families, and professionals experience and perceive. I use social media to recruit participants, and I’ve met some great people through my work.

Research days are really variable. If I’m collecting data then I could be travelling to a family’s home to do interviews or ethnography. Child interviews are a lot of fun, but can be tiring. A big part of qualitative research is reflecting on the data that you’ve collected, and spending time going over the things that I hear away from the hospital can be quite traumatic. It’s quite difficult seeing things from the family perspective, and then coming back and trying to work as a professional having heard their stories. But the support is great - I have contact with my supervisors every fortnight, and they offer to debrief on difficult situations.

Research has given me lots of opportunities that I wouldn’t have had as a trainee. I spend quite a bit of time at the BMA - I sit on the Medical Academic Staff committee and I'm Chair of the Women in Academic Medicine group. That mostly means that I spend a lot of time answering emails, reading policy documents, and responding to consultations. It takes up a lot of time, but those changes are what really make a difference in the long run. It also means that I meet people that I wouldn’t have otherwise met.

It all takes a lot of time and a lot of it gets done in my own time (this is the first holiday I’ve taken in 8 years where I haven’t taken some work with me - and even then, I’m reading some books and papers). It’s also expensive - I can’t claim back for all the conferences and courses I attend, nor some of the meetings that I go to. But the research has let me see my clinical work in a completely different way, and I think it’s making me a better doctor. I wouldn’t change a thing.

BROADEN YOUR HORIZONS: INSPIRING LIVES

My name is Laura. I’m a paediatric ST3, and I’ve recently started a small charity called Inspiring Lives. It focuses on supporting siblings in families where a child lives with additional needs. The inspiration for this has come out of my personal experience of living with a sibling with additional needs and supporting other families with similar challenges.

In the States, siblings like myself are sometimes termed ‘glass children.’ People look straight through them to see only the needs of their unwell brother or sister. They face a whole host of emotions, which are often – unintentionally – unrecognised by people who should support them, in the face of what their sibling is going through. With Inspiring Lives, I have interviewed some families to document their experiences. One sibling explained: “These children just adore their sibling, but don’t know how to cope themselves.” A mother shared: “I often felt frustrated that the children didn’t seem to understand Jonathan’s needs. But now I realise it was because their needs weren’t being met, and their emotional tank was empty.”

Existing research on ‘families’ tends to focus on parents and the unwell child. We want to increase the evidence base for the impact on siblings and create resources to enable others to support them. We aim to collaborate with existing charities, schools and faith communities to do this. Our first research project started in the Autumn this year at Birmingham Children’s Hospital, working with their chaplaincy department.

We climbed Kilimanjaro to fund this project and raise awareness. The climb felt like an analogy of the journey these families face: it can be tough but also incredibly beautiful; every member of the family has unique needs; they each experience the same journey differently; and it is made so much better when others choose to climb the mountain with them, celebrating the good times and supporting them in the bad.

It is early days for this charity, but with Inspiring Lives we want to enable every member of the family, where there has been sickness or disability, to feel uniquely valued; celebrating what has been, acknowledging pain and loss and enabling the family to create hope and beauty in what lies ahead. To read more, visit: www.inspiring-lives.net

Answer: 1. Healed clavicular fracture 2. (a) Petechiae on soft palate (c) Streptococcal pharyngitis - differential: Glandular fever
To kick off the year with a great uplifting start, some of our trainees would like to say a few words of appreciation to other members of their team.

“I have heard this from everyone, 'He is so lovely', 'He is very approachable', 'He is a great listener', 'He is so respectful'. He is a storehouse of knowledge, yet down to earth! To me, he is a mentor, a guide, a friend! Thank you for being so Dr David Thomas. Straight from our hearts!”

“I would like to nominate Chris Oakley, our SHO on CICU. He’s always efficient, hard-working and prepared to go the extra mile. Nothing's ever too much trouble, and everything he says he’ll do gets done promptly and well. It makes my day so much smoother and less stressful when he’s on.”

“Thank you to Davina Sham, who makes everyone smile and has positive energy, not to mention her yummy cakes to boost the on call shift!”

“To the LRI Baby Care Assistants, Thank you for helping with all the baby checks, for making sure we never miss anything and for cleaning all the meconium nappies!”

“She is lovely, approachable, a listener and a helper! We appreciate all your efforts Maria Moran.”

“To Nitesh Singh, thank you for being calm and unflappable in stressful times, for being a supportive registrar and helping out in preparation for clinical exam!”

“Thank you Sammar Nazeer for being able to cannulate anyone!”
A natural beauty spot in the Midlands: can you guess where this is?

Photologs

Leisure & Wellbeing

Photologs

Babble

APP OF THE MONTH

Beginning with a free 10 day programme, Headspace guides you through relaxation and mindfulness techniques, 10 minutes a day. Take time out during your lunch break or before bed to learn to separate you from those stresses of the day. If you enjoy this, a subscription can open you up to a whole lot more!

BOOK REVIEW By Lianne Gompertz:

“The Immortal Life of Henrietta Lacks” - Rebecca Skloot

Her name was Henrietta Lacks, but scientists know her as HeLa”. Henrietta Lacks, a poor Afro-American woman who lived in Baltimore USA in the 1950’s, left behind a legacy that has revolutionised modern medicine. Before she died, samples of her cancerous cells were taken; these cells were the first human cells to survive outside of the body for more than a few days, and continue to reproduce to this day. They have been mass produced to research cancer and AIDS, develop the polio vaccine and chemotherapy, discover the HPV virus, set the basis for genetic mapping and standardize culture to name but a few. As physicians, we frequently encounter HeLa in our every day practice. Yet a darker past lies behind these revolutionary advances. “The immortal Life of Henrietta Lacks” takes us back to treatment of patients, and in particular black Americans, from the 1950’s to the present day. By providing insight into common beliefs of the time, the reader is exposed to some of the horrors of human medical research which occurred only one generation ago, and raises endless ethical questions about consent, confidentiality, and patient advocacy. Henrietta Lacks was unaware of the cells taken from her. Whilst her cells were sold in multi-billion dollar industries, her family lived in poverty and without medical insurance. This is an enlightening, informative and self questioning read, and a story that perhaps all physicians should be more familiar with. Warning: graphic detail may be distressing for some readers.

NEW YEAR’S RESOLUTION: To vow or not to vow? By Hafizah Salleh

The New Year has approached us and I am now wary about making new year resolutions. It almost always fails at some point or the resolution will be forgotten after a few weeks. However, I do believe that one should strive to be their better self each day. So when I came across Gretchen Rubin’s book and blog called ‘Happiness Project’, it was like having a lightbulb moment. One of her top tips is that instead of making a generic vow like ‘I will lose weight’ or ‘I am going to be on time from now on’, we should focus more on working on the small details. According to her, one key to consistent progress is to make a behaviour into a habit. “Habits matter, because research shows that about 40% of everyday life is shaped by habits. If we have habits that work for us, we’re far more likely to be happier, healthier, and more productive.”

So, focus on basic things, like going to sleep early so you have enough rest or walking up the hospital stairs every time. Focus on that one thing for weeks until it becomes a natural habit. Then you take on the next small thing that you think will help you to achieve your resolution. And so on and so on. It sounds too rational and sensible but so very true! So, what say you? Try achieve one small thing, whether in your personal or work life, and you will find that the small things will build up to bigger achievements!

To know more including downloading resources, go to her website: www.gretchensrubin.com

Answer: Dovedale in Derby
**DATES FOR YOUR DIARY**

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<tr>
<td>10/1/2017</td>
<td>ARCP week</td>
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<td>24/1/2017</td>
<td>Joint registrar training day (Cardiology/PICU), Glenfield hospital, Leicester</td>
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<td>27/1/2017</td>
<td>Midlands Matters Conference (Midlands and East Newborn and Perinatal conference)</td>
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<td>10/2/2017</td>
<td>North registrar training day (Infectious diseases)</td>
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<td>21/2/2017</td>
<td>RCPCH Mentoring course at IGEM House in Kegworth</td>
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<td>9/3/2017</td>
<td>School Conference Day</td>
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<td>21/3/2017</td>
<td>North registrar training day (Haematology/oncology)</td>
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<td>30/3/2017</td>
<td>South registrar training day (Neonatology for ST 4-5 and Medical Leadership for ST 6-8), LPT</td>
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<td>25/4/2017</td>
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**NOTTINGHAM CHILD HEALTH RESEARCH SHOWCASE CONFERENCE**

**Wednesday 14th June 2017**

We are proud to announce the date for the first Nottingham Paediatric Research Showcase Conference, which will be of interest to all healthcare professionals and researchers in Child Health. We have an exciting programme of leading keynote speakers and a range of new and established investigator sessions. There will be competitive oral and poster sessions with substantial prizes for each category. Highlights so far include:

- **Professor Neena Modi** – President Royal College of Paediatrics and Child Health
- **Professor Harish Vyas** – “5 papers that altered my practice”
- **What is on the horizon for:**
  - Paediatric respiratory medicine
  - Neonatal clinical trials
  - Paediatric cancer care
  - Paediatric nutrition
- Oral and poster paper sessions:
  - Quality improvement projects
  - Medical student research
  - Early career researchers
  - Senior clinicians and researchers

The event is free of charge with coffee/tea and lunch provided. Registration will open in March 2017 with abstract deadline Friday 5th May (more information to follow). RCPCH CPD points will be awarded.

So save the date (9am – 5pm), it’s free but will require registration as we have limited capacity – more details to follow in the New Year.

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**MIDLANDS MATTERS**

“The Changing Landscape of Maternity and Neonatal Provision”

Friday 27th January 2017

National Conference Centre, Coventry Road, Solihull B92 0EJ