

March 2021

BABBLE

THE EAST MIDLANDS PAEDIATRIC SCHOOL NEWSLETTER



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A Word from the Editor and Team Lead...

Dear All,

I hope that you are all well and have all had the opportunity to have the first dose if not both doses of the Covid-19 vaccine. It almost felt as if life would never go back to how it was prior to the pandemic, however it feels like we are emerging from the challenges experienced over the last twelve months and can only hope for better times ahead.

In this edition of the Babble, I would like to mention a few **thankyou's, congratulations** and also **heartfelt condolences**.

Firstly, a huge and heartiest congratulations goes out to our very own Head of School - *Dr Cathryn Chadwick for being elected as the RCPCH Vice President for Training and Assessment*. I would like to thank Dr Chadwick for continuously bringing out positive changes as head of the East Midlands School of Paediatrics, and provide my best wishes for her new role. I am sure Dr Chadwick will play a pivotal part and contribute immensely towards her elected role.

Most of the trainees will have recently attended and some also participated in our first ever virtual, East Midlands School of Paediatrics Conference. I would like to take the opportunity to thank everyone who was involved in organising the event and to all the participants who truly made it a day full of education, collaboration and celebration. I would also like to thank the guest speakers, *Dr Jonathan Cusack* and *Dr Natalie Batey* who gave their invaluable advice on their chosen topics. Lastly, I would like to congratulate all the prize recipients and the PAFTA winners.

On a very sad note, we have sadly lost two consultant colleagues and mentors in the past few months.

Dr Johann Visser who was an incredible Oncologist at the Leicester Royal Infirmary for many years and had recently moved to Addenbrookes Hospital, sadly passed away in December 2020 following long term illness. I was lucky enough to work with him and really admired his expertise in oncology and his humble and pleasant manner that he somehow managed to maintain at all times. I am sure many trainees and consultant colleagues have some fond memories of working alongside Dr Visser, he will be missed.

Many of you will have also heard about the sudden passing of *Dr Chris Wighton*. I and many other paediatric trainees will remember him as a caring and enthusiastic paediatrician, based at the Leicester Royal Infirmary (LRI). I can still recall his sheer enthusiasm throughout the transition period of the children's admission unit at the LRI to the fantastic new single front door which has been running successfully. On a personal note, Dr Wighton was one of the consultants who I approached for advice when I decided to apply for paediatric training. I will be forever grateful for his sound advice and support.

These are a sad loss for the Leicester Children's Hospital and my condolences go out to families and friends of both during this difficult time.

Lastly, with all the challenges of the past year I leave you with a refreshing thought, until next time:

'Stay positive. Better days are on their way'
Dimple Minhas

NEWS

By Mahdieh Malekpour and Dimple Minhas

East Midlands School of Paediatrics Conference Day

This year, the East Midlands School of Paediatrics Conference was held on 16th March 2021, virtually for the first time ever. It was as successful an event as could have been on a virtual platform with all the hard work from the organisers, presenters and markers hosting to around 100 attendees.

The conference began with some interesting oral presentations related to the SARS-CoV-2 (COVID-19) pandemic followed by interesting case, oral and poster presentations throughout the day. The presentations entailed a wide variety of acute and community paediatrics, quality improvement projects, audit work and research from trainees of different training grades. Enthusiasm and high level of professionalism was evident in all the presentations.

We also had the honour of learning some valuable lessons from two brilliant guest speakers, Dr Cusack and Dr Batey who spoke about *"The effects of human and system factors in making decisions"* and *"Having honest conversations"*, respectively. We thank both for their time and efforts.

The conference not only provided a great means of sharing, acknowledging, and learning from all the wonderful work of the presenters, it was also a great opportunity to gather at the beginning of the spring season and socialise to an extent, virtually! Well, let's make the most of it! The only down side being no sponsored lunch this year!

And finally, we had a "Happy" ending with the announcement of the **PAFTA** and the **best presentation** winners.

The winners were:

Case presentation Winners:

- 1st - Alexander Yule, ULH
- 2nd - Trisha Hughes, KGH
- 3rd - Mohammed Arif Ibrahimhai Battiwala, LRI

Oral Presentations Winners:

- 1st - Ashnati Krishnan, LRI
- 2nd - Ashanti Krishnan, LRI
- 3rd (3 way tie) - Shaarna Shanmugavadiel, University of Nottingham. Kah wee Teo, UHL and Alexander Yule, ULH

Poster Presentation Winners:

- Joint 1st - Anna Christou + Ranveer Sanghera and Alexander Yule, ULH
- 3rd - Lucy Abernethy



Training Unit of the Year
Paeds Emergency Department, LRI



Supervisor of the Year
Lizzie Didcock



St4-8 South Trainee of the Year
Dilip Vasudeva



St4-8 North Trainee of the Year
Laura Bryson



St1-3 Trainee of the Year
Jenna Harris

Pearls of Wisdom From Dr Drew Maxted

*Consultant Paediatric Nephrologist in
Queen's Medical Centre*

**Interviewed by Nicola
Martin**

Did you do any preparation/courses for stepping up, if so which ones and were they helpful?

No. I worked as a senior fellow in Australia which was a great hybrid role. They knew I had finished my training and often treated me as a consultant colleague, but when on call I had the safety net of someone at home as a back-up which was good. Would highly recommend the role/working in another centre for a change of scene and a different perspective.

What do you wish you could tell yourself before starting?

It's so true - say no to everything!

How do you see your Consultant role evolving over the next 5 years?

I would like to develop a sub-speciality interest and want to develop my ultrasound skills with a new point of care ultrasound machine for use post-transplant and in the enuresis clinic.

How did you choose your speciality?

I did the job as an SHO and really enjoyed it! The more I then progressed through training, I found myself taking an interest in renal patients and wanting to read around the pathophysiology more than other conditions. I also had a mentor and friends say that I was well suited to the speciality. I then spent time talking to consultants who worked in the speciality to ensure that "consultant" renal would still be as interesting as "SHO" ward renal - I really think this is important for aspiring trainees. The job you actually do as a consultant is very different to that of the ward SHO (although the conditions are the same).

Tell us something that surprised you about being a new Consultant?

No one tells you it is home time - took me months not to feel like a kid bunking off school when I left a few minutes early!

What has been the best thing about it?

Lots! I like having my own patients, making decisions and seeing them through to outcome (although this could be the same answer for worst thing when it doesn't go well!) Great to have my rota through for over a year in advance and having more control over my time (I can leave early for child pickups).

What has been the worst thing about it?

The burden of responsibility is hard and I am still not used to this, even after a year! Having patients you have cared for die is really hard. It is frustrating when you can't make changes due to the management structures in place (or they take a long time!)

How do you relax at the end of the day?

Exercise is important for me and I have missed my 5-a-side football and swimming during lockdown. I am partial to a very good red wine (and openly snobbish about bad wine!) Spending time walking with my family is also great to blow away the cobwebs and mentally un-wind.

POEMS

Selected by Mahdieh Malekpour

Sing of Love and happiness and joy

Sing of love and happiness and joy,
Even as the world descends towards sorrow,
A song of hope reborn to spirits buoy,
So sweet it brings new promise to tomorrow.

Open up the windows of your heart,
Nor need you doubt the power of your song.

Sing with all your wisdom and your art,
Gathering strength as others sing along.

Render scenes from your imagination

Embodying the soul of your ideal,

Eroding the redoubt of resignation

That stands between what should be and what's real.

If all your efforts sometimes seem to be

No more than pouring wine into the sea,

Give another metaphor a chance:

Sing, that all the world around might dance.

The Universe Is like a Symphony

The universe is like a symphony
Which you can make as lovely as you
please.

Your days are just as sunny as your smiles;
Your nights as full of love as is your heart.

Every please and thank you, warm hello,

Act of kindness, generosity,

Word of sympathy, regret, compassion,

Becomes for everyone a source of light.

We are like birds in never-ending concert,

Joining happily in what we hear,

Each in turn the melody, and then

The counterpoint that lends its grace to
others.

Joy is our reply to pain and death -

Exuberant, infectious, loving joy

That fills the void with laughter and with
music,

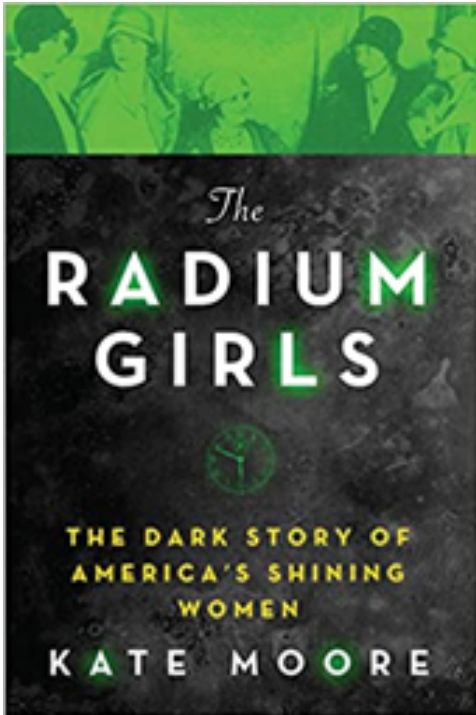
That makes a mirror of the faceless deep.

Both Poems - Copyright By Nicholas Gordon

www.poemsforfree.com

BOOK REVIEW

By Nicola Martin



Before embarking on my medical degree, I loved history, and even thought about doing a history degree but didn't really think I would be clever enough to do graduate entry medicine! This book fulfils a bit of both of those interests, the interesting historical perspective of the discovery of radium and how it was hailed as a wonder product, with the medical perspective of a rare pathology, radiation sickness.

This book follows the stories of women across America who were lucky enough to get jobs in watch-painting factories, where radium was used in the paint to make the dials glow. They talk about how glamorous and envied these young women were with their slightly angelic glow (which sadly we now know was a side effect of the massive doses of radiation they were getting).

It is sometimes not the easiest to read as it seems to sit somewhere between a historical textbook and a story about multiple characters. Nevertheless, I found it fascinating and an interesting insight into how we don't always know the impact of the substances we're using until we're starting to see the unwelcome consequences.



Nature Quiz

By Nicola Martin

Answers on the last page

1. Which animal produces cube-shaped poo?
2. How do prairie dogs say hello? Hint you wouldn't be allowed to do it in a pandemic!
3. Which big cat can't roar?
4. Which animal passes urine through its mouth?
5. Which animal can regrow a lost limb?
6. Which fish can walk?
7. Which animal (not including apes or chimps) has similar fingerprints to humans?
8. Where is a shrimp's heart?
9. Which animal can't jump?
10. What is a rhinoceroses' horn made of?

What a Year 2020 has been.....

By Judwin Ndzo

If anything, 2020 has taught us that nothing is impossible. With international conferences reverting to virtual mode; Zoom house parties becoming trendy; exams that no one thought could be meaningful without physical interaction becoming virtual, and even zoom hen-do`s and weddings; 2020 has certainly been the most unpredictable year ever.

As the Christmas season drew by, it became increasingly clear that December 25th 2020 would be much different from any other. The second wave came looming, and Covid-19 cases and deaths were on the rise. To many, it became clear that the message of protecting our loved ones, especially the elderly, rang home stronger than ever before. And so several people found innovative ways to make Christmas exciting.

For Becky, a North trainee celebrated with some of her housemates. It was a frosty Christmas morning bike ride in the park with the deers in sight! Christmas lunch was a lovely Camambert with tear n` share that they had been practising to make during lockdown.

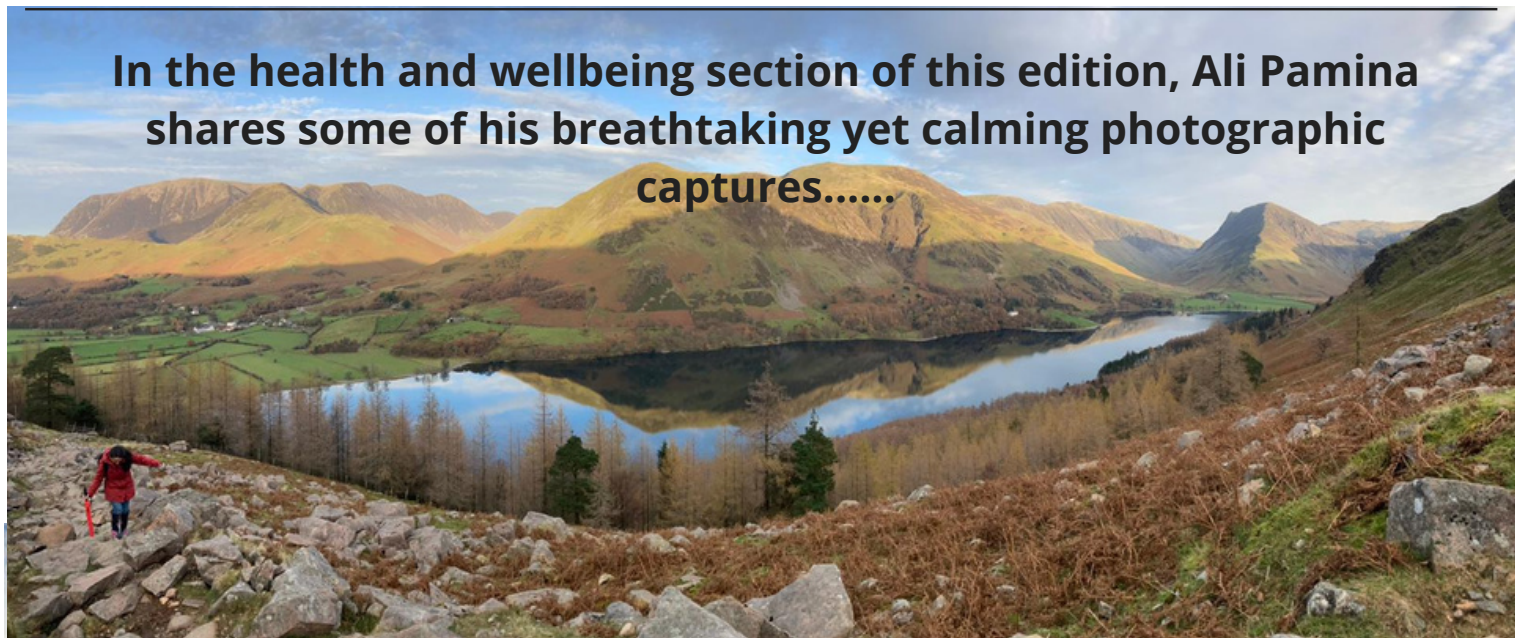


A few others huddled in their bubbles and went for long walks capturing the beauty of the snow. Many of us most certainly had the joys of creating all sorts of snowmen and watching children play was a joy.

The one thing we need to remember is that by our selfless actions, we have all helped curb Covid-19 infections. Sadly, many had to bear the grief of losing yet again a loved one to Covid-19.

As we are into the New Year 2021, the Covid-19 vaccines promise a hopeful and better year ahead. Meanwhile, let`s keep being kind to one another.

In the health and wellbeing section of this edition, Ali Pamina shares some of his breathtaking yet calming photographic captures.....



Answers for the Nature quiz

- 1)Wombats
- 2)They kiss
- 3)Cheetah
- 4)Soft-shell turtles
- 5)Axolotls
- 6)Red Handfish
- 7)Koala bears
- 8)In its head
- 9)Elephants
- 10)Hair

Anything interesting to share or compliment a colleague?

Want to be a Babble member?

Contact any of the Babble committee members below or,

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