



Royal College of
Emergency Medicine

Yorkshire & Humber
Regional Board

SEASONS GREETINGS

ISSUE
01

DECEMBER
2021

**Welcome to the first Yorkshire & Humber RCEM
regional newsletter!**

Welcome from the chair and West Yorkshire

I'm Sally-Anne Wilson. I'm a consultant at Airedale and I am on the Safer Care and Quality in Emergency Care committees at RCEM, and I am very honoured to be your regional chair. There is now a board to represent all the EDs in Yorkshire & Humber. See *the list below to see who your trust RCEM rep is*. There are a couple of gaps, if you wish to apply to fill one of them, contact kelly.sarsfield@rcem.ac.uk

The role of the regional board is to represent you! We have a seat on the RCEM council, and can share the concerns and issues that are affecting us in Y&H. The regional board also gives RCEM a mechanism to cascade out important information to each department through your trust's RCEM rep.

The regional board had their first meeting in November. Adrian Boyle, RCEM vice president, updated us on the work that RCEM is doing around

the Clinical Review of Standards (that will replace the 4-hour emergency care standard, see [**RCEM Response to the Clinical Review of Standards consultation \(February 2021\)**](#) | [**RCEM**](#)).

We set out our aims as a regional board. The newsletter (and associated social media outputs) was to be our first product.

We plan to have a regional conference... watch this space! Would clinical lead/directors find it useful to have a regional forum? If this would be useful, let me know!

Any comments, suggestions, or questions, get in touch at [**YHChair@rcem.ac.uk**](mailto:YHChair@rcem.ac.uk)

Wishing you all some peace over this festive season!
Sally-Anne

by Sally-Anne Wilson

LOOKING AFTER YOURSELF

During these difficult times when we're so focused on looking after others, it's easy to forget about looking after ourselves. Many of us have been experiencing a degree of burnout for some time now, with the GMC National Training Survey 2021 suggesting that it is as much as one third of trainees. But do we always recognise the signs?

- Feeling drained- emotionally and physically tired, taking longer to recover and relax after work
- Lacking enthusiasm and motivation
- Frustration- feeling cynical and having negative attitudes towards work
- Reduced efficiency- productivity might decrease
- Distancing- becoming less emotionally engaged, lack of empathy

We've put together a few top tips (on the right) for dealing with stress and burnout; there's no real right or wrong way, it works differently for everyone. Find what works for you!

We need to look out for our colleagues and check in with them now and then. Remember, it's always okay to ask for help!

*BMA wellbeing support services (available 24/7): **03301231245***
*The BMA have produced a document of support services available regionally and UK wide. **Wellbeing Support Services***

by Amy Feather



Talk to friends,
colleagues,
professionals



Think of 3 positive
things from the day



Eat healthily



Keep active



Take a break
where possible

INTROUCTION TO SOUTH YORKSHIRE- ROTHERHAM

My name is Judith Ritchie and I am a locally employed middle grade doctor in the Emergency Department at Rotherham Hospital in South Yorkshire. Rotherham is a town 10 miles from the city of Sheffield that is historically known for glass making, flour milling and coal mining. It is also the birthplace of celebrities such as the Chuckle Brothers and the footballer David Seaman.



Taken on the 72nd anniversary of the NHS

Rotherham Hospital belongs to the Rotherham NHS Foundation Trust, which provides integrated acute and community care to a borough of 264,700 people. The current hospital opened in March 1978, however the Emergency Department was rebuilt and opened in 2017 as the Urgent and Emergency Care Centre (UECC). UECC incorporates a primary care service alongside the GP out-of-hours service into the Emergency Department, allowing for integration and learning.

UECC has approximately 95,000 attendees per year and provides care to both adult and paediatric patients, with 75% of these attendances comprising emergency attendances. It is an Associate Teaching Hospital for the University of Sheffield medical school. We run in-house shop floor simulation teaching in association with the hospital's postgraduate education centre, and our clinical practitioners are involved in delivering national courses such as ALS and EPALS on site.

by Judith Ritchie

EDUCATION & TRAINING

Bronze QI Training

Free and available for all

Improvement Academy - Bronze Quality Improvement Training

Bronze Level Human Factors Training

Takes approximately 1.5 hours to complete

Improvement Academy - Bronze level Human Factors Training

eALS Courses

Currently spaces available in Leeds & Bradford

e-ALS (Advanced Life Support) Course | Resuscitation Council UK



Reminder for trainees to please complete the EMTA survey!

Y&H RCEM BOARD

Chair	Sally-Anne Wilson	Doncaster & Bassetlaw	Vacant
Vice Chair	Jonathan Thornley	Harrogate	Imogen Paul
ACP rep	Amy Cawthorne	Hull	Vacant
EMTA rep	Bex Yates	Leeds	Amy Feather, Camilla Boyton
EMSAS rep	Patrick Musami	Mid Yorks	Diana Kluczna
Lay rep	RCEM recruiting	North Lincolnshire	Vacant
Airedale	Nosheen Saddozai	& Goole	
Barnsley	Jo Beahan	Rotherham	Jude Ritchie
Bradford	Dave Robinson	Sheffield	Helena Wilkinson
Calderdale & Huddersfield	Jayne Robinson	York & Scarborough	Sophia Farook (York), Adam Dalby (S'bro)

CONTACT US

Let us know if there is anything you would like to see in future issues

Any comments, suggestions, or questions, get in touch at

YHChair@rcem.ac.uk

Amy Cawthorne is the RCEM ACP Rep for North of England. Contact her on

northacpforumrep@rcem.ac.uk