



The Royal College of
Emergency Medicine



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Return to EM Virtual study day

Date: Friday 5 November
RCEM accredited for CPD

This one day live event will be complimented by a series of 20 minute pre-recorded talks on a wide variety of topics designed to support EM doctors returning to clinical practice in the ED this year.

This year we have aimed equally at individuals returning to work and also importantly at the EM teams who will be supervising and supporting trainees, peers and colleagues.

We will be providing educational updates, sharing knowledge and experience and promoting EM team wellbeing.

Live Q&A sessions will enable EM doctors who have not been working clinically during recent months to share and seek support, voice concerns and answer important questions during what is a particularly challenging time for our specialty.

CPD certificates

CPD certificates will be sent to those who attended the live session ten working days from the end of the event. Please note, you are required to attend the live event in order to receive your CPD certificate.

Who should attend?

- EM clinicians at all levels

What to expect

- Presentations will be available for delegates to watch four weeks before the live event
- Further discussion points or CPD reflection questions will also be included with the talks. This will give delegates the opportunity to reflect on their learning before joining the live session.

Pre-recorded talks

We have included a variety of different talks tailored to delegates in different situations and at different points in their career, please only watch those that are relevant to you. Pre-recorded talks will be released on Tuesday 29 June and should be viewed prior to the live event. Other topics to be added in due course.

Returning as a consultant - planning annual appraisals and revalidation

Barbara Key, EM Consultant, University Hospital Monklands

When things go wrong...

Immad Qureshi, FRCEM, FASSGEM Executive Member

Returning as a trainee

Katy Hambley, EM ST5, North, Central and East London Deanery

Deanery and the return to work process: How the professional support unit can help EM trainees, including advice for educational supervisors

Greg Jones, Lead Associate Postgraduate Dean, Professional Support, NHS Education Scotland

Flexible training/working Less Than Full Time (LTFT): Considerations for returning to work and advice for educational supervisors to address specific needs of LTFT trainees

Andrea Caldwell, Lead Associate Postgraduate Dean for Less Than Full Time Training, NHS Education Scotland

A Career in EM: When training feels overwhelming, how can the deanery help you to achieve your career ambitions, support you through difficulties and help you to make you work/life balance right?

Elizabeth Murphy, Associate Postgraduate Dean, West of Scotland

Completing the FRCEM and getting your CCT whilst having young family

Carlyn Davie, EM Consultant, NHS Lothian and Royal Infirmary of Edinburgh

Pregnancy and working in the ED, returning LTFT, who to approach for support and getting back to ARCPs: A trainee perspective

Rashpal Ghataoura, EM Higher Specialist Trainee, John Radcliffe Hospital

Maternity leave, paternity leave and shared parental leave

Chris Moultrie, EM Consultant, University Hospital Wishaw and Pre-Hospital and Retrieval Consultant, Scottish Ambulance Service, and Nicola Moultrie, EM Consultant, University Hospital Monklands

<p>EM doctors: Returning to work, breastfeeding and expressing Robyn Powell, EM ST6, Royal Liverpool University Hospital</p>
<p>Being a parent and an ED physician - it is compatible! Victoria Reid, EM Consultant, NHS Lothian</p>
<p>Assisted pregnancies and how to manage ED shifts and family life when returning from maternity leave Karen Squires, EM Consultant, Liverpool</p>
<p>A personal perspective from an EM doctor - the challenge of having COVID19, family grief, anxiety and returning to work. Shama Khan, EM Consultant, The Royal Oldham Hospital</p>
<p>Returning after illness, injury or ... Cieran McKiernan, EM Consultant, Queen Elizabeth University Hospital, Glasgow</p>
<p>COVID systems update Caitriona Considine, Clinical Lead for EM, Glasgow Royal Infirmary</p>
<p>COVID clinical update Beth White, Consultant in Infectious Diseases and Acute Medicine, Queen Elizabeth University Hospital, Glasgow</p>
<p>RCEM curriculum and examinations update Fiona Hunter, EM Consultant, University Hospital Monklands and FRCM Final SBA Exam Lead</p>
<p>Doctors' Support Network Louise Freeman, FRCM and Doctors' Support Network</p>
<p>Owning the pressure Stephen Hearn, Consultant in Emergency and Retrieval Medicine and Director, Core Cognition Ltd</p>
<p>The arc of performance Stephen Hearn, Consultant in Emergency and Retrieval Medicine and Director, Core Cognition Ltd</p>
<p>Supporting our colleagues in need Richard Duggins, Consultant Psychiatrist in Medical Psychotherapy and Clinical Lead, Regional Department of Psychotherapy, Centre for Specialist Psychological Therapies</p>

Live event on 5 November

09:50 - 10:00	Join the virtual meeting space
10:00 - 10:10	<p>Welcome and introductions Sarah Finlay, EM Consultant, Imperial College Healthcare NHS Trust, and Laura McGregor, EM Consultant, University Hospital Monklands and Educational Director, Scottish Centre for Simulation and Clinical Human Factors</p>
Session 1	COVID updates
10:10 - 10:20	<p>Starting positive - What good things have happened in EM in the last year? David Chung, EM Consultant, Crosshouse Hospital</p>
10:20 - 10:30	<p>Key clinical updates Beth White, Consultant in Infectious Diseases and Acute Medicine, Queen Elizabeth University Hospital, Glasgow</p>
10:30 - 10:40	<p>Key hospital systems updates Caitriona Considine, Clinical Lead for EM, Glasgow Royal Infirmary</p>
10:40 - 11:00	<p>Panel discussion and Q&A All speakers</p>
11:00 - 11:15	Break
Session 2	Non COVID clinical updates
11:15 - 11:35	<p>Adult EM key updates Neil Hughes, EM Consultant, University Hospital Monklands</p>
11:35 - 11:55	<p>Paediatric EM key updates Micheala McGlone, PEM Consultant, Royal Hospital for Sick Children, Glasgow</p>
11:55 - 12:15	<p>Panel discussion and Q&A All speakers</p>

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12:15 - 13:00	Lunch
Session 3	College updates
13:00 - 13:15	Sustainable Working Practices Committee and Women in EM Special Interest Group update: What resources are available to support you Shama Khan, EM Consultant, The Royal Oldham Hospital and Laura McGregor
13:15 - 13:30	Curriculum and exams update Fiona Hunter, FRCEM Final SBA Exam Lead
Session 4	Practical tips on returning to work
13:30 - 13:40	How to keep up when you're off & returning: Podcasts, technology, learning Lou Mitchell, EM Consultant, University Hospitals Plymouth
13:40 - 13:50	Practical tips for staying mentally well on your return to work Richard Duggins, Consultant Psychiatrist in Medical Psychotherapy and Clinical Lead, Regional Department of Psychotherapy, Centre for Specialist Psychological Therapies
13:50 - 14:00	A FASSGEM perspective: Supporting our staff grade, associate specialist and specialty grade doctors Immad Qureshi, FRCEM, FASSGEM Executive Member
14:00 - 14:30	Panel discussion and Q&A All speakers
14:30 - 14:45	Break
Session 5:	Mental health and peer support

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14:45 - 14:55	The value of peer support with the LeadersPlus Fellowship Programme Karen Squires, EM Consultant, Liverpool
14:55 - 15:05	What have we learnt about EM doctors mental health in the last year and what next? Serra Pitts, Clinical Director, 87% Limited and HCPC Registered Practitioner Psychologist
15:05 - 15:15	How can peer support networks help our teams to gain and maintain better mental health? Elspeth Pitt, EM Consultant, Victoria Hospital, NHS Fife
15:15 - 15:30	Panel discussion and Q&A All speakers
15:30 - 15:35	Summary Sarah Finlay and Laura McGregor
15:35	Close