



**HM** Hull  
Medical  
Education  
Centre

# MEDICAL EDUCATION NEWSLETTER

**AUGUST 2025**



# **DIRECTOR OF MEDICAL EDUCATION**

## **Professor Jack Kastelik**

It is my pleasure to open the August Newsletter. The last two months were very busy for all of us. Many of our trainees completed their training rotations with HUTH NHS Trust and moved to their new posts. Similarly, we had a number of new trainees joining our organisation. I would like to thank all our Educational and Clinical supervisors for your continuous support, without your help we could not manage to deliver training and support to our doctors in training. Thank you to everyone who contributed to the ARCP process. I would like to congratulate all the trainees who are progressing through the training. I would like to thank all the trainees who moved to new posts outside of our organisation for their contribution and warmly welcome the new trainees joining us.

We undertook induction for our new foundation doctors and other resident doctors joining HUTH NHS Trust. This involved over 300 new doctors in training joining our organisation.

I would like to thank everyone within the Medical Education team who was involved with the organisation and the delivery of the induction. I would also like to thank our FTPDs especially Dr Uzma Kamdar who welcomed our new starting FY doctors during the FY Induction. In addition, I would like to thank our Medical Education Centre team for their hard work in preparing and ensuring that everything was run well. I know it took us many hours of hard work and preparation. I also would like to thank all the trainers, and there are many of you, who were involved in delivery of the induction lectures and training sessions. Our Human Resources team, occupational Health team, IT and finances team and many more teams within the organisation had a huge amount of work to undertake and we would like to thank them for all their hard work. On top of the general induction, all the departments have contributed with the departmental inductions. All in all a huge amount of work from a large number of individuals within our organisation.

Thank you again.

.....  
Professor Jack Kastelik  
Director of Medical Education



# MEET YOUR SENIOR LEADERSHIP TEAM



**Professor Jack Kastelik**  
Director of Medical Education

As Director of Medical Education, Professor Kastelik operationally supports the education and training of all Doctors in Training as well as supporting Educational and Clinical Supervisors.



**Dr Rana Alia**  
Deputy Director of Medical Education

As Deputy Director of Medical Education, Dr Alia supports the Foundation Training Programme as well as International Medical Graduates.



**Charlotte Precious**  
Medical Education Manager

Charlotte supports the Directors as well as managing the Medical Education Team.

## MEET YOUR FTPD TEAM

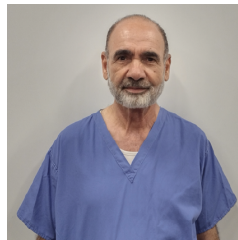
The FTPD team are here to support all Foundation Doctors in the Trust as well as ensuring that the regional training programme is delivered. The FTPD's work closely with the Director and Deputy Director of Medical Education to ensure that all Foundation Doctors have access to suitable training which will allow them the opportunity to achieve the requirements for a satisfactory completion of the Foundation Training Programme.



**Dr Uzma Tazeen**  
Consultant in Elderly Medicine and FTPD



**Dr Anju Raina**  
Consultant Anaesthetic and FTPD



**Mr Mahmud Fleet**  
Consultant Paediatric Surgeon and FTPD



**Dr Uzma Kamdar**  
Consultant in Respiratory Medicine and FTPD



**Mr Junaid Sultan**  
Consultant Vascular Surgeon and FTPD

Meet the rest of the team  
[hmec.uk/meet-the-team](http://hmec.uk/meet-the-team)



# September Upcoming Events

**3<sup>RD</sup>**

September  
**Resident Doctors  
Induction**

**5<sup>TH</sup>**

September  
**Humber Generalist  
School**

**8<sup>TH</sup>**

September  
**Chinese Doctor English  
Training**

**15<sup>TH</sup>**

September  
**World Patient Safety  
Day**

**17<sup>TH</sup>**

September  
**Humber Generalist  
School**

**19<sup>TH</sup>**

September  
**Obs and Gynae  
Regional Induction**

**22<sup>ND</sup>**

September  
**Johnson & Johnson  
Medical Limited  
Conference**

**24<sup>TH</sup>**

September  
**Interventional  
Radiology Study Day**

**29<sup>TH</sup>**

September  
**Allyship Event**



# September Induction

We are looking forward to welcoming Resident Doctors to their Induction on Wednesday 3 September 2025. We are expecting approximately 80 new Resident Doctors to attend Induction and they have been invited to the Medical Education Centre between 7.45am and 1.00pm after which, they will arrive on the Wards for their Departmental Induction.



## A Big Thank You!

We would like to say thank you to our colleagues who have helped in the planning and organising of the FI and Resident Doctor Induction programmes. Your help and support are very much appreciated!



## MacMillan Coffee Morning - Friday 26<sup>th</sup> September 2025

Join us as we brew up support for a great cause! The Medical Education team is proud to take part in Macmillan's annual Coffee Morning, and we'd love for you to join us.



Date: Friday 26<sup>th</sup> September 2025



Time: 9:00am till noon.



Location: Medical Education Centre HRI Foyer

Expect delicious cakes, hot drinks, and great company—all in support of Macmillan Cancer Support. Whether you're a keen baker or just a coffee enthusiast, your presence will help make a difference.

Let's raise a mug and some funds together

LET'S  
BREW  
THIS!



## F2 Weekly Teaching

Starting 1st September, our F2 Weekly Teaching sessions returns with a session designed to ease the leap from F1 to F2. This week's topic is "F1 to F2 Transition – Expectations, Tips & Tricks".

Hear directly from previous F2s as they share honest insights, practical advice, and the lessons they wish they'd known sooner. From managing new responsibilities to navigating the learning curve. This session is packed with real-world wisdom to help you thrive in your second year.



## A Warm Welcome to our New F1 and Resident Doctors!

We're thrilled to share that the recent induction for our F1 and Resident Doctors was a great success. It was a pleasure to welcome so many new trainees to the Humber Health Partnership, and we're excited to support you as you begin this next chapter in your medical careers.

F1 Induction was spread across 2 days, Thursday 31<sup>st</sup> July and Friday 1<sup>st</sup> August, the days were split into two groups. Both mornings consisted of Lectures, starting out with a greeting from the Medical Director Dr Caroline Hibbert, followed by talks from the Guardian of Safe Working, Medical Staffing, Dr Rana Alia and much more. The afternoons were split into practical medical scenarios and more lectures. The feedback we have received is positive and constructive, as always your opinion is huge in helping us with further inductions.

Our Resident Doctors Induction for F2 Trainees and above was held on Wednesday 6<sup>th</sup> August we welcomed around 229 trainees split into 4 groups receiving essential training and question opportunities with Lorenzo, Medical Staffing, Recruitment and our Medical Education Staff. They also received talks from Resuscitation, EMPA, Staff Support and much more.

The Medical Education team is here to guide and assist you every step of the way—from supervision and study leave to teaching sessions, revalidation, and beyond. Whether you're based at Hull Royal Infirmary or Castle Hill, we're just around the corner and always happy to help.

Here's to a fantastic year ahead!





## F1 Teaching in Full Swing Across Both Sites!

At NLaG, Grimsby-based F1 doctors are getting hands-on with transfusion safety during their second lunchtime teaching session, led by Transfusion Nurse Specialist Abbie White. Her dynamic, information-rich presentation not only engages but also fulfills mandatory training requirements for resident doctors.

A Word to the Wise: Accuracy matters—transfusion errors aren't taken lightly, and the blood nurse will be watching closely!

## Hull Medical Society - FitMums

**FITMUMS  
AND FRIENDS**

**SAM BARLOW  
6:30PM MONDAY  
15TH SEPTEMBER**



DRINKS RECEPTION 6:30PM. PRESENTATION 7PM  
MEDICAL EDUCATION CENTRE  
HULL ROYAL INFIRMARY • ALSO ONLINE  
TICKETS FROM EVENTBRITE

**PROMOTING MEDICAL EDUCATION**  
CERTIFICATES OF ATTENDANCE WILL BE AVAILABLE  
FREE AND OPEN TO HEALTHCARE PROFESSIONALS  
AND MEDICAL STUDENTS

Sam Barlow BEM, founder and chief officer of Fitmums & Friends, joins Hull Medical Society to share her inspiring journey.

What began in 2009 as a small group for parents in East Yorkshire has grown into a charity with 11 clubs and over 1,000 members, offering inclusive fitness sessions from running and cycling to Nordic walking and junior athletics.

Sam's work in improving health, wellbeing and community connection has earned national recognition, including a British Empire Medal, the BBC Sports Personality Unsung Hero Award (2021), and most recently the prestigious King's Award (2024) for Fitmums & Friends.

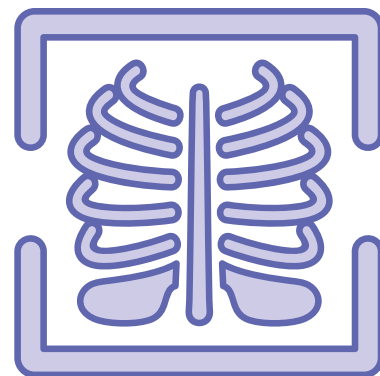
Join us to hear how grassroots initiatives, volunteer passion, and personal resilience can transform communities and inspire lasting change.

# British Society of Emergency Radiology (BSER) Conference 17-18 November 2025

The countdown is on! The early bird registration deadline for the upcoming BSER conference closes on 31st August 2025, so secure your place now and take advantage of the reduced rate.

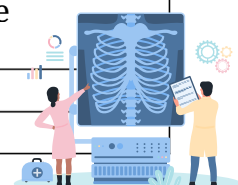
We can't wait to see you in Hull at the DoubleTree by Hilton on 17th-18th November 2025 for two days of learning, networking and sharing ideas.

We look forward to seeing you there!

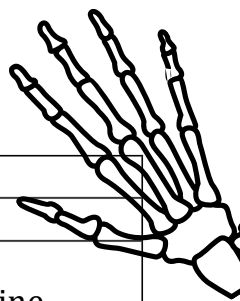


## Day 1: Monday, November 17, 2025

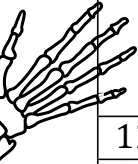
Time 08:30 -	Session	Speaker	Topic
09:00 09:00 -	<b>Registration &amp; Coffee</b>		
09:15	Welcome	<b>Dr. Chris McLeavy</b> (BSER President, Consultant Radiologist, Liverpool University Hospitals NHS Foundation Trust)	Presidential Address
09:15 - 09:55	Session 1	<b>Prof. Elizabeth Dick</b> (Consultant Radiologist, Imperial College NHS Trust)	Imaging Beyond Paediatrics: Shedding Light on Intimate Partner & Elder Abuse
09:55 - 10:35	Session 2	<b>Dr. Aubrey Smith</b> (Consultant Radiologist, North Bristol NHS Trust)	Stroke Management: The Good, the Bad & the Ugly
10:35 - 11:05	<b>Morning Coffee Break</b>		
11:05 - 11:45	Session 3	<b>Dr. Vivek Shrivastava</b> (Consultant Radiologist, Hull University Teaching Hospitals NHS Trust)	Vascular Discrepancies
11:45 - 12:45	Session 4	<b>Dr. Ramachandra Chittal</b> (RCR REAL Panel Member, Consultant Radiologist, Mid Yorkshire Teaching NHS Trust)	RCR REAL Cases
12:45 - 13:45	<b>Lunch Break</b>		
13:45 - 14:45	Session 5	<b>Dr. Ben Holloway</b> (BSTI Travelling Professor 2023/2024, Consultant Radiologist, University Hospital Birmingham NHS Trust)	Getting to the Heart of the Matter - Cardiac Radiology
14:45 - 15:30	Session 6	<b>Dr. Anthony Edey</b> (BSTI Travelling Professor 2025/2026, Consultant Radiologist, North Bristol NHS Trust)	Imaging in Thoracic Trauma: ABCs and Pitfalls
15:30 - 15:45	<b>Afternoon Coffee Break</b>		
15:45 - 16:25	Session 7	<b>Prof. Duncan Ettles</b> (Consultant Radiologist, Hull University Teaching Hospitals NHS Trust)	Are we there yet? Emergency IR – Past, Present & Future
16:25 - 17:00	<b>Closing Remarks</b>		
19:00 - 21:30	<b>Conference Dinner</b>		







Time 09:00 -	Session	Speaker	Topic
09:10 09:10 -	<b>Welcome &amp; Housekeeping</b>		
09:50	Session 1	<b>Dr. Chris Srinivasan</b> (Emergency Medicine & Yorkshire Air Ambulance Consultant, Hull University Teaching Hospitals NHS Trust))	From Incident to Imaging: A Frontline Perspective
09:50 - 10:30	Session 2	<b>Dr. Emma Helbren</b> (Consultant Radiologist, Hull University Teaching Hospitals NHS Trust)	Gut Instincts: The Search for the Truth in the Acute Abdomen
10:30 - 11:00	<b>Morning Coffee Break</b>		
11:00 - 11:40	Session 3	<b>Dr. Vikas Shah</b> (Radiopaedia Managing Editor, Consultant Radiologist, University Hospital Leicester NHS Trust)	Post-Mortem Imaging
11:40 - 12:20	Session 4	<b>Dr. Wajiha Arshad</b> (Consultant Radiologist, Hull University Teaching Hospitals NHS Trust)	Standing on the Shoulders of Giants: The Evolution of Paediatric Interventional Radiology
12:20 - 13:20	<b>Lunch</b>		
13:20 - 14:00	Session 5	<b>Dr Rita Khattar &amp; Dr. Ghena Berjawi</b> (American University of Beirut Medical Center)	Role of Radiology in terror injuries: A Half-Century Experience at AUBMC Conference Quiz
14:00 - 14:30	Session 6	<b>Dr. Hannah Perry</b> (ST4 Radiology, Hull University Teaching Hospitals NHS Trust)	
14:30 - 15:10	<b>Oral Presentations</b>		
15:10 - 15:30	<b>Afternoon Coffee Break</b>		
15:30 - 16:00	<b>Prize Giving &amp; Closing Ceremony</b>		



## Extended abstract deadline: 8<sup>th</sup> September 2025

Please note that the abstract submission deadline has been extended to 8<sup>th</sup> September 2025, giving you extra time to share your work.

- ☐ We accept QIP/Audits, case reports, educational/pictorial reviews, and research.
- ☐ Please email your submission to [info@bser.org](mailto:info@bser.org).
- ☐ No encore abstracts permitted.
- ☐ All submissions must be in English and in PDF. Maximum abstract word limit: 250 (not including section titles, authors, references)



# Humber Teaching NHS Foundation Trust Annual Medical Education Conference – CAMHS 2025: Collaboration, Innovation, and Hope

This event is being delivered with support from the Andrew Sims Centre (ASC). It will be opened by Dr Kwame Fofie, Executive Medical Director, and Michele Moran, Chief Executive. The programme will be chaired by Rt Hon Caroline Flint.

It will be rather a full, but super interesting day, with a great mix of national/international and local speakers, combined with patient/carer involvement through the Youth Action Group. Also, from the voluntary/charitable sector we have our guests from Clowns Without Borders Clowns Without Borders UK | We bring laughter to children in crisis as well as Matthew's Hub (Support service for autistic people and those with ADHD without a learning disability aged 13 or over, living in Hull or East Riding who have, or are waiting for a diagnostic assessment).

Guest Speakers include:

- Dr Aditya Sharma - Lead on the National Adolescent Bipolar Service, Clinical Senior Lecturer and Honorary Consultant in Child and Adolescent Psychiatry, Newcastle University
- Professor Marios Adamou, OBE – Consultant Psychiatrist, South West Yorkshire Partnership NHS Foundation Trust, Professor of Psychiatry, University of Huddersfield, and founding member of the UK Adult ADHD Network (UKAAN)
- Dr Khurram Sadiq is a Published Author 'Explaining AuDHD: The expert-led guide to Autism and ADHD Co-concurrence', Consultant Psychiatrist, Oxleas NHS Foundation Trust, ADHD Lead and also the Clinical Care Lead for South East London Integrated Care Board (ICB).

Our own local CAMHS Consultants will also be delivering sessions:

- Dr Piyush Satyawadi – 'Beyond Picky Eating-Clinical Perspectives on ARFID (Avoidant Restrictive Food Intake Disorder)'
- Dr Priyanjan Undugoda – 'Anti Psychotics and ADHD'

To end the day, all experts will be invited to join a panel discussion with questions to answer from our delegates, this will be facilitated by our Director of Medical Education, Dr Soraya Mayet, Consultant Addiction Psychiatrist, and Honorary Reader at Hull York Medical School. This FREE full day event is delivered by Humber Teaching NHS Foundation Trust Medical Education Department.

When: Wednesday 22<sup>nd</sup> October 2025

Where: Lazaat Hotel & Restaurant, Wood Hill Way, Cottingham, HU16 5SX.

Start/End: Commences promptly at 9am and ends at 4.50pm

Catering: Free 2 course hot lunch, cakes, and refreshments included!

Booking is essential - <https://www.andrewsimscentre.nhs.uk/book-events/humber-teaching-nhs-foundation-trust-annual-medical-education-conference-camhs-2025-collaboration-innovation-and-hope>

We look forward to welcoming you on the day!!

Should you have any questions or should you require any support in booking your place, please contact Gillian Wicks, Head of Medical – Education, Business, and Staffing, Medical Directorate, Humber Teaching NHS Foundation Trust, directly, [gillian.wicks@nhs.net](mailto:gillian.wicks@nhs.net)





# ‘Settling into your first Rotation’

## Advice from Divya Parkash - Assistant Psychologist



Starting your first rotation as a resident doctor can be an exciting, nerve-wracking experience. Some of you will be raring to go and some will be tentative. You might experience a mixed bag of emotions. With induction out of the way, this can feel overwhelming; one minute you are being handed your ID badge, the next you are being bleeped about a crushing patient, a cannula that won't go in, a discharge summary all at once.

Whether you are fresh out of medical school, starting after a break, or have worked in other medical systems, the transition into working as a foundation year resident doctor in the NHS is big. Whilst medicine is demanding, your life outside of it matters. In fact, maintaining that balance is key to surviving and thriving and sets the precedence from your first year.

**Here is a practical guide to help you settle in as you begin this journey:**

1

### Understand the system that you are working in.

Your first few days are a crash course into how the hospital works, perhaps it would be more honest to say how your particular area in the hospital works. Every trust does things slightly differently, but the bare bones are similar.

- Attend your local induction
- Get access to systems early (SystmOne, EMIS, Lorenzo)
- Know how to escalate concerns, who your port of call is
- Be aware of best practice guidelines (NICE guidelines, BMJ)
- best practise, frequently used guides in your clinical area)



2

### Ask questions

You're not expected to know everything, not even close. What matters is knowing your limitations and asking for help when you're unsure.

- Not sure how to clerk a new patient properly? Ask
- Don't know the insulin regime? Ask
- Wondering whether to refer to cardiology now or in the morning? Ask

Finding your feet as you ask these questions and learn the systems that you are working in, can be helpful to understand how each team functions and can help navigate your work effectively.



3

### Handovers

Handovers are your patient safety net. Keep them structured, relevant and focused. Use SBAR:

Situation - what's going on?  
Background - why are they in your clinical area?  
Assessment - what's their current state?

Recommendation - what needs doing?

Good handovers make day and night shift smoother and sets you up for understanding what might come your way during your shift



4

### Bleeps, priorities and keeping your sanity

The bleep never sleeps. and you answer its call.

Take a breath before calling back. Ask what the concern is, how urgent it is, and if anyone else is aware.

Prioritise: life threatening > time sensitive > routine

You can say "I will be there in 5 minutes, I'm managing an acute situation."



5

### Be kind to the team and yourself

Your team (nurses, healthcare assistants, pharmacists, porters, etc) know the hospital better than anyone, they understand the quirks of the system. When starting out, learn their names, say thank you and bring biscuits. These things make a difference and make the workplace bearable when tensions are high (biscuits can do wonders)

Your team will teach you tips that no textbook does, they will help you when you are swamped, and they can make your day more human. Remember you are part of a team you don't have to do this alone.



6

### Life outside the hospital

Here's the truth, medicine can take over your life if you let it. Some weeks, it might but consistently be neglecting your personal life, which is a fast track to burnout.

Think about what works for you, you will have ideas of what helps through your time in medical school, but here are some ideas:

- Protect your days off. Rest, recover and recuperate.
- Move your body, even a small walk counts. Going for a walk creates a diversion from your worries and can release muscle tension. It can boost your confidence and your mood. Thirty minutes, 3 to 5 days a week can help to significantly improve your anxious feelings, but even 10 minutes can make a difference.
- Get some fresh air, be present in green and blue spaces. Spending time in nature lowers our blood pressure, heart rate, and our body's production of the stress hormone cortisol.
- Eat real food, food is the fuel that will keep you going.
- Stay connected to friends to family
- Try and have switch off rituals that you engage in after every shift to indicate the change into life outside of work
- Engage in a hobby that isn't about being productive
- Medicine is a career, and can be a part of your identity, but it's not your whole identity.



7

### Don't wait for a breakdown to seek support

Being a resident doctor and seeing the things that you see, can be emotionally intense. It's okay to feel overwhelmed. You do not have to go through this alone. If things feel heavy talk to your educational supervisor, clinical supervisor, and well-being services. If you want to talk to external services you can access NHS practitioner health for confidential mental health support. You can engage in peer support by talking to people who are likely going through the same things that you are.

Burnout is not weakness, it is a sign that something needs adjusting.



8

### Reflect but don't ruminate

Every day you learn something new, a new drug, a new procedure, a better way to break bad news, how to manage a complex discharge. Use these experiences, reflect on them not just to tick your E-portfolio boxes but to track your own growth. Don't dwell on what you have missed, or could have done differently forever. Learn from what happened, file it away, and move on.



9

### Celebrate the small wins

Celebrate when a patient thanks you for listening, the bleep free lunch break (which can be rare but glorious when it happens), the cannula that you get in on the first try. These are successes and can keep you sane working in difficult environments.

Just to say, there will be times where you question yourself, remind yourself that you deserve to be here. Some days you will feel great, and some days you will feel like you're barely keeping it together, that can be the reality of being a resident doctor.

What matters is showing up for yourself, staying curious, looking after yourself alongside your patients. Your job is important, so is your life outside the job.





# RESIDENT DOCTOR OF THE MONTH

## JULY 2025



**Millie Newham**  
**Emergency Medicine**

Dr Newham was handed over a patient who was very unwell with an issue which they needed surgery for, but was very reticent and scared to have the surgery so had declined. Even though she was working in a very busy department she took the time to explore why this patient was so adamant she didn't want the surgery, and discussed this with her family too. Eventually due to Dr Newham's compassionate approach she was able to assuage her fears and the patient agreed to have the surgery. Dr Newham is a credit both to the profession and the department, and we are lucky to have her. Keep doing what you are doing!



**Natasha Elks**  
**Cardiovascular Surgery**

Dr Ward 27 CT Surgery CHH at CHH

Dr Natasha Elks has been amazing during her time on Ward 27, she has shown so much kindness and patience with patients and their families in very difficult situations. Nothing has been too much trouble. Thank you Natasha offers outstanding medical and pastoral care, and I feel very fortunate to be treated by her. She also has a very infectious laugh and a wonderful sense of humour!



**Wasif Tahir**  
**Breast Surgery**

Dr Tahir and the team from breast surgery are very professional and on the day of my operation he reassured me that everything will be fine even I was very nervous. A big thank you to all of them to make me feel at ease.

Don't Forget!

Upload any submissions for Resident Doctor of the Month to Bridget as a 'Shining Lights'



# Save the Date

## IMG Induction

### International Medical Graduates



Open to IMG's across HUTH and NLAG

# MONTHLY ROUND UP

**138**

Toolbox  
monthly users

**51**  
Events

**5**

Departmental  
Inductions  
in MEC

**748**

Views on  
Instagram

**168**

September  
starters (F2 and  
above) trainees

**15**

Posts on  
Instagram

**317**

Views on  
MEC Website

**1**

Bank  
Holiday

**1,789**

Toolbox  
page views





# THANK YOU FOR READING!



## **TELL US ABOUT YOUR BEST PRACTICES**

If you have any areas of good practice within your department/team that you would like to share and be included in the HEE Best Practice App, please send details of what was implemented and why, any benefits or positive impacts and any details of lessons learnt to...

**[CHARLOTTE.PRECIOUS@NHS.NET](mailto:CHARLOTTE.PRECIOUS@NHS.NET)**

## **WANT TO FEATURE IN NEXT MONTH'S NEWSLETTER?**

If you'd like to feature in next month's newsletter, please supply text, images and contact details to...

**[JESSICA.WHITTLES@NHS.NET](mailto:JESSICA.WHITTLES@NHS.NET)**