



*Humber Education and Training Event*

‘Empowering doctors, dentists, advanced practitioners,  
and medical associate professionals to reach their highest  
potential’

**Friday 8 May 2026**

This event is being supported by Abbot Nutrition, Dermal Laboratories LTD and Loreal.  
They have had no input into the agenda of this meeting. A copy of attendance will be sent to sponsoring companies.

‘Empowering doctors, dentists, advanced practitioners, and medical associate professionals to reach their highest potential’ has been approved by the Federation of the Royal Colleges of Physicians of the United Kingdom for 3 category 1 (external) CPD credit(s).



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## Important Information

### Evaluations, Certificates and CPD Points

We do not have any planned fire tests today. Should the fire alarm be activated, you will hear a long continuous siren. You must evacuate the building immediately. Fire exits are clearly marked. Fire Wardens will be on hand to assist.

### Evaluations, Certificates and CPD Points

Certificates of attendance will be issued after the event electronically. A link will be sent out to those who attended. You will only receive a certificate of attendance once you have completed the event feedback.

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### Lunch and Refreshments

Refreshments will be available in Seminar 3 all day.  
Lunch will be available from 1:00pm in Seminar 1 and 2.

### Toilet Facilities

Male, Female and accessible toilets are located in the foyer.



### Poster Abstracts

We are giving you the opportunity to vote for your favourite abstract this will be the People's Choice Award. Voting will take place via Slido.com with #HEAT2026

### Filming & Photography

Filming and photography will be taking place throughout the day, if you do not wish to have your photo taken or be filmed please make a member of staff aware.



## Welcome from Professor Jack Kastelik

On behalf of the Medical Education Teams at HUTH and NLAG, I warmly welcome you to the 2026 HEaT event.

This year's theme is: 'Empowering Doctors, Dentists, Advanced Practitioners, and Medical Associate Professionals to achieve their highest potential'.

We are thrilled to host renowned speakers, who will share their insights and help assemble an engaging programme for the day. The schedule includes a range of captivating talks on various Medical Education topics. As you may know, there have been numerous developments in Postgraduate Medical Education, and today's presentations will keep you informed about these changes.

A significant shift in Medical Education has been the transition to a Group Structure. I was appointed as Group Director of Medical Education in January 2026, followed by Dr Rana Alia and Dr Asem Ali joining in April as Site Directors for North and South, respectively.

We have successfully completed our second cohort of Associate Medical Education Fellows, and you will learn about their projects during the event.

We received a substantial number of posters and abstracts, all reflecting outstanding quality, and we thank you for your contributions.

We also extend our gratitude to everyone who submitted nominations for the Annual Awards, as well as those colleagues who served on the judging panels.

Finally, we deeply appreciate the ongoing commitment of Educational and Clinical Supervisors, Resident Doctors, ACPs, PAs, and Medical Associates in supporting the education and training of our medical professionals.

We hope you enjoy today's event.



Professor Jack Kastelik,  
Group Director of Medical Education



# Programme

**"Empowering doctors, dentists, advanced practitioners, and medical associate professionals to reach their highest potential".**

**Friday 8 May 2026**

- 08:45 **Registration**
- 09:15 **Welcome**  
Professor Jack Kastelik, Group Director of Medical Education
- 09:20 **Opening Address**  
Mr Peter Sedman, Deputy Chief Medical Officer
- 09:30 **Tackling Burnout: Causes, consequences and what you can do about it**  
Dr Caroline Elton,  
Psychologist & Associate Professor/Senior Adviser Norwich Medical School
- 10:15 **Associate Medical Education Fellow Project Overview**  
Dr Alexandra Zalokosta, FY2, NLaG
- 10:30 **Supervision under pressure: Balancing Service Delivery and Training Needs**  
Mr James Haeney, Consultant Plastic Surgeon, HUTH
- 11:00 **Coffee Break**
- 11:30 **Medical Education Awards Part 1**  
  
Contribution to Education Award  
Friendship Award  
ACP/ACCP of the Year Award  
Medical Associate of the Year Award  
Locally Employed Doctor of the Year Award
- 12:00 **Oral Presentations - Poster Abstracts**
- 13:00 **LUNCH**
- 14:00 **Lighting the Spark: Building Confidence, Leadership, and Success through Clinical Audit**  
Val Revill, ACP General Surgery, NLaG
- 14:30 **Early Adoption of Exception Reporting Reforms**  
Dr Elizabeth Evans, GoSW & Specialty Doctor, Anaesthetics, NLaG
- 15:00 **Lost Tribe and its Future**  
Dr Asem Ali, Consultant, Stroke Medicine & Site DME, NLaG
- 15:20 **Medical Education Awards Part 2**  
  
Resident Doctor of the Year  
Educational/Clinical Supervisor of the Year  
Poster Abstract Award  
People's Choice Award
- 15:45 Close

## Caroline Elton



Dr Caroline Elton is an occupational and counselling psychologist who specialises in career counselling. After completing her first degree at Oxford University she obtained a fellowship to the University of Pennsylvania where she completed a Masters in Educational Research. She then returned to the UK and trained as a secondary school science teacher, before changing career direction, and re-training in psychology. Her experience of changing careers sparked a lifelong interest in how to help people make robust career choices.

Since 1998 Caroline has worked in medical education including setting up running the Careers Unit - now part of the London Professional Support Unit. In 2014 she left London Deanery to set up Career Planning for Doctors - a specialist career consultancy for the medical profession.

In 2018 her book *Also Human: the inner lives of doctors* was published by Penguin/Random House in the UK and by Basic Books in the US. Following its publication Caroline was invited to speak about her work and run workshops across the UK, in Ireland, the US and Australia. In 2025 she has published 2 further books: *Looking After: a portrait of my autistic brother* (about the experience of caring for her terminally brother) and *Career Planning for Doctors: an evidence-based approach*.

## Dr Alexandra Zalokosta



Alexandra Zalokosta MBBS, AKC (she/her)

Alexandra is a Foundation Year 2 Doctor currently working in NLaG. She has been an Associate Medical Education Fellow for the past two years, and has focused her projects on post-graduate education, specifically the F1 teaching curriculum. She graduated from King's College London in 2024, and additionally completed an intercalated degree in Medical Humanities, Philosophy and Law. Her research interests include medical education, with a specific focus on reflective practice and post-graduate education, and medical philosophy including the philosophy of the mind.

## Mr James Haeney



James Haeney is a Consultant Plastic Surgeon at HUTH since 2010. He was Clinical lead for Plastic Surgery 2010-20 and Clinical Director for Plastic Surgery & Dermatology 2011-2025. He is TPD for the Yorkshire and Humber Plastic Surgery Training Programme and has also held roles on the British Association of Plastic, Reconstructive & Aesthetic Surgeons Council, The British Society of Hand Surgery Council, the Training Interface Group in Hand Surgery steering committee and the Plastic Surgery National Selection steering committee.

## Val Revill



RGN, BA (Hons), BMedSci (Hons), PG Cert, MSc Advanced Practice  
Val trained as a RGN at the Royal London Hospital and consolidated her training there and at St Barts. She worked abroad in France and New Zealand for 3 years before returning to the UK and working as a surgical ward sister in Bath, undertaking a BA in health and social policy whilst in that role. She moved into Macmillan roles, firstly as a breast cancer nurse specialist, and then, after moving to Grimsby and completing a degree in oncology and palliative care, became the Macmillan lead for palliative care, a role she held for more than 10 years. Returning to surgery and completing an MSc in advanced practice, she has been a surgical ACP for 7 years and loves her role. Val is passionate about education through audit, QI and research, working as her team's audit lead and supporting resident doctors and ACPs to achieve their goals and potential.

Outside of work, she cites the simple joys of long walks with her husband and dogs, cooking and sharing food with family and friends, and a good pub quiz as the best antidotes to a stressful day!

## Dr Elizabeth Evans



Dr Elizabeth Evans is an anaesthetist. After graduating from The University of Leeds School of Medicine she undertook anaesthetic training in East Yorkshire, and has worked as a speciality doctor in NLaG for the past 12 years. She plays an active role in education, and is an EPALs and ALS instructor and the PROMPT faculty lead for anaesthesia. She became a medical examiner and the Guardian of Safe Working for NLaG and Navigo in 2021, and helped steer the implementation of the exception reporting reforms in 2026.

## Dr Asem Ali



Dr Asem Ali  
Consultant Physician Stroke / Geriatric / Internal Medicine.  
Director of Medical Education  
Northern Lincolnshire and Goole NHS Trust  
Clinical lead North Yorkshire and Humber Integrated Stroke Network  
International PACES examiner  
Strategic Lead for Education and Training APPNE  
Regional Stroke Master Class Organiser  
Endoscopist GESA (Gastroenterology Society of Australia)



# Nominations

## Educational /Clinical Supervisor of the Year Award 2026

**Finalists: Dr Anirban Som, Paolo Matteucci, Dr Sadia Javaid, Dr Asem Ali**

### Nominees

Dr Uzma Tazeen  
Dr Anirban Som  
Mr Paolo Matteucci  
Dr Shankar Kamath  
Dr Sadia Javaid  
Mr Tajinder Khera  
Dr Asem Ali  
Dr Uzma Tazeen  
Miss Lay Leng Yeap  
Dr Rana Alia  
Dr Rakesh Kapur  
Dr Rizwan Khan  
Dr Vikas Gupta  
Dr Mohammad Solaiman  
Dr Asem Ali  
Dr Mohammad Solaiman  
Dr Mohammad Solaiman  
Dr Nuwan Kankanamalage  
Dr Rayessa Rayessa

### Nominated By

Dr Rajin Humayed  
Dinesh Kumar Soundararajan  
Dr Christos Vosinakis  
Dr Eva Dennis  
Dr Sudichya Pyakurel  
Dr Abhishek Malakar  
Dr Anwar Umar  
Dr Asueze Igwe  
Mrs Karthikadevi Sivakumar  
Dr Natasha Abbas  
Dr Shahani Nazir  
Dr Ishika Mahajan  
Dr Srishti Jain  
Dr Win Lae Lae Aung  
Dr Umair Khan  
Dr Mohammad Areeb Iqbal  
Dr Talha Durrani  
Dr Katie-Sai Ellis  
Dr Tharushi Ranasinghe

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## Resident Doctor of the Year Award 2026

**Finalists: Dr Stephen McAleer, Selma Al Ahmad, Dr Katie Winstone**

### Nominees

Dr Faye Leggot  
Dr Erin McCabe  
Dr Abhishek Malakar  
Dr Stephen McAleer  
Dr Samuel Stokes  
Dr Mostafa Ahmed  
Dr Fizza Javaid  
Dr Maneesh Kumar  
Dr Samuel Stokes  
Dr Muhammad Usman Shah  
Dr Selma Al Ahmad  
Dr Ghyath Kafa  
Dr Rebecca Lavelle  
Dr Katie Winstone

### Nominated By

Dr Vishal Mehta  
Dr Eleanor Ramsay  
Dr Tajinder Khera  
Dr Nirmala Soundararajan  
Dr Eirini Kasfiki  
Dr Muhammad Rizwan  
Miss Slavyana Maydanovych  
Dr Haji Sheeraz Khan  
Dr Sofia Sofroniadou  
Dr Jawad Ul Qamar  
Dr Muhammad Masood Hussain  
M K Madhusudhana  
Dr Alexandra Abel  
Mr K Madhusudhana



# Nominations

## Locally Employed Doctor of the Year (LED) Award 2026

**Finalists: Dr Makina Lamont, Dr Sujata Singh, Dr Dinesh Temu, Dr Ayuni Zahar**

### Nominees

Dr Makina Lamont  
Dr Sujata Singh  
Dr Dinesh Temu  
Dr Ayuni Zahar

### Nominated By

Nicole Williams  
Nirmala Soundararajan  
Dr Sarah Dawson  
Dr Yoghini Nagandran

## ACP/ACCP of the Year

**Finalists: Jaime Hyde-Wyatt, Valerie Revill, Jenna Mckie**

### Nominees

Jaime Hyde-Wyatt  
Valerie Revill  
Jenna Mckie

### Nominated By

Lexi Timperley-Leech  
Chris McInnes and Jenna McKie  
Alex Wrigley

## Friendship Award

**Finalists: Chris Hendron, Dr Maneesh Kumar, Eman Shamsaee**

### Nominees

Chris Hendron  
Dr Hassan Gaili  
Dr Maneesh Kumar  
Dr Eman Shamsaee

### Nominated By

Dr Milly Newham  
Amgad Mohamed  
Dr Muhammad Rizwan  
Dr Alexandra Abel



# Nominations

## Contribution to Education Award 2026

**Finalists: Dr Emma Harkin, Jonathan Spann, Aonghas Michie**

### Nominees

Dr Emma Harkin  
Jonathan Spann  
Reporting Radiographer Team  
Aonghas Michie

### Nominated By

Dr Eman Shamsaee  
Dr Eirini Kasfiki  
Kathryn Olsen  
Charlotte Stephenson

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## Medical Associate of the Year Award 2026

**Finalists: Emily Holmes, Nakia Brown**

### Nominees

Emily Holmes  
Nakia Brown

### Nominated By

Dr Hania Sohawon  
Emily Dean

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**A special thank you to our judging panel:**

**Professor Jack Kastelik  
Dr Andrew Gratrix  
Dr Rana Alia  
Dr Mohammed Anas**

**Karen Jarvis  
Charlotte Precious  
Mr Aravind Desai  
Dr Elizabeth Evans**

# Abstract Submissions

1. **Development and Validation of a Training Curriculum for Peripherally Inserted Central Catheter (PICC) Use Among Sudanese Health Professionals**  
Ragda Abdallah
2. **A Breath of Fresh Air: Foundation Doctors Improving Oxygen Prescription on Respiratory Wards at a Tertiary Centre**  
Andrew Moorsish
3. **Optimising Lumbar Puncture Practice in Suspected Raised ICP A Two-Cycle Quality Improvement Project**  
Mohammed Awadh
4. **Embedding Conscious Inclusion in Clinical Education**  
Rebiye Chakartash
5. **Anatomical Variations of the Bifurcation Levels of the Common Carotid Artery and Superior Thyroid Artery**  
Mahil Abdalla
6. **Detection of Anatomical Variations and Pathological Findings of Coronary Arteries Using CT Coronary Angiography (CTCA) in Sudanese Adults**  
Mahil Abdalla
7. **Audit of Congenital Hypothyroidism**  
Choon Li Valerie Wang
8. **A Rare Case of Advanced Cervical Cancer in Pregnancy: Clinical Presentation, Diagnostic Challenges, and Multidisciplinary Management**  
Abhishek Malakar
9. **Improving the quality of teaching the management of an acutely unwell patient for year 4 medical students on their child health block**  
Dr Alexander Flach
10. **Biological therapy in the management of severe asthma in the elderly**  
Arif Manji
11. **Exploring dual biologic therapy in severe asthma and co-morbid inflammatory conditions: a case series**  
Arif Manji
12. **Clinical outcomes and management challenges treating complex allergic bronchopulmonary aspergillosis (ABPA) and severe asthma with biologic agents: a case series**  
Arif Manji
13. **Routine Preoperative Coagulation Screening at HUTH – an Audit**  
Hunter Mangleburg
14. **An audit on the quality of referrals made to Thoracic Surgery at Castle Hill Hospital**  
Francesca Leone
15. **Improving NIHSS Completion and Stroke Clerking Documentation in a Hyperacute Stroke Unit**  
Beyza Nursoy
16. **Title of Abstract: Introducing a trust-wide standardised, pre-filled, naloxone infusion order on EPMA**  
Matthew Kieran Curran
17. **Venous thromboembolism: Still a major risk factor for morbidity and mortality in surgical patients improving Specialty Referral Processes in the Acute Medical Unit at Hull Royal Infirmary**  
Val Revill
19. **Use of Low-Dose, High-Frequency Simulation to Improve Emergency Department Response to Paramedic Pre-Alerts**  
Ben (Garet) Londesbrough
20. **Robotic Assisted Hysterectomy in a teaching hospital over last ten years: Trends, Outcomes, and Service Evolution**  
Abhishek Malakar

21. **Title of Abstract: A case report on a 70 year old patient with Tubo-ovarian abscess with Actinomyces**  
Roxane Cottrell
22. **Streamlining the Management of Non-Cauda Equina Syndrome MRI Findings in the Emergency Department of a District General Hospital**  
Hameena Sekhon
23. **Thematic Analysis of Qualitative Medical Student Feedback Data to Identify Undervalued Trends**  
Patrick Martin
24. **Tiny pills, Big Wins: A Kidzmed Approach (Phase 2)**  
Rumbidzai S Jhamba - 1st entry
25. **From Contraception to Clot: Extensive Upper Limb Venous Thrombosis in a 15-Year-Old**  
Srishti Jain
26. **Awareness of Emergency Equipment and Drug Location Among Anaesthetic Medical Staff, Hull Royal Infirmary: A Quality Improvement Audit**  
Yew Wen Chieng
27. **Knowledge of clinicians about Fitness to Drive according to DVLA guidelines in patients with Syncope and transient loss of consciousness**  
Saqib Ameer
28. **Management of Acute Upper Gastrointestinal Bleeding in the Emergency Department**  
Mustafha Mortadha
29. **Steroid-Induced Hyperglycaemia on an Adult Neurology Ward: Baseline Audit and Targeted QIP**  
Souzan Al Bitar
30. **Improving Staff Awareness and Compliance with ReSPECT Form Accessibility on H70 (30 Rheumatology/General Medicine)**  
Becky Leung
31. **Systematic Review of the effect of Intravenous Iron on Exercise Capacity and Quality of Life in stable COPD patients**  
Rabbani Mahmoud Daoud
32. **Jarisch–Herxheimer Reaction Following Artemether/Lumefantrine in Falciparum Malaria: A Case Report**  
Niam Adam Abubakr Mahdi
33. **Mind the Gap. Improving Transition from Paediatric to Adult Care for Young People with Coeliac Disease. A Quality Improvement Project.**  
Rumbidzai Jhamba

## People's Choice Award - Poster Abstracts

Due to the high number of poster abstract submissions received for this year, it has been decided to only display the top 4 posters. The rest of the posters have been combined and are available to download using the QR code in the pink box.

### Poster Abstracts

Please click the link icon button below to review the poster abstract submissions



### Slido

Please click the link icon button below to enter your vote for the People's Choice Award.

or search the event code #HEAT2026 on slido.com







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# Thank you for attending today.

## Feedback & Certificates

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