



HM Hull
Medical
Education
Centre

MEDICAL EDUCATION NEWSLETTER

JULY 2025



DIRECTOR OF MEDICAL EDUCATION

Professor Jack Kastelik

It is with great pleasure to welcome you to our July MEC Newsletter. Many of our trainees are approaching the end of their rotations.

More specifically, our Foundation Year trainees are approaching the end of their rotations and we hope that they have enjoyed their work, have progressed through their training and have gained additional medical knowledge and skills. This has been reflected in the outcomes of the ARCPs. For all of the trainees who are rotating out from our organisation, we would like to thank you for all your hard work and wish you good luck in the future. We hope that working with us has provided you with a great clinical and educational experience and inspired you to continue in your clinical career.

We would like to welcome all the new Resident Doctors who will be joining us in August 2025. We hope that you find our organisation a great place to train and practice as doctors. We have a large number of clinical trainers with extensive clinical and educational experience, who will guide you on training pathways. As an organisation, we provide training as a tertiary centre as well as being a university teaching hospital working closely with the Hull York Medical School. This allows us to deliver a wide range of clinical training.

This year we have worked hard to set up and update an Induction programme, which hopefully will provide you with a comprehensive introduction to our organisation. You will also need to be aware that there will be additional mandatory training to complete in the next few weeks and we will be very grateful if you could put time aside to complete it. We understand that for many of you this may be your first clinical post. Similarly, we are aware that working in a new organisation may feel daunting. Please be assured that you will be warmly welcomed by the existing staff who will, without doubt provide any support or advice. We are here to support you and make your clinical experience and training enjoyable. If required there are many services available to support you.

Finally, for the Resident Doctors who have already worked with us and who are staying in our organisation, we would like to thank you for all your hard work. Please welcome the new cohort of the Resident Doctors starting with us and provide any support whilst they are settling into their new roles.

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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 Ali
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

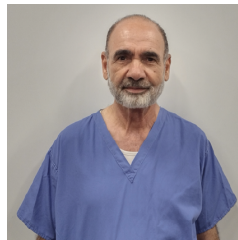
The FTPD team are here to support all Foundation Doctors in the Trust as well as ensuring that the regional training programme is delivered. The FTPD's work closely with the Director and Deputy Director of Medical Education to ensure that all Foundation Doctors have access to suitable training which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



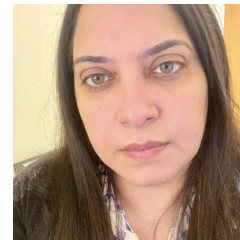
Dr Uzma Tazeen
Consultant in Elderly Medicine and FTPD



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

Blue Programme
Venue – MEC Session
Thursday 31st July 2025

| Time | Session | |
|---------------|--|--|
| 07.30 – 08.00 | REGISTRATION - MEC | |
| 08.00 – 08.15 | Outline of the Day Dr UKamdar Lecture Theatre(MEC) | |
| 08.15–08.30 | Welcome from North Bank Medical Director DrCaroline Hibbert LectureTheatre (MEC) | |
| 08.30–08.45 | Guardian of Safe Working (video) DrWajihaArshad Lecture Theatre – MEC | |
| 08:45–09:15 | Medical Staffing Joey Robson and Laura Jardine Lecture Theatre(MEC) | |
| 09:15 – 10:00 | Introduction to FY1 Training/Tips for F1and Well-Being DrRanaAlia andDivyaParkash Lecture Theatre(MEC) | |
| 10:00 – 10:15 | Walk to HILS | |
| 10.15 – 11:00 | Initial Assessment using A E Iain Peutrell Seminar Rooms4, 5, 6 – HILS | |
| 11.00 – 11.15 | Scenario Demonstration – Reinforce EWS and SBAR Iain Peutrell Seminar Rooms 4, 5, 6 – HILS | |
| 11.15 – 11.30 | BREAK | |
| 11.30 – 12.30 | Group 1 Medical and Surgical Scenario (30 minutes each) Iain Peutrell Seminar Rooms 4,5,6 | Group 2 Medical and Surgical Scenario (30 minutes each) Iain Peutrell Resus Department |
| 12.30 – 13.15 | LUNCH | |
| 13.15 – 14.00 | Overview of Core Procedural Stations HILS | |
| 14.00–17.00 | Hands on practice of Core Procedures HILS | |

Blue Programme
Venue – MEC Session
Friday 1st August 2025

| Time | Session |
|---------------|--|
| 07.30 – 08.00 | WELCOME & REGISTRATION Lecture Theatre (MEC) |
| 08.00 – 08.15 | Welcome and Outline of the Day Dr Rana Alia and Dr U Kamdar Lecture Theatre – MEC |
| 08.15 – 08.45 | Less Than Full Time Training – Via Teams/Webex Dr Sandra Ngu Lecture Theatre (MEC) |
| 08.45 – 09.30 | Pharmaceutical Aspects of Parenteral Drug Administration Max Goodman Lecture Theatre (MEC) |
| 09.30 – 10.00 | Radiology Procedure & Imaging Requesting Dr MKhalid Lecture Theatre - MEC |
| 10.00 – 10.30 | BREAK |
| 10.30 – 12.30 | Transfusion Theory Training (to include Phlebotomy) LauraField, David Emmitt, Joanne Bowden Lecture Theatre (MEC) |
| 12.30 – 13.15 | LUNCH |
| 13.15 – 13.30 | Patient Safety Incident Response Donna Picking Lecture Theatre – MEC |
| 13.30 – 13.45 | Quality Improvement Projects – via Teams/Webex Quality Improvement Team Lecture Theatre, MEC |
| 13.45 – 14.15 | Transition from Medical Student to FY1 Dr Will Brandrick and Dr Christian Mitchell Lecture Theatre – MEC |
| 14.15 – 17.00 | Prescribing Standards and Support Kristina Medlinskiene, Robert Calladine, Karen O'Keefe, Cameron Bowen, Katherine Gaunt, Frederick Mclachlan, Hannah Hart Lecture Theatre & Rooms 1,2,3 |
| 17.00 | END |

RESIDENT DOCTORS INDUCTION DAY
WEDNESDAY 6 AUGUST 2025
ALL GROUPS PROGRAMME

| Fast Track Group | | |
|----------------------|------------------------------|--------------------------------|
| 08:00 | Registration | Medical Education Centre (MEC) |
| 08:15 - 09:00 | Medical Staffing / ID Badges | 1 st Floor, MEC |
| | Smartcards / Security Access | 1 st Floor, MEC |
| | Market Place | Seminar 1 and Seminar 2, MEC |
| | Lorenzo Workshop | 1 st Floor, MEC |
| 09:00 - 11:30 | Lectures | Lecture Theatre, MEC |
| 11:30 - 12:30 | Transfusion Competency | Lecture Theatre, MEC |
| 12:30 - 13:00 | Lunch (provided in MEC) | |
| | | |
| 13:15 | Report to designated ward. | |

| Group 1 | | |
|----------------------|---------------------------------------|--------------------------------|
| 08:45 | Registration | Medical Education Centre (MEC) |
| 09:00 – 12:30 | Lectures and Transfusion Competencies | Lecture Theatre, MEC |
| 12:30 | Lunch (provided in MEC) | |
| 13:00 - 15:00 | Medical Staffing / ID Badges | First Floor MEC |
| | Smartcards / Security Access | First Floor MEC |
| | Market Place | Seminar 1 and Seminar 2, MEC |
| | Lorenzo Workshop | 1 st Floor, MEC |
| | | |
| 15:15 | End of Induction | |

| Group 2 | | |
|----------------------|------------------------------|--------------------------------|
| 10:00 | Registration | Medical Education Centre (MEC) |
| 10:15 - 12:30 | Medical Staffing / ID Badges | First Floor MEC |
| | Smartcards / Security Access | First Floor MEC |
| | Market Place | Seminar 1 and Seminar 2, MEC |
| | Lorenzo Workshop | 1 st Floor, MEC |
| 12:30 - 13:00 | Lunch (provided in MEC) | |
| 13:00 – 16:30 | Lectures | Lecture Theatre, MEC |
| 16:30 | End of Induction | |

| Group 3 | | |
|----------------------|------------------------------|--------------------------------|
| 10:30 | Registration | Medical Education Centre (MEC) |
| 10:45 - 12:30 | Medical Staffing / ID Badges | First Floor MEC |
| | Smartcards / Security Access | First Floor MEC |
| | Market Place | Seminar 1 and Seminar 2, MEC |
| | Lorenzo Workshop | 1 st Floor, MEC |
| 12:30 - 13:00 | Lunch (provided in MEC) | |
| 13:00 – 16:30 | Lectures | Lecture Theatre, MEC |
| 16:30 | End of Induction | |

Lecture Timetable – Fast Track and Group 1

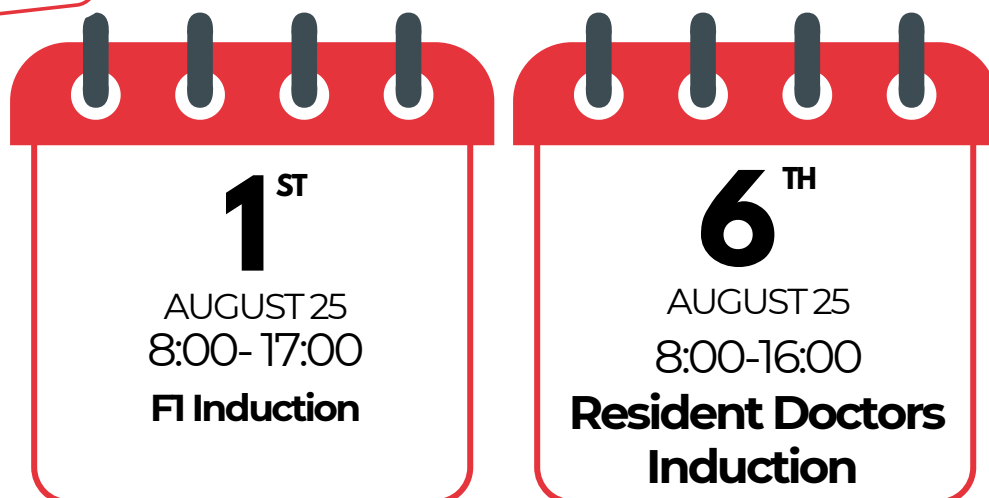
| | | |
|--------------|---|---|
| 09:00 | Welcome & Introduction to Medical Education | Professor Jack Kastelik Director of Medical Education |
| 09:10 | Welcome | Dr Caroline Hibbert North Bank Medical Director |
| 09:20 | Introduction to Staff Support Psychology | Divya Parkash |
| 09:30 | Resuscitation at HUTH | Iain Peutrell Resuscitation Manager |
| 09:50 | ePMA & Medicines Management | Kristina Medlinskiene & Robert Calladine Principal Pharmacists |
| 10:20 | Guardian of Safe Working Video | |
| 10:30 | Medical Staffing – (Webex Link to NLAG) | Joey Robson & Laura Jardine Employee Service Centre Manager & HR Manager |
| 10:40 | Tea / Coffee Break | |
| 10:50 | Blood Transfusion Theory | Joanne Bowden Transfusion Practitioner |
| 11:30 | Blood Transfusion Competency | Joanne Bowden Transfusion Practitioner |
| 12:30 | End of Lectures | |

Lecture Timetable – Group 2 & 3

| | | |
|--------------|---|---|
| 13:00 | Welcome & Introduction to Medical Education | Professor Jack Kastelik Director of Medical Education |
| 13:10 | Welcome | Dr Caroline Hibbert North Bank Medical Director |
| 13:20 | Introduction to Staff Support Psychology | Divya Parkash |
| 13:30 | Resuscitation at HUTH | Iain Peutrell Resuscitation Manager |
| 13:50 | ePMA & Medicines Management | Kristina Medlinskiene & Robert Calladine Principal Pharmacists |
| 14:20 | Guardian of Safe Working Video | |
| 14:30 | Medical Staffing | Joey Robson & Laura Jardine Employee Service Centre Manager & HR Manager |
| 14:40 | Tea / Coffee Break | |
| 14:50 | Blood Transfusion Theory | Joanne Bowden Transfusion Practitioner |
| 15:30 | Blood Transfusion Competency | Joanne Bowden Transfusion Practitioner |
| 16:30 | End of Lectures | |



August Upcoming Events



Grand Round

Grand Round will be taking a break for the six weeks summer holidays and will resume on Friday, 12th September.

We hope everyone enjoys a well-earned rest, and we look forward to welcoming you back then. See you all soon!



Clinical Attachments

Due to an exceptionally high volume of requests, clinical attachments are currently closed to both internal and external applicants.

We truly appreciate your understanding and patience during this busy period, and we thank you for your continued support.

Further updates will be shared as soon as availability resumes.



Weekly Teaching

Due to high demands on the wards, changeover in academic years and the annual leave rush period weekly teaching tends to take a break for summer.

F1 Teaching has already finished and will return with our new F1 Trainees on Thursday 7th August.

F2 Weekly Teaching is finished but start date is yet to be confirmed with the new trainees – this is likely to be the beginning of September.

IMT Teaching has also already finished and will return on Wednesday 3rd September

Shadowing Reminder

The Foundation Year 1 induction will take place on Thursday 31st July and Friday 1st August 2025.

It is mandatory that all new Foundation Year 1 Doctors attend the Induction on both of the days. Shadowing will take on Monday 4th and Tuesday 5th August.

All trainees will be required to register their attendance via a QR code. For further information please contact hyp-tr.foundation.year1@nhs.net.



Departmental Inductions

We are currently updating the information we hold on Departmental Inductions for all Resident Doctors. The aim is to continually update this information via our Induction Programme and through [Health Toolbox](#)

If you haven't already done so – it would be really helpful if all departments can send the following as soon as possible for August inductions and by end July for September/October inductions.

- Date and Time – Departmental Induction
- Location – Departmental Induction

You may also wish to provide any other useful information for our [Health Toolbox](#). By clicking the link, you can see examples of other specialties. Please let us have any updates by 31st July 2025.

Please send any updates to hyp-tr.medicaleducation@nhs.net

We appreciate your help in supporting our trainees.



We need your help! The Toolbox app is designed to make a difference, and we want it to reach as many people as possible. We're asking all Educational and Clinical Supervisors to take a moment to explore the app, share any feedback to help us refine and improve it, and most importantly, pass it along to the trainees. Your support can help us make this tool even more valuable – let's spread the word!

MEC Events – hyp-tr.mec.events@nhs.net



Goodbye to the 2024-25 Associate Medical Fellows



The Medical Education Team would like to extend their thanks to the 2024/25 cohort of Associate Medical Education Fellows.

Lydia Edwards
Adrienn Gyori
Mais Ismail
Rooshaan Qaiser
Soumayanil Saha
Christos Vosinakis
Alexandra Zalokosta



This was a new voluntary role introduced to give trainees experience of working within Medical Education. Recruited in Autumn 2024, the team quickly settled into their roles, having been allocated projects and supervisors to work alongside. Projects included Wellbeing, International Medical Graduates, FY1 Weekly Teaching, WAM/Bridging the Gap Days and Simulation. With regular meetings, the Fellows have made an excellent contribution to their projects and we wish them well as they move onto new roles and Trusts.

Medical Education will be recruiting for the next cohort in August/September 2025

Congratulations Faye

We would like to say congratulations to Faye Williams who commenced maternity leave at the beginning of July and is now the proud mummy of a beautiful baby girl – Sky Ella Rose, born on 12.7.25. Both Mummy and baby are doing well. Faye will be back in Summer 2026.



Regional Teaching help for F2 Day 1 Careers

We would like to request help from Specialty doctors in Medicine, Surgery, Paediatrics, O&G, Anaesthetics, General Practice and Emergency Medicine.

They will need to give a virtual MS Teams based presentation on how to apply to their specialty, also tips for improving portfolios and to answer questions from Foundation Year 2 trainees in 3 x 45 min sessions during the afternoon of any of the following dates:

Wednesday 20th August 2025; (13:15–1400, 14:15–1500, 15:15–1600)

Thursday 28th August 2025 (13:15–1400, 14:15–1500, 15:15–1600)

Wednesday 3rd September 2025 (13:15–1400, 14:15–1500, 15:15–1600)

Tuesday 9th September 2025 (13:15–1400, 14:15–1500, 15:15–1600)

Thursday 18th September 2025 (13:15–1400, 14:15–1500, 15:15–1600)

Specialty doctors will need to create their own presentation but will receive technical support on the day as well as a certificate for facilitating regional teaching from the Trust. Study leave should be requested for this.

In the first instance, please contact: hyp-tr.foundation.year2@nhs.net

Basic Surgical Skills Day at Diana, Princess of Wales Hospital



On June 25, Northern Lincolnshire and Goole NHS Foundation Trust (NLaG) proudly hosted a Basic Surgical Skills Day at the Diana, Princess of Wales Hospital, designed to support the professional development of Resident Doctors eager to advance their clinical and procedural competencies. The day offered a dynamic blend of hands-on experience, interactive learning, and guided instruction in fundamental surgical techniques.

A heartfelt thank you to the exceptional teaching team: Felix Hammett, Nida Bashir, Emil Bota, Prashanthan Balasundaram, Shatha Alihilali, and Farooq Khan—whose time, insights, and encouragement made the day truly valuable for everyone involved.

Their guidance helped foster a supportive learning environment, sparking confidence in the Resident Doctors and encouraging thoughtful reflection on clinical precision and teamwork. We hope attendees walked away with sharpened skills and renewed motivation as they continue their surgical training journey.



From Roadside to Recovery: Trauma Training at Simulation Event



Humberside Fire and Rescue, Yorkshire Ambulance Service, NHS Humber Health Partnership and other colleagues from across the health and care system all came together to create an interactive learning event around trauma systems.

The multi-agency event at Clough Road Fire Station saw a road traffic accident simulation with fire crews cutting a 'patient' from the wreck of a car, the pre-hospital medical services (air ambulance and ground ambulance crews) working on the patient at the scene and the hospital staff there to understand the patient perspective and potential medical challenges associated with extrication. Participants on the NHS England Enhance programme, run locally by the Yorkshire and Humber Generalist School, took part in the event.

Head of School for the Humber Generalist School, Miss Helen Cattermole, said: "Our fire service colleagues regularly run these events for their own staff, but by inviting us to participate our teams have gained a valuable insight into what happens before patients arrive at hospital; helping them to learn more about trauma all round, from the initial experience of trauma, through to the psychological impact and recovery. Having a group of medical, nursing and other healthcare professionals on scene has allowed the first responders to learn more about their own clinical management of the patient and to help them identify improvements in their processes for future incidents."

Following the simulation, those on the Humber Generalist School Enhance course spent the afternoon back at Hull Royal Infirmary learning more about the psychological impact of trauma, post-trauma management and about rehabilitation which included a patient sharing his story, 'from roadside to recovery'.

There are still spaces available for the eighth cohort of the Yorkshire and Humber Generalist School which starts in the Humber region (Hull, East Riding, Grimsby, Scunthorpe) in September. The ninth cohort starts in York in April 2026 (York and North Yorkshire). Courses are also running in Bradford and Sheffield. Apply at <https://www.yorksandhumberdeanery.nhs.uk/education/generalism-enhance> or email hyp-tr.enhance.yorkshire@nhs.net for more information.



Virtual Coffee with Kavitha

SuppoRTT Champion
Supported Return to training

Feeling like you need a little extra support?
Are you planning to take a break from
training or just returned to work after being
out of programme and need some advice?
Grab a cup of your favorite brew and join
Kavitha for a Virtual Coffee Chat—a warm,
welcoming space where you can connect,
share, and find encouragement.



No pressure, just good company and a chance to talk things through.
Don't miss out—let's make this coffee break count!



First Tue of every month
(Except September)



11:00am – 11:30am



Teams Link



Scan the QR Code above to join!

JUNE
2025

Resident Doctors of the Month



RICHARD SCHOFIELD **PAEDIATRIC**

Dr Schofield was who took the phone call from Bransholme about my daughter, the nurse came off the phone and said how lovely the doctor was and he thinks my daughter needs to be assessed at the Pediatric assessment unit at Hull Royal. After my daughter had a decline, all the staff acted so urgently and was fantastic, Dr Schofield talked me through everything that was happening in such a calm and reassuring way through an emergency and kept my daughter and myself calm, caring about my wellbeing as much as my daughter's. I truly feel he went above and beyond for me and my daughter, he was kind, caring and professional and spoke to me like a human not an inconvenience like you sometimes feel. He came later on and re explained everything so I could take it in better whilst Amelia was better and I was calmer. He acted professionally as a doctor but with the instinct and love of a parent, truly great person and I can't thank him and the team that day enough.



HUSSEIN PEETH **PAEDIATRIC**

Hussein went above and beyond during a very busy week. He showed commitment, enthusiasm and dedication. He was keen to learn, and kept a smile on his face all week. Hussein worked long hours putting the patients first. Hussein is a very valued team member and works at a level above his training grade. He is universally liked by staff, patients and families.



PRISCILLA CHONG **PAEDIATRIC**

Priscilla went above and beyond during a busy week. She showed commitment, enthusiasm and dedication to her work. She put the patients first, and ensured that paperwork was up to date, discharges were timely, and communication with staff, patients and families was excellent. Priscilla also used her IT skills to support the team, ensuring that work was efficient throughout. Priscilla is a very valued team member and works at a level about her training grade. She is universally liked by staff, patients and families.



JOSH MARSTON **EMERGENCY DEPARTMENT**

On a extremely busy night in ED minors a patient became very unwell and collapsed. Dr Josh Marston was so quick to help, took charge of the emergency situation and ensured the patient got straight to resus safely. Dr Josh is always first to help anyone (staff and patients). He is a fantastic doctor and we are very lucky to have him in the department

Don't Forget!

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

MONTHLY ROUND UP

70

Toolbox
monthly users

71
Events

229

New F2 and
above Trainees

408

Views on
Instagram

93

New F1
Trainees

15

Posts on
Instagram

168

Views on
MEC Website

3

Clinical
Attachments

1,130

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

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