



Humber Health  
Partnership

# MEDICAL EDUCATION

## NEWSLETTER

MARCH 2026



### Major trauma

Dr Kelum Perera  
Dr Junaid Tariq

ED - SGH

EMERGENCY



# **PROFESSOR JACK KASTELIK**

**Group Director of Medical Education**

It is with a great pleasure to welcome you to the March 2026 edition of the MEC Newsletter. March was a very busy month for the Medical Education Team. We interviewed a large number of a high calibre candidates for the Site Director Medical education posts. I am pleased to let you know that we appointed Dr Rana Alia for the HUTH Site DME and Dr Asem Ali for the NLAG Site DME. Congratulations to both of them.

We had a GMC visit at NLAG to assess the Gastroenterology department. Since the GMC visit we introduced a number of changes and created a new action plan. We had a number of meetings with different departments both at NLAG and HUTH to explore how we can improve medical education. We are working very closely with Dr Kate Wood, Mr Peter Sedman, Dr Caroline Hibbert and Dr Nick Cross. There has been very good engagement between the Medical Education Team and the Senior Clinical Management team who are reporting to the Board. As a result, a number of initiatives have been introduced. We produced various reports to the NHSE. Subsequently, we had an update meeting with the Postgraduate Dean and the NHSE teams who provided positive feedback on all the work that had been undertaken.

The GMC survey will be starting soon. It is very important for all of us to complete the GMC survey, which reflects on our training delivery and trainees' satisfaction. We would encourage everyone to complete the GMC survey.

We are currently undertaking national recruitment for the higher training in various specialities. Many of us contributed to the recruitment process and have found it very rewarding.

There has been a large amount of work undertaken in the context of NHS 10 point plan. We are providing regular updates on the work undertaken through various channels including the RDF.

We would like to thank Jessica Whittles who has been a very valuable member of the Medical Education team at HUTH. Jess is commencing a new post with the Lorenzo team from 30 March. We would like to wish her all the best in the future.

We received a large number of nominations as well as abstracts for our HEAT conference. We will be celebrating our educational achievements during the HEAT conference on the 8th of May 2026.



Professor Jack Kastelik  
Group Director of Medical Education

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## Welcome to our New Site Deputy Directors of Medical Education!



### Dr Asem Ali



I am delighted to introduce myself as the newly appointed Site Director of Medical Education for Northern Lincolnshire and Goole NHS Foundation Trust. It is a privilege to join such a committed and diverse group of colleagues, including trainees, Trust Grade doctors, Specialty Doctors, Educational and Clinical Supervisors, College Tutors, and Foundation Programme Directors. Each of you plays a crucial role in delivering high-quality patient care while shaping the next generation of clinicians.

I believe strongly in listening and collaboration. Over the coming weeks, I will be meeting with teams and individuals across the organisation to better understand your experiences, celebrate what works well, and identify opportunities for improvement.

Together, we have a real opportunity to build on existing strengths and continue advancing the quality of medical education within our organisation. I am excited about what we can achieve collectively and look forward to working with you all. Thank you for your continued dedication and for the warm welcome I have already received.

## Dr Rana Alia



It is with great pleasure that we have been able to extend Dr Rana Alia's position as Site Deputy Director of Medical Education for HUTH. Dr Alia brings with her a wealth of experience as a consultant neonatologist, having dedicated her expertise to the neonatal unit at the Women and Children's Hospital.

Her journey in neonatal training spans across renowned institutions in Leeds, Liverpool, and Manchester before she found her calling in Hull in 2018. For over four years, Dr Alia served as a Training Programme Director for Paediatrics, demonstrating her commitment to shaping the future of medical professionals. Her passion lies in neonatal cardiology, point of care ultrasound, and Medical Education.

Dr Alia's dedication to delivering high-quality education in a positive and supportive working environment aligns seamlessly with our mission at Medical Education.

Please join us in extending Congratulations to Dr Rana Alia. We look forward to a fruitful and collaborative journey as we continue to uphold excellence in Medical Education.

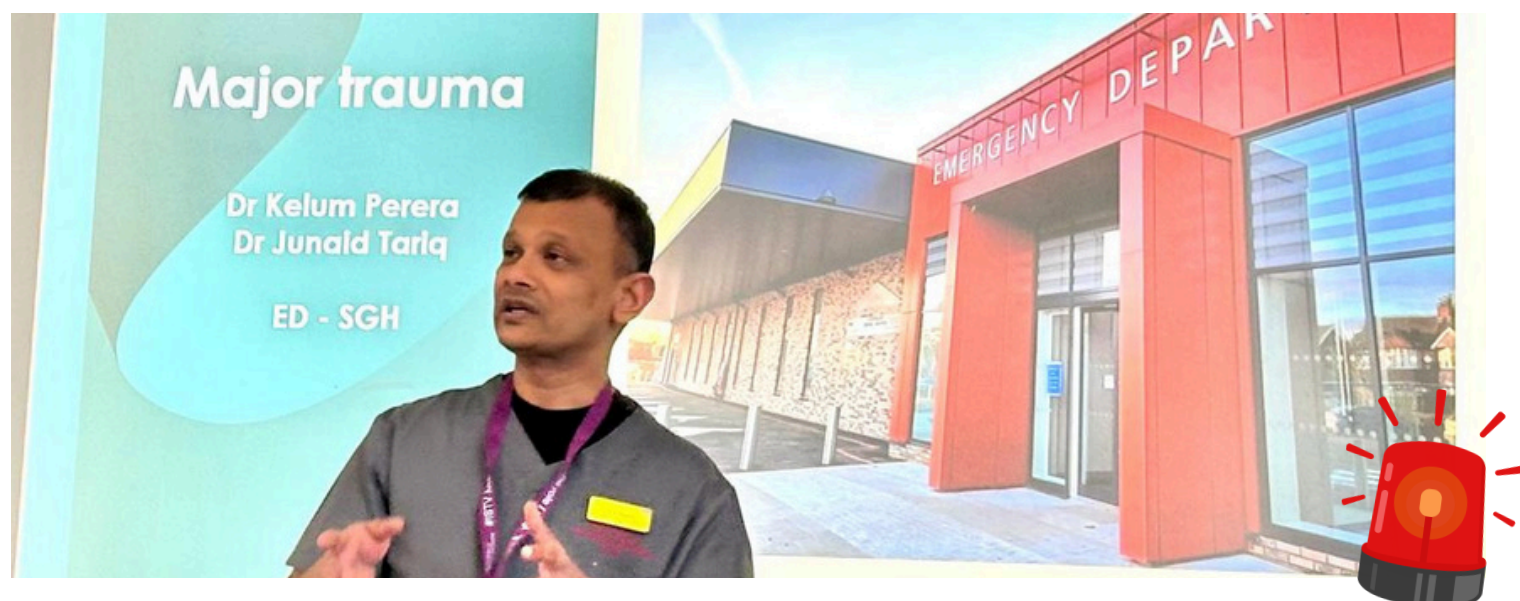
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## Time for Change.....

On Wednesday 1 April, it's Resident Doctor changeover. For some Resident Doctors this will be their last rotation in the Trust before moving on to continue their training elsewhere. Please can Departmental Inductions be arranged along with Supervisor meetings.



# 'Emergency Medicine' Grand Round



On Wednesday 4th March, SGH welcomed Dr Kelum Perera and Dr Junaid Tariq as this week's Grand Round speakers. Their session offered a compelling look into the evolving pressures of Emergency Medicine, highlighting the fast-paced decision-making, high patient volumes, and complex clinical challenges faced daily. They placed particular emphasis on Major Trauma, exploring both the clinical demands and the significant emotional and operational impact these cases have on staff and patients.

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## Introducing the 2026 Cohort of Chinese Doctors!

We are delighted to extend a warm welcome to the doctors visiting from China who will be joining us in Hull this April as part of our Chinese Doctor Programme. During their 10-week placement, they will be shadowing within their respective specialties, gaining insight into clinical practice and medical education at Hull University Teaching Hospitals. This programme offers a valuable opportunity for shared learning and cultural exchange, enriching our environment for both staff and visitors. We hope they find their time in Hull both professionally rewarding and personally enjoyable

# Educational Supervisor Workshops

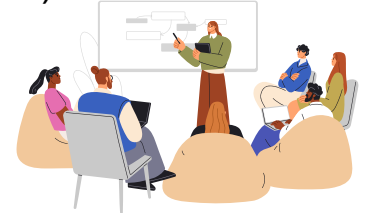
We have the following dates booked in for Educational Supervisor Workshops in HUTH 2026. HUTH colleagues can book via HEY247 on completion of the eLearning Modules. If you don't have access to this, please email [janet.tasker5@nhs.net](mailto:janet.tasker5@nhs.net).

Wednesday 29 April 2026 – 8.30am - 12.00pm (in person at CHH)

Monday 18 May 2026 - in person at MEC, HRI, 1pm - 4.30pm

Friday 3 July 2026 - online via MS Teams, 9.00am - 12.30pm

Friday 13 November - 1.30-4.30pm (in person at MEC, HRI)



We do not currently have any workshops scheduled in NLaG, however colleagues are able to book for workshops in HUTH on completion of the eLfH eLearning package or alternatively, we can arrange access to HEY247.

We are always looking for facilitators for Educational Supervisor Workshops for both Trusts. Facilitators should be fully accredited and workshops are usually 3.5 hours at a date and time to suit you (either online or in person). Please contact [janet.tasker5@nhs.net](mailto:janet.tasker5@nhs.net) if you are able to offer support for this. Appropriate resources will be provided.



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## Goodbye Jess!



After several rewarding years in Medical Education, I will be moving on from my role. It has been a privilege to support MEC teaching, induction periods, and key projects such as the HEaT Event. I have also enjoyed helping out with the running of our department through organising room bookings, newsletters, website and social media updates and uploading to the Health Toolbox App. I am incredibly grateful for the support and kindness shown by colleagues throughout my time here, and I want to say thank you to everyone who has helped make my experience so positive.

# DPoW: Tennis Club



Welcome to our Doctors' Mess Tennis Club!

Open to doctors of all grades, the club is run and currently funded by members of the Doctors' Mess. We hold weekly sessions at the Bannatyne Gym in Humberstone, usually between 6–8pm on varying weekdays (Monday–Wednesday)

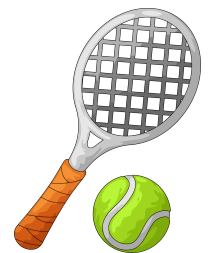
Each session features a mix of rallies, games, and matches, depending on numbers. Membership is free for Doctors' Mess members, and we provide rackets and balls, all levels are welcome!

We're also exploring additional funding so we can open the club to non-paying members and involve more doctors.

[Click here to join the conversation](#)

[Click here to sign up for membership / payments](#)

Come join us for some fun, exercise, and friendly competition!  
Doctors' Mess Committee



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## Welcome Ellie!

We are delighted to welcome Ellie Brown to HUTH as our new Regional Training Administrator within Medical Education! She will be working closely with the Regional Training Team and also the Events Team and we look forward to seeing her thrive in her new role.

A warm welcome to Ellie Brown - we hope she enjoys being part of the Medical Education Team.



# Resident Doctors of the Month

February 2026

**NHS**  
Hull University  
Teaching Hospitals  
NHS Trust

## Dr Amrit Pokharel and Sarita Rebeiro

Obs & Gynae and Anaesthetics (ST6 and ST3-5)



This case of a CAT 1 Caesarean section at 34 weeks gestation demonstrated exemplary multidisciplinary teamwork and swift clinical decision-making, resulting in safe outcomes for both mother and baby. Staff quickly recognised absent fetal movements and an abnormal CTG, prompting immediate escalation to the labour ward and rapid specialist review. The registrar, midwifery, obstetric, anaesthetic and neonatal teams worked seamlessly together, ensuring timely administration of steroids, preparation for delivery, and safe conduct of the emergency caesarean section.

Intraoperatively, the team and especially the registrar showed outstanding vigilance in identifying and managing maternal haemodynamic concerns and anaemia, coordinating effectively with outreach, ICU colleagues and other MDT specialists to maintain maternal stability. Postnatally, high-quality monitoring continued, with clear communication, prompt reviews, and excellent collaborative planning leading to the patient's safe transfer from ICU back to maternity areas as her condition improved.

Throughout the episode, staff demonstrated compassion, professionalism, and excellent clinical judgement. The mother reported no concerns and felt well supported. This case reflects the very best of maternity care—rapid recognition of risk, coordinated MDT response, and unwavering commitment to patient safety.

**NHS**  
Hull University  
Teaching Hospitals  
NHS Trust

## Kirstie Wright

Anaesthetics - ST3-5



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Dr Kirstie Wright who was a bastion of calm, efficiency, and support throughout. She was the one who did the majority of the interventions. I think the entire scenario would have been far less well managed. I really feel she needs to be recognised for her work.

There were no nominations for NLAG this month

**DON'T FORGET**

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

**NHS**  
Humber Health  
Partnership



# MEDICAL EDUCATION EASTER HOURS

|                                |                 |
|--------------------------------|-----------------|
| GOOD FRIDAY                    | CLOSED          |
| SATURDAY 4 <sup>TH</sup> APRIL | CLOSED          |
| EASTER SUNDAY                  | CLOSED          |
| EASTER MONDAY                  | CLOSED          |
| TUESDAY 7 <sup>TH</sup> APRIL  | 8:30AM – 4:30PM |

Wishing everyone a joyful long weekend. Whether you're spending time with loved ones, taking a quiet moment for yourself, or simply enjoying a well-earned break

# IMG WhatsApp Group

## Join Your Peer Support Community Today!

We're excited to introduce a brand-new IMG Support WhatsApp Group. A dedicated space for International Medical Graduates working across our Group.

This group is here to help you:

Navigate NHS life

Connect with fellow IMGs

Share concerns or ideas

Get updates on IMG events

Ask questions (big or small!)

Access support and resources



Hull IMG Doctors  
WhatsApp group

Scan this QR Code using the  
WhatsApp Camera to join this group

If you have any questions or ideas, feel free to get in touch at  
[hyp-tr.imgdoctors@nhs.net](mailto:hyp-tr.imgdoctors@nhs.net).

# HEAT

*Humber Education and Training Event*

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

Keynote  
**SPEAKERS**

Poster Abstract  
**PRESENTATIONS**

Medical Education  
**AWARDS**

CPD points  
**APPLIED**



**Friday 8th May 2026**  
**Medical Education Centre, HRI**  
**Scan the QR code, or visit [hmec.uk/heat](https://hmec.uk/heat)**  
**to book your place.**



Accessing the Health Toolbox app is an essential part of your doctor training, the toolbox app has everything you need to know all in one place, from previous induction videos, to study leave guides and wellbeing support all essential details are in once place.

## How to access:

1

Download Health Toolbox or open it in the browser on your PC or Phone.

2

You can then create an account



3

### Create a new account

Select your location in the list or search below.

Search input: Q HUTH  
Dropdown: Hull University Teaching Hospitals HUTH  
Text: If you already have an account please first sign in here.

### Create a new account

Select your location in the list or search below.

Search input: Q NLG  
Dropdown: Northern Lincolnshire and Goole NLG

You will need to search HUTH or NLG depending on which hospital you would like to access.

4

You will then need to fill out the below with details about you and your job, this will then create you an account and you will have full access to the Health Toolbox Site.



Creating a new account for:

Hull University Teaching Hospitals (change)

- If you already have an account at Health Toolbox please sign in.

Work Email (NHS, doctors.org.uk or .ac.uk):

Email address

Ensure it is correct as we need to send the login details.

Name:

First and Last Name

## Already have an account?

If you already have an account don't worry you can sign in if you remember your details or you can click 'forgot your password?' and you can then follow the relevant steps to recover your account

Existing user email:  
E-mail  
Password:  
Password  
Forgot your password?  
Please read: Privacy policy and Terms of use  
Accept terms & sign in Find your hospital or create an account

If you have any further questions about the Toolbox app please contact [jessica.whittles@nhs.net](mailto:jessica.whittles@nhs.net)

# 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...

[hyp-tr.mec.events@nhs.net](mailto:hyp-tr.mec.events@nhs.net)