



HM Hull
Medical
Education
Centre

MEDICAL EDUCATION NEWSLETTER

SEPTEMBER 2025



It is our great pleasure to welcome you to the September Edition of the MEC Newsletter. We hope that many of you who started in August are settling in and gaining excellent clinical experience and training.

We would like to welcome all the new doctors joining us in September. We undertook another induction and welcomed a new group of doctors. This year we had over 400 doctors going through the induction. We all hope that you all are settling in well within our organisation. We would like to thank the Medical Education team and numerous other individuals for their hard work in helping deliver this.

We are currently going through the process of reviewing the GMC survey results. We undertook a number of meetings with different departments and we would like to thank all the departments for their very helpful comments and responses. You may be aware of the new '10 year NHS plan' and 'Improving lives of doctors' documents, which addressed the issues of workforce and medical training. These are very important documents, which may help us to shape the future of medical training and education.

We received a large number of applicants and have recruited to the role of Associate Medical Education Fellows. Medical Education Centre and Hull Institute of Learning and Simulation (HILS) are busy with delivering a large number of educational events. We hope to see many of you at our various educational and training events.

A handwritten signature in black ink, appearing to read 'J Kastelik'.

.....
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.



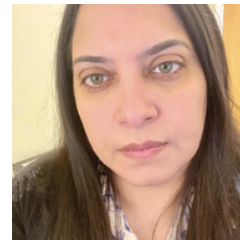
Dr Uzma Tazeen
Consultant in Elderly Medicine and FTPD



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



October Upcoming Events

1ST

October

**HUTH Resident
Doctors Induction**

2ND

October

IMG Induction

6TH

October

**Chinese Doctor English
Training Begins for 1
week**

8TH

October

HUTH Trust Induction

9TH

October

**Obs and Gyne Doctors
in Training Sessions**

15TH

October

**Sedation Course for
Anesthetists**

16TH

October

**Educational Supervisor
Workshop - Radhika
Raghunath**

23RD & 30TH

October

F2 Day 6 WAM

29TH

October

**NLAG Resident Doctor
Induction**

October Induction

HUTH

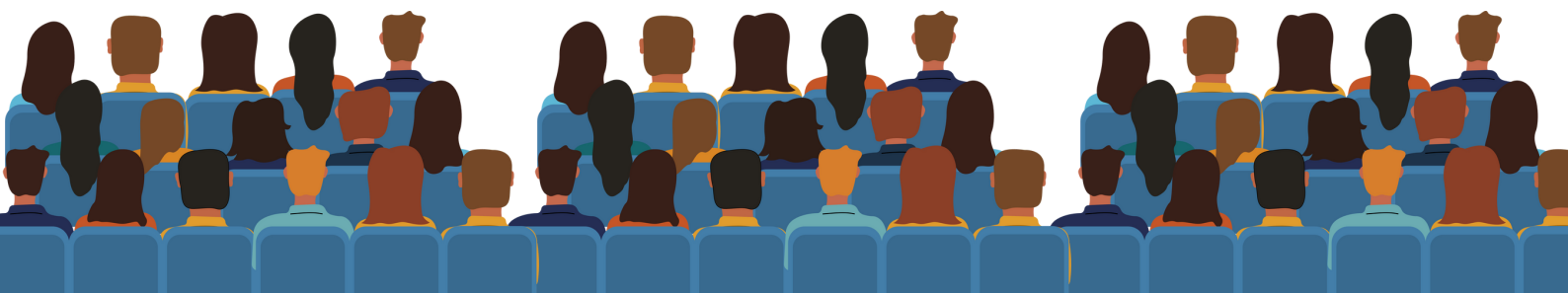
We are delighted to welcome 45 new Resident Doctors to Hull University Teaching Hospitals NHS Trust. The induction program has been designed to provide vital information and support for our newest team members as they begin the next stage of their medical careers.

The day will include a variety of essential talks, starting with an Introduction to Staff Support Psychology from Divya Parkash, Assistant Psychologist, offering guidance on well-being and mental health. Joey Robson, ESC Manager and Laura Jardine, HR Manager, will provide an overview of HR processes and the Employee Service Centre. There will be a video presentation from Wajiha Arshad, The Guardian of Safe Working, highlighting the Trust's commitment to ensuring safe, fair, and supportive working conditions for all doctors in training. Residents Doctors will also benefit from a session on Resuscitation at HUTH, led by Iain Peutrell, Resuscitation Manager, followed by a session on ePMA and Medicines Management with Kristina Medlinskiene, Principal Pharmacist. To wrap up the induction, Joanne Bowden, Transfusion Practitioner, will provide important training on blood transfusion procedures.

This aims to equip our new Resident Doctors with the knowledge and tools they need to thrive in their roles and contribute to the high standards of patient care at HUTH.

NLAG

The October Residents Doctors Induction for NLAG will take place on Wednesday 29 October, this is to ensure we capture all those joining the Trust throughout October. The Induction will take place via TEAMS and will commence at 09:00. The TEAMS invite and Agenda for the meeting will be sent to you via your NHS e-mail, so please be aware of this. For any further information please contact Craig Ellis, Medical Education Administrator, Ext: 03033 304544.





Save the Date: Upcoming HEaT Event & Medical Education Awards Launch



We're thrilled to announce two key dates for your calendar:

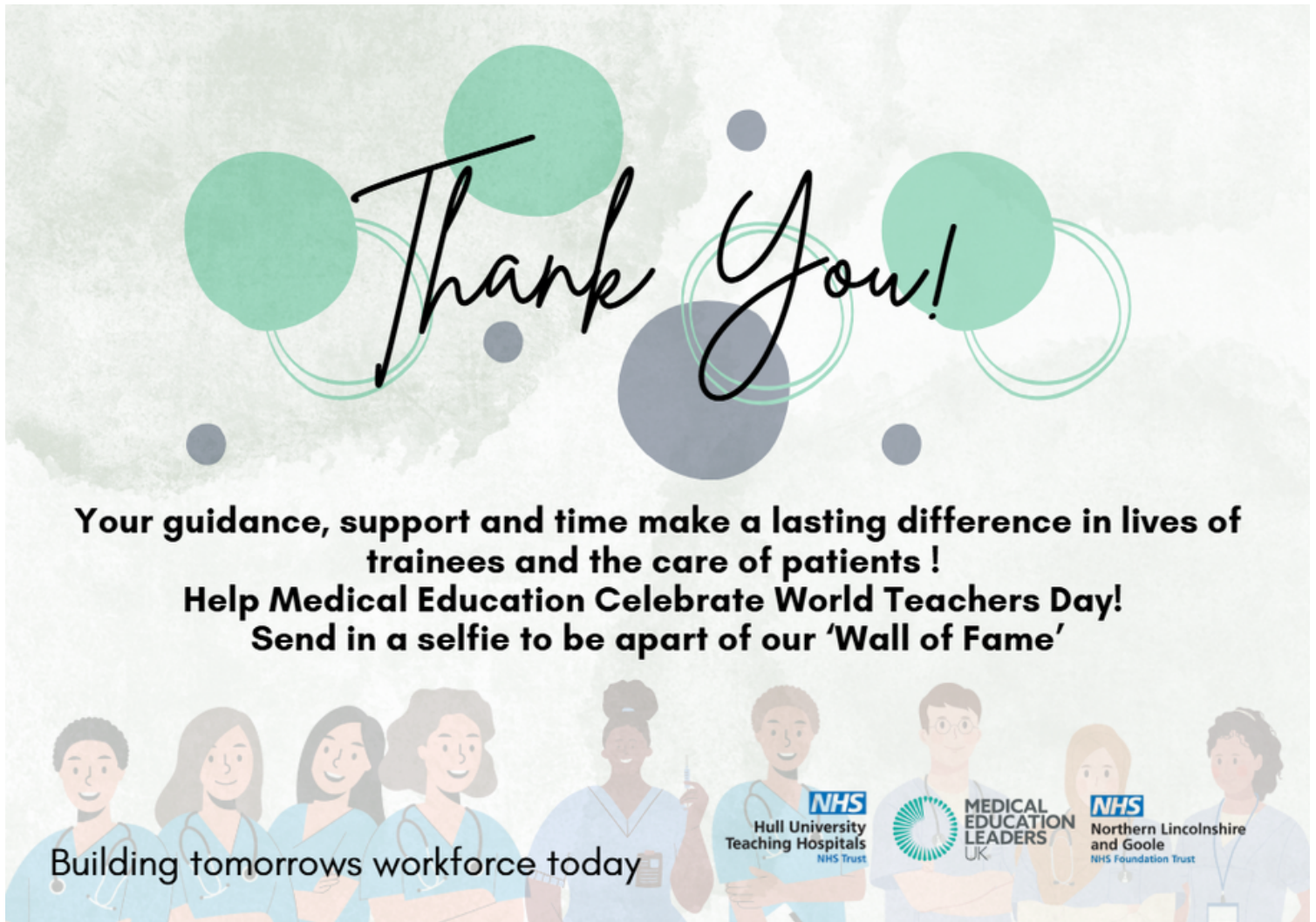
HEaT Event – Friday 9th May 2026

Join us for our next HEaT Event, bringing together colleagues across Medical Education to celebrate innovation, collaboration, and excellence. More details to follow soon!

Medical Education Awards Launch – Friday 31st October 2025

The countdown begins! Our prestigious Medical Education Awards will officially launch on 31st October. Keep your eyes peeled for nomination details and how to get involved. Let's celebrate the incredible work happening across our teams—watch this space!

World Teachers day



Thank You!

Your guidance, support and time make a lasting difference in lives of trainees and the care of patients !

Help Medical Education Celebrate World Teachers Day!

Send in a selfie to be apart of our 'Wall of Fame'

Building tomorrows workforce today

NHS Hull University Teaching Hospitals NHS Trust

MEDICAL EDUCATION LEADERS UK

NHS Northern Lincolnshire and Goole NHS Foundation Trust



September Induction Round Up

On Wednesday 3rd September 2025, we were delighted to welcome approximately 80 new Resident Doctors to the Medical Education Centre for their official induction. The day began bright and early at 7.45am, with sessions running until 1.00pm, offering a warm introduction to the Trust, key contacts, and essential information to support their transition. Following this, our new colleagues headed to their respective departments for Ward-based Induction, where they met their teams and began settling into their clinical environments.

Thank you to everyone who helped make the day a success—we're excited to see the contributions these new Resident Doctors will bring to our services!



Grand Round at NLAG

We were pleased to host a successful Grand Round on Wednesday 17th September 2025, featuring a presentation by Dr Bashar Yasso from the Respiratory department.

Dr Yasso delivered an insightful session on 'NIV' (Non-Invasive Ventilation), sparking valuable discussion and engagement from attendees. Thank you to everyone who joined us and contributed to the conversation.

Stay tuned for details of our next Grand Round!

Macmillan Coffee Morning - Round Up



A heartfelt thank you to everyone who joined us for the Medical Education Macmillan Coffee Morning!

Thanks to your generosity, we raised an amazing £129 in support of Macmillan Cancer Support. Whether you baked, donated, or simply popped in for a cuppa, your contribution made a real difference.

It was a lovely opportunity to come together, enjoy some delicious treats, and support a fantastic cause. We're so grateful for your kindness and enthusiasm.

Let's keep the spirit going — until next time!

MRCP PACES - Round Up



On the weekend of the 27th and 28th September 2025, MEC once again hosted the new MRCP PACES examinations. The examination was hosted and co-hosted by Dr Hiten Thaker and Dr Mustaffa Giaffer. The event ran very smoothly and efficiently, administered by Nikki Pass, Jayne Baker and Kaytee Hirons and supported by other dedicated members of the MEC team.

We have hosted the MRCP PACES at both Hull Royal Infirmary and Castle Hill Hospitals for over 30 years and have received many accolades of appreciation. This latest version, after 10 years of the previous one, has led to further improvement in this process. Once again a very proud moment for the Medical Education team

Farewell to Our Visiting Doctors



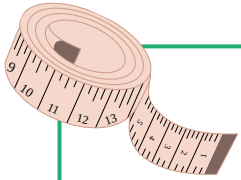
A huge congratulations to the four doctors who have successfully completed their observership at Hull University Teaching Hospital!

It has been a pleasure to host you, learn from your expertise, and hear about the incredible work you're doing in your hospitals back in China. Your presence has enriched our Medical Education community, and we're grateful for the opportunity to collaborate and share knowledge.

We wish you all the very best in your future careers.

Resident Doctor of the Month

August 2025



Sakinah Said Ali

Paediatrics
ST3-5



Sakinah is an exceptional resident doctor. She is one of the most kind and compassionate people I have ever met, and exudes this level of thoughtfulness, consideration and care in all of her patient interactions. Sakinah will go above and beyond for her patients and families – always taking the extra step and going the extra mile.

Sakinah is universally liked by the whole team, and feedback from her colleagues is fantastic. She is highlighted as being someone who will always help others, supports others when they are struggling, offers teaching and education whenever she can, and is considerate of the wellbeing and mental health of her colleagues as well as her patients.

Sakinah is softly spoken, and quietly calm. She works at a very high level – above her official training grade – and even when under intense pressure, remains calm, kind and thoughtful.

Sakinah deserves recognition for her ongoing and continuous incredible work. Patients and parents are universally reassured and grateful for the care she gives – but more than that, for the way she delivers it. Colleagues value her hugely.



Don't Forget!

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



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 bar with 'HUTH' entered. Below it, a dropdown menu shows 'Hull University Teaching Hospitals' with the 'HUTH' logo.

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 bar with 'NLG' entered. Below it, a dropdown menu shows 'Northern Lincolnshire and Goole' with the 'NLG' logo.

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.



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



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

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](#)

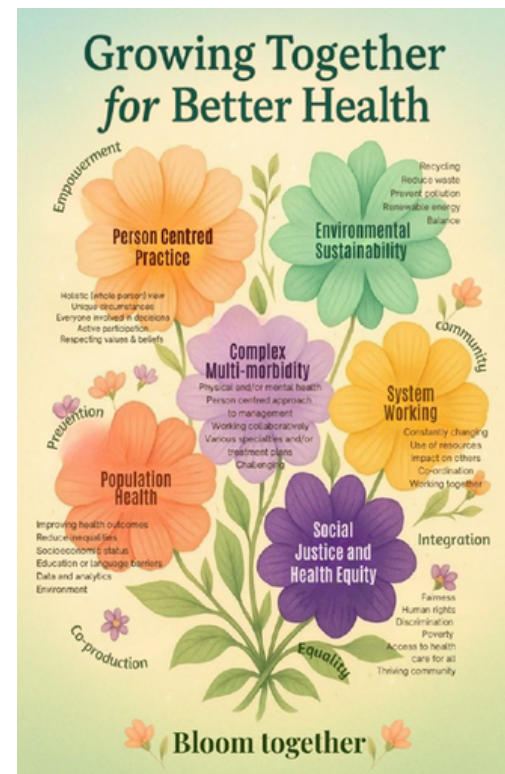
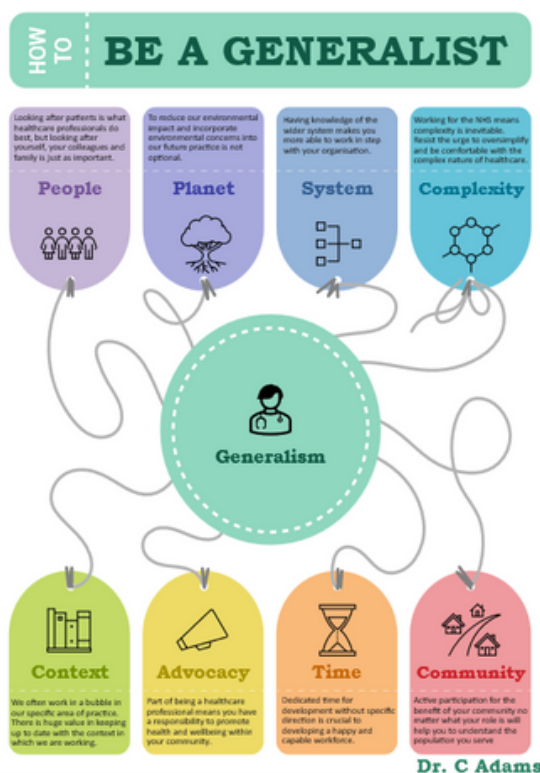
Already have an account?

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

If you have any further questions about the Toolbox app please contact jessica.whittles@nhs.net

A successful completion of Cohort 6 and their poster display!

Our cohort 6 participants of the Yorkshire and Humber Generalist School (HGS) recently finished their year long programme taking the total number of participants to over 165. Cohort 6 had a wonderful final day of poster presentations. This day helped to summarise their journey of collaborative working with multiprofessional participants from secondary and primary care as well as the voluntary sector demonstrating linkage into the 10-year plan! This closing event of cohort 6 allowed them to show off a bit of creativity as well. It was a brilliant day of reflection, inspiration and most importantly getting their completion certificates and gave everyone the opportunity to reflect on how they want to take the HGS legacy forward in their careers. Below are some of the posters from the cohort, you can see how individual talent, imagination and personality are shown.



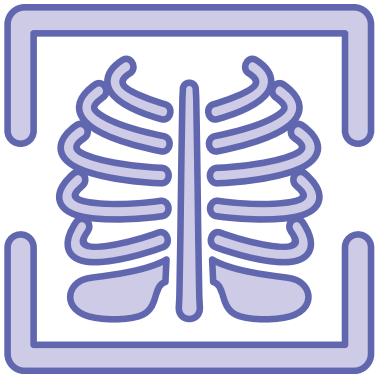
Visit our website <https://www.hee.nhs.uk/our-work/enhancing-generalist-skills> and <https://www.yorksandhumberdeanery.nhs.uk/education/generalism-enhance> or email us on hyp-tr.enhance.yorkshire@nhs.net for more information.

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.

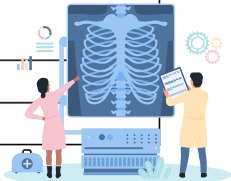
We can't wait to see you in Hull at the DoubleTree by Hilton on 17th-18th November 2025 for two days of learning, networking and sharing ideas.

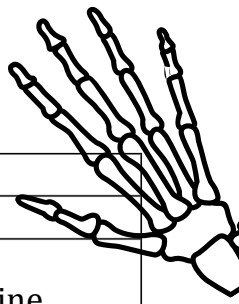
We look forward to seeing you there!



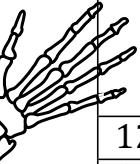
Day 1: Monday, November 17, 2025

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





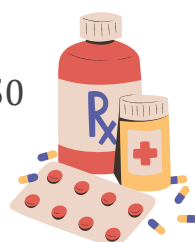
Time 09:00 -	Session	Speaker	Topic
09:10 09:10 -	Welcome & Housekeeping		
09:50	Session 1	Dr. Chris Srinivasan (Emergency Medicine & Yorkshire Air Ambulance Consultant, Hull University Teaching Hospitals NHS Trust))	From Incident to Imaging: A Frontline Perspective
09:50 - 10:30	Session 2	Dr. Emma Helbren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



Extended abstract deadline: 8th September 2025

Please note that the abstract submission deadline has been extended to 8th 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.
- ☐ 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 22nd 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



Monthly Round up

255

Toolbox
monthly users

203

Events

65

Study Leave
Requests

16

PACES
Candidates

45

October
starters (F2 and
above) trainees

8

Patients for
FRCS

122.5

Days of
Study leave
Requested

3

Clinical
Attachments

3,659

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