



The Royal College of
Emergency Medicine



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Return to EM Virtual study day

Date: Tuesday 13 July
RCEM accredited for CPD
GMC domains covered:
RCEM curriculum 2021 codes:

This one day live event will be complimented by a series of 20 minute pre-recorded talks on a wide variety of topics designed to support EM doctors returning to clinical practice in the ED this year.

This year we have aimed equally at individuals returning to work and also importantly at the EM teams who will be supervising and supporting trainees, peers and colleagues.

We will be providing educational updates, sharing knowledge and experience and promoting EM team wellbeing.

Live Q&A sessions will enable EM doctors who have not been working clinically during recent months to share and seek support, voice concerns and answer important questions during what is a particularly challenging time for our specialty.

CPD certificates

CPD certificates will be sent to those who attended the live session ten working days from the end of the event. Please note, you are required to attend the live event in order to receive your CPD certificate.

Who should attend?

- EM clinicians at all levels

What to expect

- Presentations will be available for delegates to watch four weeks before the live event
- Further discussion points or CPD reflection questions will also be included with the talks. This will give delegates the opportunity to reflect on their learning before joining the live session.

Pre-recorded talks

We have included a variety of different talks tailored to delegates in different situations and at different points in their career, please only watch those that are relevant to you. Pre-recorded talks will be released on Tuesday 29 June and should be viewed prior to the live event. Other topics to be added in due course.

A short introduction to the event

Dr Laura McGregor

Returning as a consultant - planning annual appraisals and revalidation

Barbara Key

Returning as an SAS grade doctor

Immad Qureshi

Returning as a trainee

Katy Hambley

Pregnancy and working in the ED, returning LTFT, who to approach for support and getting back to ARCPs: A trainee perspective

Rashpal Ghataoura

Maternity leave, paternity leave and shared parental leave

Chris and Nicola Moultrie

EM doctors: Returning to work, breastfeeding and expressing

Robyn Powell

Being a parent and an ED physician - it is compatible!

Victoria Reid

Assisted pregnancies and how to manage ED shifts and family life when returning from maternity leave

Karen Squires

A personal perspective from an EM doctor - the challenge of having COVID19, family grief, anxiety and returning to work.

Shama Khan

Managing stress, reducing burnout, addressing imposter syndrome and compassion fatigue

Serra Pitts

COVID systems update

Caitriona Considine

COVID clinical update

Beth White

RCEM curriculum update

Will Townend

Deanery and the return to work process: How the professional support unit can help EM trainees, including advice for educational supervisors

Speaker TBC

Flexible training/working Less Than Full Time (LTFT): Considerations for returning to work and advice for educational supervisors to address specific needs of LTFT trainees

Speaker TBC

A Career in EM: When training feels overwhelming, how can the deanery help you to achieve your career ambitions, support you through difficulties and help you to make your work/life balance right?

Speaker TBC

Doctors support network

Speaker TBC

Getting well and keeping well as a doctor

Speaker TBC

A personal perspective from an EM doctor: Doctors with disability

Speaker TBC

The GMC perspective

Speaker TBC

Live event on 13 July

09:50 - 10:00 Join the virtual meeting space

10:00 - 10:10 **Welcome and introductions**
Sarah Finlay and Laura McGregor

Session 1 COVID updates

10:10 - 10:20 **Starting positive - What good things have happened in EM in the last year?**
Speaker TBC

10:20 - 10:30 **Key clinical updates**
Beth White

Live event on 13 July

10:30 - 10:40 **Key hospital systems updates**
Caitriona Considine

10:40 - 11:00 **Panel discussion and Q&A**
All speakers

11:00 - 11:15 **Break**

Session 2 Non COVID clinical updates

11:15 - 11:35 **Adult EM key updates**
Speaker TBC

11:35 - 11:55 **Paediatric EM key updates**
Michaela McGlone

11:55 - 12:15 **Panel discussion and Q&A**
All speakers

12:15 - 13:00 Lunch

Session 3 College updates

13:00 - 13:15 **Sustainable Working Practices Committee and Women in EM Special Interest Group update: What resources are available to support you**
Shama Khan and Laura McGregor

13:15 - 13:30 **Curriculum and exams update**
Fiona Hunter and Will Townend

Session 4 Practical tips on returning to work

13:30 - 13:40 How to keep up when you're off & returning: Podcasts, technology, learning
Lou Mitchell

13:40 - 13:50 **A LTFT Trainee perspective - returning, connecting, ARCPs & tips for our Educational Supervisors**
Rashpal Ghataoura

13:50 - 14:00 **A FASSGEM perspective: Supporting our staff grade, associate specialist and specialty grade doctors**
Immad Qureshi

Live event on 13 July	
14:00 - 14:30	Panel discussion and Q&A All speakers
14:30 - 14:45	Break
Session 5:	Mental health and peer support
14:45 - 14:55	The value of peer support with the LeadersPlus Fellowship Programme Karen Squires
14:55 - 15:05	What have we learnt about EM doctors mental health in the last year and what next? Serra Pitt
15:05 - 15:15	How can peer support networks help our teams to gain and maintain better mental health? Elspeth Pitt
15:15 - 15:30	Panel discussion and Q&A All speakers
15:30 - 15:35	Summary Sarah Finlay and Laura McGregor
15:35	Close