



## Return to EM

Date: Friday 15 July  
RCEM accredited for CPD

This one day live event will be complimented by a series of 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.

### Live event on 15 July

10:30 - 10:45	<b>Join the virtual meeting space</b>
10:45 - 11:00	<b>Welcome and introductions</b> Sarah Finlay, EM Consultant, Imperial College Healthcare NHS Trust, Laura McGregor, EM Consultant, University Hospital Monklands and Educational Director, Scottish Centre for Simulation and Clinical Human Factors and Cieran McKiernan, Cieran McKiernan, EM Consultant, Queen Elizabeth University Hospital, Glasgow

### Session 1: Clinical updates

11:00 - 11:15	<b>COVID clinical update</b> Igor Starinskij, ST6 Infectious Diseases and Virology, NHS Greater Glasgow and Clyde
11:15 - 11:35	<b>Adult EM key updates</b> Neil Hughes, EM Consultant, University Hospital Monklands
11:35 - 11:55	<b>Paediatric EM key updates</b> Mark Worrall, Consultant Paediatric Intensivist and Anaesthetist, Royal Hospital for Children, Glasgow and Paediatric Critical Care Transport, ScotSTAR
11:55 - 12:15	<b>Panel Q&amp;A</b>
12:15 - 12:45	<b>Refreshment break</b>

### Session 2: College updates and practical tips on returning to work

12:45 - 13:00	<b>Sustainable Working Practices Committee and Women in EM Special Interest Group update: What resources are available to support you</b> Shama Khan, EM Consultant, The Royal Oldham Hospital
13:00 - 13:20	<b>Curriculum and exams update</b> Fiona Hunter, FRCER Final SBA Exam Lead
13:20 - 13:30	<b>How to keep up when you're off and returning: Podcasts, technology, learning</b> Lou Mitchell, EM Consultant, University Hospitals Plymouth
13:30 - 13:40	<b>Practical tips for staying mentally well on your return to work</b> Richard Duggins, Consultant Psychiatrist in Medical Psychotherapy and Clinical Lead, Regional Department of Psychotherapy, Centre for Specialist Psychological Therapies
13:40 - 13:50	<b>An EMSAS perspective: Supporting our speciality doctors, associate specialists, senior specialist doctors and locally employed doctors</b> Immad Qureshi, EMSAS Executive Member

13:50 - 14:00	<b>Panel Q&amp;A</b>
<b>14:00 - 14:15</b>	<b>Break</b>
<b>Session 3: Top tips, mental health and peer support</b>	
14:15 - 14:30	<b>Top tips for returning to EM after life changing events</b> Cieran McKiernan
14:30 - 14:40	<b>What have we learnt about EM doctors mental health in the last year and what next?</b> Serra Pitts, Clinical Director, 87% Limited and HCPC Registered Practitioner Psychologist
14:40 - 14:50	<b>How can peer support networks help our teams to gain and maintain better mental health?</b> Elsbeth Pitt, EM Consultant, Victoria Hospital, NHS Fife
14:40 - 15:00	<b>Panel Q&amp;A and summary</b>
<b>15:00</b>	<b>Close</b>

#### **Additional material**

We have included a variety of different talks tailored to delegates in different situations and at different points in their career. You do not need to watch every recording, feel free to choose the ones that are relevant to you. These talks were recorded in summer 2021 but still contain relevant information and advice.

#### **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**

Andrea Caldwell, Lead Associate Postgraduate Dean for Less Than Full Time Training, NHS Education Scotland

#### **Completing the FRCEM and getting your CCT whilst having young family**

Carlyn Davie, EM Consultant, NHS Lothian and Royal Infirmary of Edinburgh

#### **Supporting our colleagues in need**

Richard Duggins, Consultant Psychiatrist in Medical Psychotherapy and Clinical Lead, Regional Department of Psychotherapy, Centre for Specialist Psychological Therapies

#### **Doctors' Support Network**

Louise Freeman, FRCEM and Doctors' Support Network

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

Rashpal Ghataoura, EM Higher Specialist Trainee, John Radcliffe Hospital

#### **Returning as a trainee**

Katy Hambley, EM ST5, North, Central and East London Deanery

#### **Owning the pressure**

Stephen Hearn, Consultant in Emergency and Retrieval Medicine and Director, Core Cognition Ltd

#### **The arc of performance**

Stephen Hearn, Consultant in Emergency and Retrieval Medicine and Director, Core Cognition Ltd

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

Greg Jones, Lead Associate Postgraduate Dean, Professional Support, NHS Education Scotland

#### **Returning as a consultant - planning annual appraisals and revalidation**

Barbara Key, EM Consultant, University Hospital Monklands

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

Shama Khan, EM Consultant, The Royal Oldham Hospital

#### **Maternity leave, paternity leave and shared parental leave**

Chris Moultrie, EM Consultant, University Hospital Wishaw and Pre-Hospital and Retrieval Consultant, Scottish Ambulance Service, and Nicola Moultrie, EM Consultant, University Hospital Monklands

#### **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?**

Elizabeth Murphy, Associate Postgraduate Dean, West of Scotland

#### **EM doctors: Returning to work, breastfeeding and expressing**

Robyn Powell, EM ST6, Royal Liverpool University Hospital

#### **When things go wrong...**

Immad Qureshi, EMSAS Executive Member

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

Victoria Reid, EM Consultant, NHS Lothian