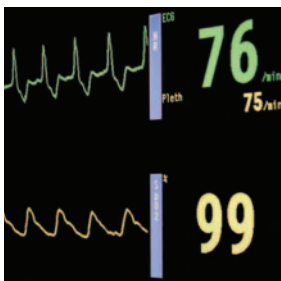


# College News

Spring 2013

Celebrating and Learning  
*from David Livingstone*



Advanced ECG  
Interpretation



Surgical Camp



Periodontal  
Surgery



Honorary Fellow



My College



ROYAL COLLEGE OF  
PHYSICIANS AND  
SURGEONS OF GLASGOW

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If you are interested in contributing to our next edition of *College News* please email [publications@rcpsg.ac.uk](mailto:publications@rcpsg.ac.uk) – submission deadline 12 April 2013.

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## From the President's Office

*I wish all of you, our Fellows and Members, a happy and fulfilling 2013. I have been in post now for just over two months. It has been an eye opener to see the College at work and in particular, to experience the volume of activity from all the strands within St. Vincent Street and beyond. I am fortunate to have inherited a hard working and committed team who have all been so helpful to their fledgling President.*

I have on other occasions paid tribute to my predecessor, Ian Anderson, and the Annual Review attested to his many achievements. This all came on the backdrop of a long and distinguished career at the frontline in A&E Medicine. I would like also to record my thanks for his support during my time as President Elect.

My first months have been both interesting and diverse. I was honoured to read at our Annual Church Service at Glasgow Cathedral and to lay a wreath at the tomb of our founder, Maister Peter Lowe.

I attended my first Scottish Academy Meeting on 18 December. This was followed later in the day by an informal exchange of ideas with representatives of the Chief Executives of Scotland's Health Boards. It was a useful meeting - the second of its kind in 2012 - and hopefully will form the basis for a better understanding of our priorities for improving patient care and in supporting increased time for Consultants' Supporting Professional Activities (SPA).

It was a pleasure to host almost 200 senior school pupils who have expressed an interest in medicine as a career at the Annual Christmas Lecture delivered by Dr Ralph Bouhaidar, Senior Lecturer in Forensic Medicine at the University of Edinburgh. This provided an excellent opportunity to engage with our future Fellows and Members.

I was also delighted to say a few words at the staff Christmas lunch which was a splendid occasion with a great atmosphere and, going by the volume of noise, enjoyed by all!

In December, I spent some time at a mentoring training session within College and was most impressed. There are a number of misconceptions about mentoring, including that it is for doctors in difficulty. While it clearly has a role in that area, it is also of value for career development, particularly towards the end of training and in the early years as a consultant. In addition, the mentee has the opportunity of choosing their mentor who, by no means, is inevitably senior and long in the tooth. The message I took was that mentoring has a role for all. This is being provided as a membership benefit for all Fellows and Members and one which I hope will be used.

We are currently drafting a College response to the Greenaway Shape of Training Review, which has been set up to consider the future structure of postgraduate medical education and training in the UK. This report will consider the key issues of balance of the medical workforce, flexibility of training, patient needs, the breadth and scope of training and finally, that very difficult issue of balancing service delivery and training requirements.

I also will be attending, for the first time, the Joint Surgical Colleges meeting and

the Surgical Forum. It will be an interesting experience as the only physician around the table, but I am fortunate to have two Surgical Vice Presidents who will keep me well briefed. Hopefully I will be able to bring some fresh perspectives to the debate.

On the social front, I am pleased to announce that we have joined forces with the Royal Conservatoire of Scotland and will be running our first musical event in the College in March. Further information about the event is provided on page 4.

I am the fourth President from Stobhill Hospital following Professor Stanley Alstead, Sir Ferguson Anderson and Sir TJ Thomson. The former two are no longer with us but I did have the opportunity to visit Sir TJ Thomson recently. Although frail, he continues to harbour a great interest in, and affection for, College. I am confident that with the support of Fellows and Members I can meet the challenges lying ahead to the benefit of the College and all its constituencies.

**Dr Frank Dunn**



## Events for All

All events listed are being held in the College unless otherwise stated.



**25 February 2013 (afternoon)**

**The Law Series: Understanding Consent, Medicine and the Law**

**5 March 2013 (afternoon)**

**Workshop Series: Leadership & People Management Skills**

**11 March 2013 (afternoon)**

**The Law Series: Being an Expert Witness**

**12 March 2013**

**Henry Noble History of Dentistry Research Group Lecture**

'A dental dynasty'  
Presented by Dr Mike Gow

For further details please email  
Dr Robin Orchardson, Honorary  
Secretary [robin@kirkview.myzen.co.uk](mailto:robin@kirkview.myzen.co.uk)

**15 March 2013**

**Music in the College**

Musicians from the Royal Conservatoire of Scotland will provide an evening of entertainment in the College.

Tickets £35. Further details coming soon.

**19 March 2013**

**Celebrating and Learning from David Livingstone: Bicentenary Symposium**

**23 March 2013**

**Medical Undergraduate Conference**

**26 March 2013 (morning)**

**Workshop Series:  
Effective Communications**

**26 March 2013 (afternoon)**

**Workshop Series:  
Succeeding at Interviews**

**26 March 2013 (evening)**

**Question Time:  
How well integrated are medical  
and social care in Scotland?**

**14-15 May 2013**

**Postgraduate Diploma in Clinical  
Education**

**23 May 2013**

**Practical Advice for New Consultants  
Symposium**

**22 May 2013**

**Incorporation of Gardeners' Lecture.**

Professor Pamela Robertson will be speaking on 'Flowers and Landscape in Mackintosh's Art'. 18.30 for 19.00. Further information:  
[melanie.chambers@rcpsg.ac.uk](mailto:melanie.chambers@rcpsg.ac.uk)

**6 June 2013**

**Goodall Memorial Symposium  
on Transplantation.**

Speakers will be Mr David Hamilton, Professor Stephen Wigmore and Dr Maureen Park. Further details:  
[carol.parry@rcpsg.ac.uk](mailto:carol.parry@rcpsg.ac.uk)

**To book your place at any  
of these events:**



**Visit: <http://rcpsg/events>**



**Call your College on:  
+44 (0)141 221 6072**



**or email us at: [events@rcpsg.ac.uk](mailto:events@rcpsg.ac.uk)**



## Announcements

### Admission Ceremony dates

Forthcoming College Admission ceremonies will be held on:  
*Wednesday 29 May 2013,  
Wednesday 6 November 2013.*  
Each Admission Ceremony will be followed by a celebratory dinner and reception. Online registration  
<http://rcpsg.sg/registration>

### College closures:

The College will be closed on the following public holidays:  
*Friday 29 March, Monday 1 April,  
Monday 6 May, Monday 27 May  
and Monday 15 July 2013.*

### Spring General Meeting

The Spring General Meeting will take place in College on Friday 10 May 2013.

## Like us on Facebook and follow us on Twitter

Facebook and Twitter are fantastic ways to keep in touch with your College and we welcome you all to connect with us.

We will be posting up-to-date news and information about College views, events, membership benefits and activities within the College as soon as we hear about them. So if you want to be the first to know what's happening in your College, please like us on Facebook and follow us on Twitter.



[www.facebook.com/rcpsg](http://www.facebook.com/rcpsg)



[www.twitter.com/rcpsglasgow](http://www.twitter.com/rcpsglasgow)

## Update your Details

To ensure that we hold the most up to date information on all our Fellows and Members, we have prepared a very short questionnaire on clinical specialties.

This questionnaire will take only a few minutes to complete and will enable us to personalise our communications

and ensure you have the opportunity to contribute to relevant College responses to consultations and receive information about relevant events.

**Please go to:  
<https://rcpsg.sg/specialtyupdate>**



## Ethical Standards Survey

The Ethical Standards in Health and Life Sciences Group includes representatives from the medical community and the pharmaceutical, medical devices and diagnostic industries in the UK. They are currently conducting a consultation on medical education to gather views of health professionals on industry-supported medical education. They are looking for your support and ask if you could spare 12 minutes of your time to complete the questionnaire available at:

<https://rcp.sg/essurvey>

## Cancer Outcomes Conference 2013

Intelligence - the primary driver of cancer outcomes

**12-14 June 2013, Brighton**

Incorporating a patient workshop, analytical workshop, keynote speeches, parallel workshops and exhibitions, formal presentations, poster sessions and networking breaks.

Further information and registration:  
[www.ncin.org.uk/conference](http://www.ncin.org.uk/conference)

## Dr Frank Dunn: An Introduction

*Dr Frank Dunn DL FRCP(Glasg) was invested into the role of President following the Annual General Meeting in December.*

Dr Dunn has had a long association with the College, as Symposium Committee Member, Council Member, Vice-President and most recently as Convenor of the Fellowship Committee and President Elect.

Dr Dunn graduated in Medicine from the University of Glasgow in 1970 and completed his postgraduate training at Glasgow Royal Infirmary and the

University of Oklahoma. He subsequently was appointed as a staff member at the Ochsner Medical Institutions in New Orleans and Assistant Professor of Medicine at Louisiana State University (1980-83). He returned to Glasgow as a Consultant Cardiologist at Stobhill Hospital and Honorary Senior Lecturer at the University of Glasgow. He was Clinical Director in Cardiology at Stobhill (1994-2000) and North Glasgow Hospitals (2000-2006) NHS Trusts.

Dr Dunn has 150 publications and 15 book chapters principally in the areas

of hypertension and coronary artery disease. He has received research grants from a number of national organisations and has served on the Council for the British Cardiac Society and the Scottish Cardiac Society. He is also a Deputy Lord Lieutenant for the County of Dunbartonshire and Freeman of the Barony Burgh of Kirkintilloch

We are delighted to welcome him in his new role as President and wish him well in the years ahead.



## Welcome to Our New Office Bearers

*Professor Hazel Scott FRCP(Glasg) and Mr Roy Miller FRCS(Glasg) were welcomed as the new Honorary Secretary and Honorary Librarian, respectively, following the Annual General Meeting in December.*

Professor Hazel Scott has been associated with our College for almost 20 years. She has served on several committees within the College and represented it on numerous Scottish and National committees and working groups. She has held roles on Council from 1995-9 and again from 2006-10. Serving also as Director of Medical Education and CPD for several years, she continues to serve as Director of Medical CPD and more recently, as Physician Director of E-learning.

A Respiratory Clinician in Lanarkshire from 1996, with an interest in Lung Cancer, Professor Scott is also particularly known for her work in medical education. She has held roles as Director of Medical Education in NHS Lanarkshire (2001-10) and Associate

Postgraduate Dean for the West of Scotland Deanery (2009-date). She has also been instrumental in the delivery of medical e-education across Scotland, through the systems DOTS and STAR. In 2010, she was awarded an Honorary Professorship by the University of Glasgow, School of Medicine.

To the role of Honorary Secretary, Professor Scott brings considerable commitment and enthusiasm, on a background of significant clinical and educational experience. When not at work, she enjoys her passion for music, supporting her local Church and time with her husband, Alastair, and two sons.

Retired Otolaryngologist, Mr Roy Miller is the newly appointed Honorary Librarian. During his tenure he aims to raise the profile of the College library by actively promoting and expanding the services offered to Fellows and Members. Previously Mr Miller oversaw the modernisation of the library with a new reading room, internet



access provision and climate controlled storage for our vulnerable book collection. In 1998 he co-edited "Treasures of the College". For over ten years he has chaired informally "Coffee Conversations" in the library. He has been a Governor of Baillie's Institution since 2002 and is a member of both the Scottish Society of the History of Medicine and the Royal Philosophical Society of Glasgow.

## Revalidation Update

*Fellows and Members will be aware that the new system of appraisal and revalidation came into effect in December 2012. Doctors throughout the UK with a licence to practise will have received notification from the GMC, by the end of January 2013, with the date of their first revalidation. It is anticipated that the majority of licensed doctors will have completed their first revalidation under the new system by March 2016.*

The College is committed to supporting Fellows and Members through the process and operates a Helpdesk to respond to all questions and requests for clarification.

As a member of the Academy of Medical Royal Colleges Revalidation Steering Group, the College Helpdesk employs the following principles:

- **Consistency:** advice given to Fellows and Members, Responsible Officers and Appraisers must be consistent with guidance from other key revalidation partners, based on the standards and guidance already published by colleges and faculties, and consistent between different individuals providing advice. This includes consistency across the four home nations
- **Commonality:** common processes across all specialties as far as possible in order to avoid inconsistency in methods of acquiring and providing advice
- **Legality:** colleges and faculties must not become involved in the decision-making process regarding the recommendation for revalidation, and work within the legal considerations
- **Impartiality/externality:** advisers providing guidance/advice must be impartial and must not have any conflict of interest or vested interest in the individuals concerned. If locally sought, this may require the adviser to come from outside the area/region in which the doctor is employed
- **Generality:** requests for advice must be in relation to a situation or set of circumstances and not to an individual doctor or appraiser
- **Informed:** advisers must be knowledgeable in the area of specialty standards and suitably trained to provide advice in accordance with these principles

**REVALIDATION  
HELP DESK**  
[revalidation@rcpsg.ac.uk](mailto:revalidation@rcpsg.ac.uk)  
<http://rcp.sg/revalidation>

Fellows and Members should send any enquiries to the Helpdesk at [revalidation@rcpsg.ac.uk](mailto:revalidation@rcpsg.ac.uk)

Further information is also available at <http://rcp.sg/revalidation>

# Glasgow and the Development of Organ Transplantation

**David Hamilton FRCS(Glasg)** is a retired consultant surgeon. He provides an insight into Glasgow's role in the development of organ transplantation from a war-time immunology project to redefining criteria for death.

Glasgow had a good start, then hesitated in its support of tissue and organ transplantation.

The future Nobel Prize winner Peter Medawar from Oxford, together with Tom Gibson, started the modern era of transplantation immunology at the Glasgow Royal Infirmary Burns Unit in a 1942 war-time project.

Gibson was the activist, but thereafter Medawar alone continued to unravel the immune response in relation to transplantation, while Gibson moved on to other things. Glasgow University's Anatomy Department did remain interested and there 'Joe' Scothorne and plastic surgeon Ian McGregor identified the zone and cells of the lymph node responsible for the early part of the rejection mechanism observed in transplantation immunology. This mechanism had eluded Medawar, as he graciously acknowledged.

Meanwhile, Bernard Lennox in London, before he moved to the Western Infirmary, established that cortisone would prolong the survival of animal skin grafts, one component of the successful cocktail of drugs which came in later in human transplantation.

With these inputs, Glasgow could have joined the pioneering phase of human organ transplantation in the 1960s, but sadly Professor Charles Illingworth, who was in charge at the Western Infirmary at the time, was opposed to taking up transplantation, experimental or human, on the grounds that the biological hurdles were insurmountable, and also that any attempts were 'against nature'.

Most of the surgical world agreed with this at the time, including all the surgeons in Edinburgh, apart from Michael Woodruff. He hesitated, but got going with kidney transplantation in Edinburgh when an opportunity with twins, one in renal failure, arose.

Just before Illingworth retired, and with organ transplantation becoming respectable, he repented and as a token, brought Gibson onto his Western staff.

Illingworth's successor, Professor Kay, sent Peter Bell to train with Tom Starzl in Denver and he, with physician Douglas Briggs who had many chronic renal failure patients waiting on dialysis, got Glasgow transplantation started.

As in new units elsewhere, the initial transplant results were remarkably good, the explanation later being that the multiple blood transfusions given then to patients on dialysis induced a favourable form of immunological tolerance.

Though transplantation was full of novelty and academic interest, and had major spin-offs, the Glasgow immunologists stayed out of the clinical effort, but others joined in with careful extra studies.

In particular, the Western Infirmary radiology department was now tooled up to do ultrasound scanning after the lead from Ian Donald's pioneering work a few floors up in the Western, and the first fuzzy images of the transplanted kidney emerged.

Starzl was impressed. This gave new awareness of large lymph collections round the grafted organ, and these were nervously drained, giving a contribution to the early development of interventional radiology.

In the same department, Jake Davidson's experience with the Clyde Tunnel workers' bone necrosis allowed an understanding of the similar vexing steroid-induced problem in kidney recipients.

With kidney transplantation having routine success, the 'impossible' liver grafting was achieved by Starzl, and Scottish funding for a liver unit went to Edinburgh.

Slow acceptance of brain death, in which Bryan Jennett at the Southern General Hospital took a leading role, aided the 'unthinkable' transplantation of the heart. Subsequently, both brain death in patients with severe brain injury who could not survive without ventilation and heart transplantation steadily entered into routine clinical medicine and surgery. The Scottish funding for heart transplantation went to Glasgow's Royal Infirmary.

Mr Hamilton will be speaking at the Goodall Memorial Symposium on Transplantation in the College on 6 June.

Further information about the symposium is available from Mrs Carol Parry: [carol.parry@rcpsg.ac.uk](mailto:carol.parry@rcpsg.ac.uk)



## MTI Update

*The Academy of Medical Royal Colleges held a very successful Medical Training Initiative (MTI) Orientation Day in London on Thursday 22 November.*

Over 65 participants including doctors, college MTI leads and human resource professionals were in attendance. Eleven Royal Colleges were represented, with our College having six sponsored doctors at the event.

Participants enjoyed a wide and varied programme of presentations covering topics including Training in the NHS; Culture and Communication; Good Record Keeping; Professional Standards and Confidentiality and Consent. The day was concluded with a lively Question and Answer session and followed by a social event to allow networking and exchanges of experience.

The College continues to be an active participant in the MTI and has received a positive response to a recent publicity



drive aimed at raising the profile of the College both at home and with potential trainees abroad.

In order to continue identifying excellent training and development opportunities for doctors from outside the European Union, the College is keen to hear from Fellows

and Members who are aware of training opportunities in their hospitals, Boards and Trusts.

The MTI is open to physicians and surgeons across all specialties. For further information please contact: **international@rcpsg.ac.uk**

## Our new online College Shop is now open for business!

We have a wide range of exclusive merchandise designed especially for our members.



Please check it out at <http://rcp.sg/shop>





Endoscopy training.



Dr Stanley in Mzuzu with senior endoscopy nurses.

## Endoscopic Training in Malawi

**Adrian Stanley FRCPS(Glasg)** recently travelled to Malawi to train local clinicians in therapeutic endoscopy. He reports on training completed, proud local connections with Glasgow and enthusiastic staff keen to learn.

Malawi has a high incidence of oesophageal cancer with many patients requiring endoscopic stent placement to palliate symptoms. There is also a high prevalence of schistosomiasis related portal hypertension, causing many patients to bleed from oesophageal varices. Liver decompensation from this aetiology is uncommon, therefore endoscopic control of the varices by band ligation usually leads to patients resuming a normal life. The main cities in Malawi have basic endoscopic facilities, with clinicians having variable training in endoscopy. The aim of this visit was to provide supervised endoscopy training, primarily in the main northern Malawi city of Mzuzu, to improve services and avoid patients having to travel the long distance to Lilongwe or Blantyre for definitive endoscopic therapy.

I brought over as much endoscopic equipment as I could manage, donated by Glasgow hospitals and UK medical companies. An endoscopy training day had been pre-arranged at Kamuzu Central Hospital (KCH) in the capital Lilongwe, where I supervised and gave further training to the local lead endoscopist. Several stent placements and variceal band ligations were undertaken. I also completed DOPS (directly observed procedural skills) assessments on the local endoscopist and relevant guidelines were uploaded onto the unit computer.

The following day, I travelled the five hours north to Mzuzu with two senior endoscopy nurses from Blantyre and

Lilongwe (Rose Malumba and Rachel Jiya). They had previously undergone UK approved endoscopy nurse training at Blantyre and were going to help train the Mzuzu endoscopy nurses. At Mzuzu Central Hospital (MCH), we ran several days of pre-arranged supervised endoscopy training lists for the Consultant Surgeon. He had previously attended a basic endoscopy course at Blantyre run by colleagues from the Royal Liverpool University Hospital. We undertook many variceal banding cases, endoscopic dilatations and stent placements (the first time these had been undertaken at MCH) and I completed DOPS on his procedures. I also met with other clinicians and gave a presentation to the surgical department.

Rose and Rachel gave the local nurses training in endoscopic cleaning and disinfection, and advised on general organisation of the endoscopy unit. Meetings were held with the hospital management team to discuss ongoing training requirements and equipment provision. The latter is an ongoing problem for all Malawi hospitals. MCH had two functioning endoscopes, but the most modern videoscope had recently broken down and no-one could repair it locally. After discussions with a UK endoscopy company, I brought it back to Glasgow and it has already been repaired by the company (free of charge) and is currently en-route back to Mzuzu. I explained to the hospital management that I would make further enquiries with Greater Glasgow & Clyde Health board and endoscopic

companies, with the aim of improving equipment provision and technical support for their endoscopy unit.

Everyone in both hospitals was exceptionally friendly and the staff keen to learn. Northern Malawi is an area of lush hills, close to the beautiful northern shores of Lake Malawi. As you know, the country is very proud of its Scottish connections and everyone was very interested that Glasgow was where David Livingstone qualified in Medicine and worked as a junior doctor. Ongoing Scottish links were everywhere, from the computers in use at KCH which had been donated by Greater Glasgow Health board to a fantastic new prosthetic centre funded by the Scottish charity "500 miles" which has just opened at MCH.

After returning to Glasgow, I have had very productive meetings with our new College President and the GG&C procurement team. I have also been in contact with senior health board managers who have been very supportive of this project. The plan is to visit again later this year to provide further training of endoscopists in Mzuzu and Lilongwe and help provide equipment and technical support, to aid the development of their endoscopy units.

*Dr Stanley is a Consultant Gastroenterologist at Glasgow Royal Infirmary. His visit to Malawi was part of a Liverpool University coordinated Tropical Health & Education Trust (THET) project, which supports endoscopy development in Africa.*

## “...with great delight,” Livingstone, Medicine and the Faculty

*As we celebrate the bicentenary of the birth of David Livingstone, Library and Heritage Manager Carol Parry reflects on the life and legacy of the former Fellow.*

On 18 September 1857, David Livingstone came to the Faculty (now Royal College) of Physicians and Surgeons of Glasgow, then at St Enoch Square in the city, and received the Honorary Fellowship of the Faculty.

He had arrived back in Britain in December of the previous year amidst great acclaim – the first European to have seen the Victoria Falls and having crossed the entire continent of Africa from East to West. His journey has been described as “probably the greatest journey in African exploration” (Macnair, 1954: 46).

On receiving his Honorary Fellowship diploma, Livingstone stated that “he had always looked back to his connection with the Faculty of Glasgow with great delight.” Indeed, many familiar faces would have been there to greet him.

During the 1830s he had attended medical classes given by Members of the Faculty at Anderson’s University (the forerunner of Strathclyde University). He gained his Licentiate’s Diploma from the Faculty on the 16 November 1840 despite having a difference of opinion with his examiners over the use of the stethoscope.

His achievement in gaining his medical qualifications had indeed been great. Every Monday he had walked the eight miles from Blantyre to Glasgow where he had lodgings, and during vacations he worked at the mill in Blantyre.

The determination and iron will he displayed in his earlier life was to carry him through his great African explorations. On qualifying as a doctor, he wrote that “it was with unfeigned delight I became a member of a profession which is pre-eminently devoted to practical benevolence, and which with unwearied energy pursues from age to age its endeavours to lessen human woe” (Livingstone, 1857:7).

Following ordination as a missionary,

Livingstone had set sail for Africa on 8 December 1840. An impression of his early years in Africa can be gained from a letter dated 17 July 1843 (now in the College archive) that he wrote to Alexander Brownlee in Glasgow.

At that date Livingstone was at Lattakoo, South Africa and already displaying his restlessness in wishing to explore the country further. Finding the local language relatively easy to master he had spent some time away travelling into the interior of the country, a “long & tedious” exercise using Dutch wagons drawn by oxen.

On these journeys he saw “tribes never before seen by Europeans and preached the Gospel beyond every other man’s line of things”.

His first attempts at practising medicine were not always well received. Friends of a certain chief were “very angry with me because they thought I had given him medicine to change his heart instead of that to cure his disease”.

Gradually, however, he gained such a reputation for his work as a medical doctor that he had to limit his treatment only to those suffering with serious illness. The pocket medical kit that he carried with him (pictured) is now one of the College’s greatest historical treasures.

For Livingstone and other travellers to Africa, the greatest threat to health was fever. Livingstone, in common with the medical thinking of the day, generally saw fever as a single disease rather than arising from specific causes such as malarial parasites, worms, bacteria, etc. As a preventative against fever he recommended “plenty of interesting work to do and an abundance of wholesome food to eat” (Livingstone, 1865:72).

He did not recognise malaria as a distinct disease itself but did recognise that such fevers arose from unhealthy localities

such low-lying marshy ground where mosquitoes were present.

By 1850 Livingstone had adopted the use of quinine when fever assumed an intermittent or “malarious” character. He wrote that “quinine was found invaluable in the cure of the complaint [malaria], as soon as pains in the back, sore bones, headache, yawning, quick and sometimes intermittent pulse, noticeable pulsations of the jugulars, with suffused eyes, hot skin, and foul tongue, began” (Livingstone, 1865:73).

Livingstone’s remedy was a mixture of resin, jalap, rhubarb, calomel and quinine made into pills with spirit of cardamoms. He first tried this recipe on two of his own children. The pills were given the name ‘rousers’ due to their efficacy in rousing up those who were affected with malarial fever. ‘Livingstone’s Rousers’, were subsequently manufactured by the firm of Burroughs Wellcome up until the 1920s.

Self-treatment was often the only option available for Livingstone himself. In February 1844 he was mauled by a lion causing permanent damage to his left arm. The lion “caught my shoulder as he sprang, and we both came to the ground together. Growling horribly close to my ear, he shook me as a terrier dog does a rat. The shock...caused a sort of dreaminess, in which there was no sense of pain nor feeling of terror...it was like what patients partially under the influence of chloroform describe, who see all the operation, but feel not the knife” (Livingstone, 1857:12).

Livingstone’s humerus was broken in the attack and he set the arm himself without an anaesthetic. Although the bone knitted, it did not set true and for the rest of his life he was not able to raise his gun to the level of his shoulder without steadying the barrel on some sort of support.

Livingstone set sail from Britain on his second African expedition, to explore the





*Livingstone's pocket medical kit.*

Zambesi and its tributaries, in March 1858, returning to Britain once more in 1864 before embarking the following year on his final expedition, to discover the source of the Nile.

Years of fever, harsh conditions and often absence of proper sustenance had taken their toll, however, and he died at Ilala southeast of Lake Bangweulu in present-day Zambia in 1873. A post mortem on his body in April 1874, once it had eventually reached England, revealed the fractured humerus, proving that the body was indeed that of the missionary and explorer.

Intimation of Livingstone's death was given at a Faculty meeting of 6 April 1874. A letter of condolence was sent to Livingstone's family and the President, Dr Ebenezer Watson represented the Faculty at the funeral at Westminster Abbey on 18 April 1874.

The Glasgow Herald on 20 April 1874 wrote of the occasion "seldom has been admitted [to burial in Westminster Abbey] one more worthy ... one whose ruling desire was to benefit his kind and advance the sum of human knowledge and civilization – than the brave, modest, self-sacrificing African explorer".

A copy of the plaster cast of the humerus which was made prior to burial was subsequently presented to the College by the Livingstone Memorial Society in 1973, the centenary of the death of Livingstone.

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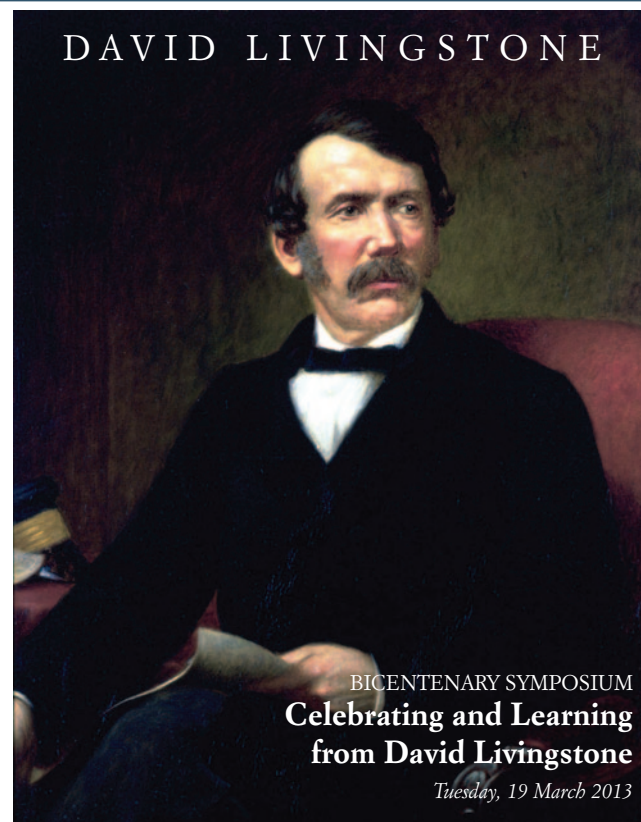
*Macnair, J.I (Ed), Livingstone's Travels, London, Dent, 1954*

*All of the above books are available in the College Library.*

The 'Celebrating and Learning from David Livingstone' Bicentenary Symposium will take place in the College on 19 March 2013.

A full programme is available online at <http://rcp.sg/livingstone>

Further information, including booking details, is available from [lorraine.hannah@rcpsg.ac.uk](mailto:lorraine.hannah@rcpsg.ac.uk)



**BOOK ONLINE AT** <http://rcp.sg/events>

T 0141 241 6224 | E [lorraine.hannah@rcpsg.ac.uk](mailto:lorraine.hannah@rcpsg.ac.uk)



ROYAL COLLEGE OF  
PHYSICIANS AND  
SURGEONS OF GLASGOW



# Clinical Anatomy Skills Centre is Launched

*The Clinical Anatomy Skills Centre (CASC) will be officially launched on 4 March 2013 by our President, Dr Frank Dunn and Professor Anna Dominiczak, Vice Principal and Head of College of Medical, Veterinary and Life Sciences at Glasgow.*

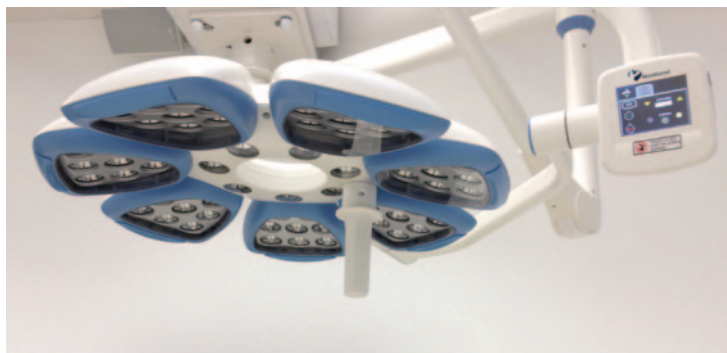
The state of the art facility is one of only a handful of cadaveric skills training facilities in the UK and has been equipped to the highest specification to ensure exceptional skills training is available to our Fellows and Members. Top of the range audio visual equipment will enable live broadcasts, video conferencing and distance learning, ensuring the reach of this Centre is international.

Forthcoming courses in the Centre include:

- Essential Plastic Surgery
- Orthopaedic Surgery
- General Surgery
- Cardiothoracic Surgery
- Neurosurgery

Further details will be available as soon as possible.

If you require further information about the Centre, please contact [Joanne.WoollardED@rcpsg.ac.uk](mailto:Joanne.WoollardED@rcpsg.ac.uk)



PHYSICIANS

SURGEONS

DENTISTS

TRAVEL MEDICINE

PODIATRIC MEDICINE

## College Scholarships & Awards

*Financial assistance to advance your career*

*As a member of the College, you are welcome to apply for a number of awards to help you progress your research, improve your knowledge and skills, or widen your experience by visiting other countries and/or specialist centres. The following awards are closing soon. Please check out our website for details of other scholarships and awards on offer.*



### **Davies Foundation Travelling Fellowship** *Undertake further study or research in cancer*

<b>Open to</b>	All Fellows and Members of the College at a consultant grade or equivalent
<b>Specialty</b>	Cancer and related specialties
<b>Value</b>	£10,000 maximum per award
<b>Closing date</b>	26 April 2013



### **TC White Young Researchers Grant** *to further your research*

<b>Open to</b>	Individuals at an early stage in their career
<b>Specialty</b>	A wide range of dental research will be considered
<b>Value</b>	£10,000 maximum per award
<b>Closing date</b>	01 April 2013



More information: +44 (0)141 221 6072 | E: [scholarships@rcpsg.ac.uk](mailto:scholarships@rcpsg.ac.uk) | <http://rcp.sg/scholarships>

## PHYSICIANS

# Advanced ECG Interpretation

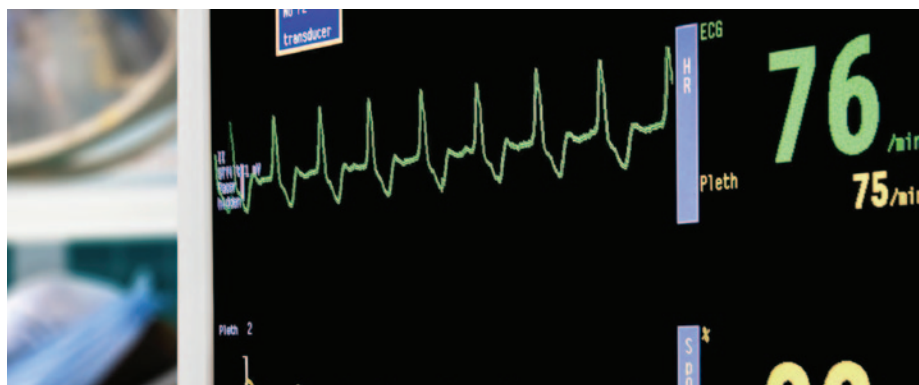
8 March 2013

We will be holding an Advanced ECG Interpretation Course in the College on 8 March from 9am to 3pm.

The course will explore common and less common ECG findings in everyday practice, including:

- Ventricular cardiac dysrhythmias
- Inherited ECG anomalies
- Congenital and structural heart disease

A full programme and booking is available online at <http://rcp.sg/events> or by contacting [valerie.crawford@rcpsg.ac.uk](mailto:valerie.crawford@rcpsg.ac.uk)



## PACES in Sudan

MRCP(UK) has reported a 35% increase in PACES at international centres from 2011-2012, thanks to the Federation of UK Royal College's international expansion strategy. The latest launch was in Khartoum, Sudan, where 45 candidates sat the exam at Soba University Hospital in December.

MRCP(UK) medical director, Professor Jane Dacre said, "The first examination went extraordinarily well, thanks to the diligence and support of the local team, led by our host, Dr Osheik Seidi. This development has been in gestation for a few years, and it is an exciting achievement for the Federation."

She also thanked the examining team, which included our Vice President (Medical), Dr Lawrence McAlpine.

The Sudan examinations are a consequence of the Federation's international expansion strategy.

## ePortfolio: JRCPTB Update

*On 21 January 2012 the JRCPTB launched its ePortfolio user group which has representation from trainees, trainers and administrators. The objectives of the group are to:*

1. Provide feedback and appropriate consultation to the JRCPTB on issues of ePortfolio management including performance, usability and required features.

2. Assist the JRCPTB in the prioritisation of developments to ensure they are delivered in the best order for all our stakeholders.
3. Ensure JRCPTB is informed of changes to training that may influence how or when the ePortfolio is used
4. Assist JRCPTB where required in the creation and delivery of appropriate communication about the ePortfolio



## Event Calendar

All events listed are being held in the College unless otherwise indicated.

### February:

**27 Feb 2013**

Acute NIV for Physicians

### March:

**20 Mar 2013**

Acute Medicine Update

**27-28 Mar 2013**

IMPACT

### April:

**13-14 Apr 2013**

MRCP Part 1 Revision Course

### May:

**1-28 May 2013**

MRCP Part 2 PACES Training evenings

**15 May 2013**

Acute NIV for Physicians

**20-21 May 2013**

IMPACT

### June:

**11-12 Jun 2013**

IMPACT

### July:

**3 Jul 2013**

Acute NIV for Physicians

**Event information and booking**  
<http://rcp.sg/physicians>

**Forthcoming examinations**  
<http://rcp.sg/physicianexams>

You are welcome to submit ideas for discussion at the ePortfolio reference group. To do so, please e-mail [ePortfolioideas@jrcptb.org.uk](mailto:ePortfolioideas@jrcptb.org.uk)



Surgical Camp in India.

## Surgical Camp: a Travelling Fellow Reports

**Tim Barlow FRCS(Glasg)** was awarded a College Travelling Fellowship to attend the Joy Patankar Memorial Polio and Musculoskeletal Surgical Camp in India. He reports on his trip.

Joy Patankar set up the first Polio Corrective Surgical Camp in 2002, in Sastur, India. This was designed to address the large volume of, predominantly young, sufferers of polio who were not able to access corrective surgery due to the infrastructure of India's health service.

The camp was designed to treat the significant, and often very advanced, complications of polio. However, as the government's implementation of the polio vaccine took effect (supported in no small amount from charitable organisations) the requirement for polio corrective surgery declined.

After several years of the camps (run twice a year, and occasionally situated outside of Sastur), the workload moved from predominantly polio corrective surgery to general musculoskeletal corrective

surgery. This included a large amount of cerebral palsy complications (due to the sporadic provision of high quality peri-natal care), and various advanced paediatric pathologies, such as club foot, not normally seen in the UK.

Unfortunately, Joy Pantanker died prematurely in 2006. However, the camp continued and to mark his achievements, and to reflect the changing types of pathology treated in the camp, the name was changed to "The Joy Patankar Memorial Polio and Musculoskeletal Surgical Camp".

The camps are now run as a joint venture organised between the Rotary Clubs of Deonar in Mumbai, India and the Coventry Phoenix Rotary Club. This charitable venture, funded by the two Clubs, provides a truly worthwhile service for the patients



## Event Calendar

All events listed are being held in the College unless otherwise indicated.

### February:

**5 Feb – 19 Mar 2013**

Anatomy Programme (Tuesday evenings)

**20 Feb 2013**

Surgical Anastomosis Techniques

### March:

**6 Mar 2013**

Introductory course to microsurgery

**20-21 Mar 2013**

Basic Surgical Skills

### April:

**6 Apr 2013**

Foundation Skills in Surgery

### May:

**2-3 May 2013**

Basic Surgical Skills

**29 May 2013**

Surgical Anastomosis Techniques

### Event information and booking

<http://rcp.sg/surgeons>

### Forthcoming examinations

<http://rcp.sg/surgeonexams>

and their families who would otherwise have no access to Orthopaedic Surgery care. The camp normally operates twice a year, treating deprived people of various districts in India.

The service is free to the patients and all of the funds raised are channelled into the camp with virtually no administration costs.

To read the full article visit  
<http://rcp.sg/cn05surgical>

## Save the Dates

### The 1st Annual Glasgow Emergency Surgery & Trauma Symposium (GESTS)

27 and 28 February 2014

**GESTS:** the all new Emergency Surgery meeting of the year

Fellows from our College and international experts will bring you cutting edge lectures, interactive sessions, panel discussions and case studies.

Full programme and booking details to follow soon.

If you would like to get in early and register your interest now contact Valerie Crawford on **0141 227 3240** or e-mail [valerie.crawford@rcpsg.ac.uk](mailto:valerie.crawford@rcpsg.ac.uk)



## Regenerative and Esthetic Periodontal Therapy: a Travelling Fellow Reports



**Patricia Black FDS RCPS(Glasg)** was awarded a TC White Travelling Fellowship to attend the Master Course in Regenerative and Esthetic Periodontal Therapy at the University of Bern. She reports on her trip.

Tuesday, 11 September 2012 finds me boarding a KLM flight to Zurich via Schipol in Amsterdam on route to Bern. Not my usual commute to work in my Maryhill NHS dental practice where I work part of the week with my husband. The latter part of the week I spend in Glasgow Dental Hospital as an associate specialist in Periodontology, with a mix of duties supervising undergraduates and treating referred patients.

Thanks to the generosity of the Royal College of Physicians and Surgeons of Glasgow, I was awarded a TC White Travelling Fellowship to attend the Master Course in Regenerative and Esthetic Periodontal Therapy at the University of Bern.

This was an exciting opportunity as it is quite difficult to access suitable training if you are not in a specialist training position and difficult to justify the cost for my general dental practice. If I had not been reading College News in the spring time it would never have occurred to me to apply for the TC White Travelling Fellowship.

I had always assumed that only specialist trainees in the hospitals were eligible to apply for this and other awards. I would urge other Fellows and Members

in practice like myself to consider this if wishing to attend a course or short study period abroad that would have a directly beneficial effect on their clinical practice.

The Master Course has been offered by the University of Bern since 2010 in conjunction with Straumann ITI. The course is run by Professor Dr Anton Sculean of the Department of Periodontology, University of Bern. The great attraction of this course for me was that it concentrated on Periodontology alone. Most of the courses at this level seem to be related to Implantology and the problems related to the bone and soft tissues around implants.

To read the full article visit <http://rcp.sg/cn05periodontal>



## Event Calendar

All events listed are being held in the College unless otherwise indicated.

### March:

**1 Mar 2013**

Top Tips for GDPs symposium

**15-16 Mar 2013**

MFDS Part 1 Revision Course

### April:

**16-17 Apr 2013**

MFDS Part 2 Revision Course

### May:

**11 May 2013**

DCP Symposium

### Event information and booking

<http://rcp.sg/dentists>

### Forthcoming examinations

<http://rcp.sg/dentalexams>

## MFDS Part 2 examination Now available in Manchester

We are pleased to announce that, in addition to our Glasgow centre, we are now offering MFDS Part 2 in Manchester.

### Forthcoming dates

<b>Exam</b>	MFDS Part 2 OSCE
<b>Dates</b>	14-15 May 2013
<b>Closing date</b>	1 March 2013
<b>Venues</b>	GMC Clinical Assessment Centre, Hardman Street, <b>Manchester</b> , M3 3AW Golden Jubilee National Hospital, Agamemnon Street, Clydebank, <b>Glasgow</b> G81 4DY
<b>Fee</b>	£685
<b>Eligibility</b>	Open to those who have passed Part 1 MFDS, Part 1 MJDF, or Part 1 MFD within the last five years.

Further information and application form available at <http://rcp.sg/mfdsexam>  
Contact: [mfdsg@rcpsg.ac.uk](mailto:mfdsg@rcpsg.ac.uk) | 0141 221 6072

## Dental Awards

The following awards are currently open to applications until 1 April 2013.

*TC White Young Researcher Grant: £10,000 maximum*

*TC White Lecture Awards: £1,000 maximum*

*TC White Observership Award: £2,000 maximum*

*TC White Travel Grant: £2,000 maximum*

Please check out our website for more details  
<http://rcp.sg/scholarships>

## Have your Say

The General Dental Council (GDC) is asking patients and members of the public to take part in a questionnaire about how dental professionals keep up-to-date throughout their careers.

The GDC is proposing to reform its Continuing Professional Development (CPD) requirements for dental professionals and wants to know what patients and the public think. All members of the public, including dental professionals, are invited to have their say via a questionnaire available at [www.gdc-uk.org/haveyoursay](http://www.gdc-uk.org/haveyoursay)

The full public consultation on the GDC's proposed future requirements for all those it regulates is available online at [www.gdc-uk.org](http://www.gdc-uk.org)

## CISTM13

*The 13th Conference of the International Society of Travel Medicine will be held from 19-23 May 2013 in Maastricht, The Netherlands.*

Invited speakers include key opinion leaders and experts from each continent and every professional discipline of travel medicine. With the dozens of scientific sessions, including plenaries, a debate, symposia, workshops and panel discussions, you will find the latest scientific information on a wide range of pre- and post- travel topics, new technologies, therapies and approaches.

Topic covered include:

**Antibiotic Resistance: Mobile Bugs in a Connected World**

**Malaria: From Research to Recommendation**

**One Health: Travellers and Zoonoses**

**Mass Gatherings: Local and Global Consequences**

For more information and to register, please go to [www.ISTM.org](http://www.ISTM.org)

## Travel Medicine – An Update

*The Faculty has joined forces with the Royal Pharmaceutical Society to run a one-day conference to discuss the skills and training front-line professionals need in order to provide up-to-date travel advice to the public.*

Demand for such a conference has come from an increasing need for travel health advice being requested from pharmacists and other healthcare professionals.

Conference topics include routes of vaccination, malaria update, and travellers' diarrhoea, while interactive sessions will allow delegates to update their knowledge of travel health medicine and inform them of the expectations of the care quality commission when setting up a private travel clinic.

Mhairi Spears, an independent pharmacy manager, will finish the day with a personal

journal describing the training she undertook to develop her award winning community travel clinic.

### Further details:

Travel Medicine – An update on best practice and elements involved in setting up a travel clinic

Date: Tuesday 12 March  
Venue: BMA House, London

<http://www.rpharms.com/conferences/travel-medicine.asp>

Email: [events@rpharms.com](mailto:events@rpharms.com)



## Event Calendar

All events listed are being held in the College unless otherwise indicated.

### January:

#### January 2013

The Law Series: Being an Expert Witness

### March:

#### 5 March 2013

Workshop Series: Leader & People Management Skills

#### 11-14 March 2013

Diploma Course in Travel Medicine

#### 19 March 2013

Livingstone Bicentenary

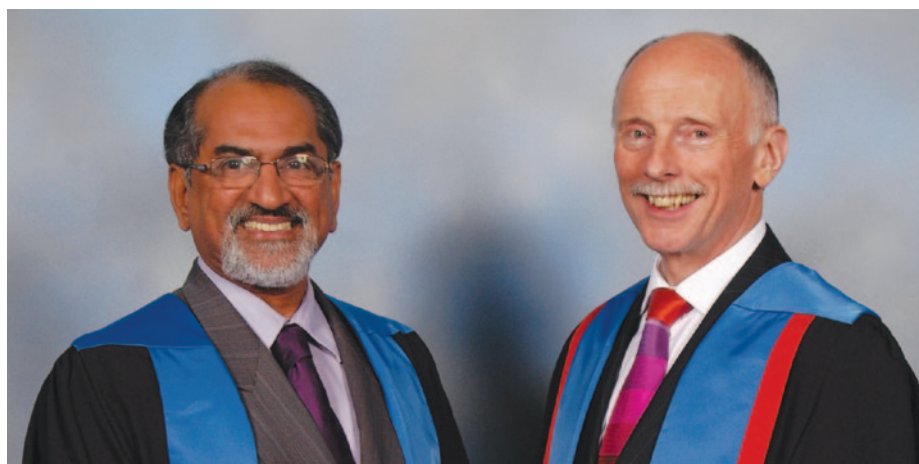
#### 26 March 2013

Workshop Series: Effective Communication

Workshop Series:  
Succeeding at Interviews

**Event information and booking**  
<http://rcp.sg/travelmedicine>

**Forthcoming examinations**  
<http://rcp.sg/tmexams>



## Honorary Fellow

We were delighted to award Dr Dilip Mathai, Professor of Medicine at Christian Medical College in Vellore, Tamilnadu, the Honorary Fellowship in Travel Medicine at the Admission Ceremony in November 2012. The award was presented by the former Dean, Professor Peter Chiodini.

## My College

**Professor Stuart Baird FFPM RCPS(Glasg)** is the inaugural Vice Dean of the Faculty of Podiatric Medicine. He provides some insight into his commitment to, and influence in, the field Podiatric Medicine.

I am a Professor of Podiatric Medicine at Glasgow Caledonian University with a special interest in diabetes and its effects on the lower limb and foot. As well as my academic work, I am also actively involved as a practising podiatrist within the multidisciplinary team at the Diabetic Foot Clinic at the Centre for Diabetes and Metabolism, Southern General Hospital, Glasgow. I am also the inaugural Vice Dean of the Faculty of Podiatric Medicine, and was elected as Chairman of the Society of Chiropodists and Podiatrists and the College of Podiatry in the UK in 2010.

Over the past number of years I have worked to advance the field of podiatric medicine, both in the UK and internationally. This includes the introduction of Podiatric membership of the UK Science Council, the establishment of the International Academy of Podiatric Medical Educators, of which I am Vice President, and successful lobbying campaigns within the UK Government.

In the past decade I have provided education in the field of diabetic foot disease to physicians and surgeons in Egypt, Pakistan, India, Indonesia, Malaysia and Oman, as well as at home in the UK. I have also completed a review of diabetic foot management in Oman for the World Health Organisation and received a grant in 2010 to complete a pilot diabetic foot management project in India in partnership with institutions in Delhi, Mumbai and Chennai. Approximately 350 physicians attended the programme and a number of trainers were identified in each metro region. A second programme has since been completed in the Indian regions of Trivandrum and Calicut.

Back home in Glasgow, I am on the Board of Governors of the "Skin Tissue Repository" at Glasgow Caledonian University. The research associated with this repository is primarily involved in studying the effects of the protein Connexin 43 on wound healing in diabetic ulcers. Additional research



interests include the action of urea cream in the treatment of various skin conditions linked to diabetes and the assessment of small tissue atrophy in the foot as a consequence of diabetes.

As well as presenting lectures and demonstrations at international conferences, I regularly provide consultancy services to companies and research organisations interested in the field of diabetic foot disease.

I was delighted in 2012 to be among the founding Fellows of the new Faculty of Podiatric Medicine and will continue to work hard in my role of Vice Dean to ensure our important area of practice continues to develop and achieve the highest possible standards for our patients.



## Event Calendar

All events listed are being held in the College unless otherwise indicated.

### January:

#### January 2013

The Law Series: Being an Expert Witness

### March:

#### 5 March 2013

Workshop Series: Leader & People Management Skills

#### 19 March 2013

Livingstone Bicentenary

#### 26 March 2013

Workshop Series: Effective Communication

Workshop Series: Succeeding at Interviews

### April:

#### 25 April 2013

Annual General Meeting and Faculty Dinner

#### 26 April 2013

7th Annual Symposium on Podiatric Medicine

**Event information and booking**  
<http://rcp.sg/podiatricmedicine>

Thursday 25 April 2013, 6pm

## Annual General Meeting of the Faculty of Podiatric Medicine

*All Fellows and Members are welcome to attend*

Thursday 25 April 2013, 7pm

## Drinks, dinner and entertainment

*Fellows and Members and conference delegates are welcome to attend. Places are limited and must be booked in advance.*

Friday 26 April 2013, 9.30am-5pm

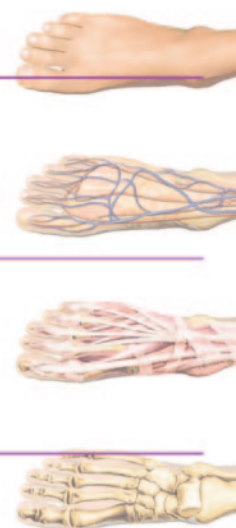
## 7th Annual Symposium on Podiatric Medicine

*The inaugural event of the Faculty of Podiatric Medicine*

Venue: Royal College of Physicians and Surgeons of Glasgow,  
232-242 St Vincent Street, Glasgow G2 5RJ

**BOOK ONLINE AT** <http://rcp.sg/events>

Contact: [lorraine.hannah@rcpsg.ac.uk](mailto:lorraine.hannah@rcpsg.ac.uk) | 0141 241 6224





## BBC Festival of Paintings

*Our College has one of the largest collections of oil paintings outside the large museums within the city of Glasgow. Many contemporary Scottish artists are represented in its holdings, often purchased as a consequence of having been awarded the College Prize at the annual Royal Glasgow Institute of the Fine Arts exhibition.*

In the past, often the only opportunity the public have had of seeing the works has been by attending the annual Doors Open day in September.

Through a joint initiative by the Public Catalogue Foundation and the BBC, around 200,000 oil paintings held in art galleries and educational institutions throughout the United Kingdom, including those held by College, are now available online.

To celebrate this achievement the College opened its doors to visitors on the afternoon of 8 February 2013 and Alasdair Auld, the College's Honorary Curator of Art spoke to visitors about his favourite paintings within the College art collection.

More than 90 paintings from the College art collection can be viewed on the BBC Your paintings website at [www.bbc.co.uk/arts/yourpaintings](http://www.bbc.co.uk/arts/yourpaintings)

*Image of Coastal Scene (Arran from Ayrshire) by Molly Addis.*



## What's New In the Library?

### Books

*The College library houses over 30,000 volumes of work covering all aspects of medicine, health and surgery. We hold copies of many of the latest medical textbooks, career guides, books on health law and also have a comprehensive selection of revision guides for our examination candidates.*

Recent additions include:

- AM Moursi. Clinical cases in pediatric dentistry. Chichester: Wiley-Blackwell, 2012

- DJ Gawkrödger. Dermatology: an illustrated colour text. Edinburgh: Churchill, 2012
- RV Goering. Mims' medical microbiology. UK: Elsevier, 2013
- JA Goodfellow. Understanding medical research: the studies that shaped medicine. Chichester, Wiley-Blackwell, 2012

We also have a history of medicine collection and, thanks to support from the Baillie's Institution, a large collection of books relating to Scotland and its history.

Find more books in our online catalogue at [www.shelcat.org/prcp](http://www.shelcat.org/prcp).

If you're located in the UK and would like to borrow any of our books please join our library and apply for a Shelcat library card – <http://rcp.sg/jointhelibrary>

### Online

*You can now get access to a range of health care Smartphone Apps via the Knowledge Network. These include Dynamed, SIGN, NICE guidelines, Dental Prescribing and Micromedex Drug Information.*

The Knowledge Network also recently announced the launch of free Smartphone Apps for British National Formulary (BNF) and British National Formulary for Children

(BNFC). The Apps can be downloaded from the Apple App Store and Google Play Store – Users will need to enter their Athens username and password to activate the App. Once downloaded and activated, the App does not rely on a network connection and will provide direct offline access to the latest version of the BNF and BNFC.

If you do not already have an Athens Account please contact the library at [library@rcpsg.ac.uk](mailto:library@rcpsg.ac.uk)

For access to, and further information on, Knowledge Network Smartphone Apps visit <http://rcp.sg/libraryapps>

The library has joined Twitter!



@rcpsglibrary



# Acute Medicine Update

Date: *Wednesday, 20 March 2013*

Venue: *Royal College of Physicians and Surgeons of Glasgow  
232-242 St Vincent Street, Glasgow G2 5RJ*

This one day event will give an update on common problems seen in Acute Medicine, debate the links that Acute Medicine has with allied specialties and discuss future challenges for the specialty. This day will be of interest to general and specialist physicians, trainees and allied health professionals wishing to update their knowledge of this specialty.

**BOOK ONLINE: <http://rcp.sg/events>**

or contact: [lorraine.hannah@rcpsg.ac.uk](mailto:lorraine.hannah@rcpsg.ac.uk) | +44 (0)141 241 6224



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PHYSICIANS





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