

College News

Winter 2013



Medicine in the Military



My College



GESTS



FDS Medal



New Members
Welcomed



Library Books



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 – submission deadline 10 January 2014.

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[Click to play the President's video](#)

From the President's Office

I have recently returned from a most exhilarating eight day trip to India. The purpose of the trip was three-fold: firstly to assess a number of potential centres for holding examinations in dentistry, surgery and medicine; secondly to participate in an educational event in Bangalore; and thirdly to meet with the considerable number of our Fellows and Members based in India.

We visited examination centres in Delhi, Chennai, Pondicherry and Bangalore, including potential centres for our MFDS and MRCS examinations. We were very impressed by the enthusiasm in all of the centres we visited. We were particularly impressed by the Madras Medical Mission. This is already a PACES centre for our College and Dr Ajit Mullisari took us round a highly impressive cardiology unit.

Our College, together with the Mayo Clinic, were major participants in a symposium organised in Bangalore. As always, the welcome we received was overwhelming. We look forward to working with our colleagues there at future meetings and are more than happy to advise on aspects of this and other educational programmes. We are also very keen to put in place training programmes for our different examinations.

We held two receptions, one in Delhi and one in Chennai. They were both well attended. It was a particular pleasure to meet Fellows from a number of different specialties including ophthalmology in which we hold a very successful examination in Delhi.

Earlier in the summer I was able to visit Singapore and Hong Kong. The meeting in Singapore was a combined meeting

of surgeons and physicians from Hong Kong and it was well attended by United Kingdom Royal College Presidents.

The Hong Kong Academy of Medicine celebrates its twentieth anniversary in December. Unfortunately that date clashes with our Council meeting and AGM and I will not be able to attend but I used the opportunity in August to present them with a gift from our College, on the occasion of this anniversary. I was also able to meet up with our colleagues in Hong Kong in relation to the management of the William and Elizabeth Davies bequest and that was also a very useful meeting.

As I write, the Greenaway Report has just published on The Shape of Training and this will have implications throughout the four UK nations. As expected, the report emphasised the need for more generalisation of training both in hospital and in the community, greater flexibility in training programmes and improved mentoring for trainees. In addition, it recommends that registration should be at the end of University training and before entry into the foundation programme. The College response was broadly favourable and a full text of our response is printed on page six. We are delighted that David Greenaway

will be coming to speak at our triennial conference, Advancing Excellence in Healthcare, in June 2014.

Progress in regard to our triennial conference is now moving briskly. The educational programme is almost complete and I am very grateful to Dr Robin Northcote and the conference committee for their hard work. Plans for the social programme are also well underway and include a 'Clinicians on the Clyde' 5k fun run, a social evening at the Glasgow Science Centre, and the triennial ball at Kelvingrove Art Gallery and Museum. In my travels in recent months there has been a number of favourable comments about the hospitality provided by our College at the last triennial conference. I am looking forward to seeing as many of you as possible at this important event for our College.

I am conscious of the fact that this is the final edition of *College News* in 2013 and I would like therefore to wish you all very best wishes for 2014.

Dr Frank Dunn



Announcements

Annual General Meeting

Our Annual General Meeting will be held in the College on 6 December. All members of the College are welcome to attend.

College closures

The College will be closed from 25 December to 2 January (inclusive) for the Christmas and New Year holiday.

Elections – College

Voting papers for the College Council elections have been issued to all those eligible to vote. The closing date for receipt of voting papers is 5 December. The outcomes of recent elections and nominations to College Council will be announced at the Annual General Meeting.

Foundation Day Service

Our Founder, Peter Lowe, is buried within the grounds of Glasgow Cathedral. Traditionally, the College attends a service in Glasgow Cathedral on the first Sunday after its Annual General Meeting to commemorate its foundation and to pay tribute to Maister Peter Lowe by laying a wreath on his tomb.

This year, the service will be held on Sunday, 8 December at 11am. College Fellows, Members, family and friends are invited. Please let Sandra Clearie know if you will attend so that seating can be reserved sandra.clearie@rcpsg.ac.uk

Congratulations Ian Anderson CBE

Congratulations are extended to our former President, Mr Ian Anderson who was awarded a CBE in the Queen's Birthday Honours List.

Thank you to all who donated

The final tally is now in! We are delighted to report that staff who recently completed 18 miles of the West Highland Way raised a total of £1500 for Yorkhill Children's Charity. Thank you to everyone who donated to this worthwhile charity and well done to everyone involved.

Catriona Lowe

Volunteers and staff in the College Library have been very saddened by the tragic and sudden death of Catriona Lowe, one of our Library volunteers.

Catriona volunteered for two days a week in the College Library helping to clean books and catalogue archives. Her cheerful presence in the Library on Thursdays and Fridays is very much missed.

Everyone at the College extends our deepest sympathies to Catriona's family.

Dr Frank Dunn, President



New member benefits



Members can now benefit from a range of new lifestyle benefits:

Hilton Worldwide Allegiance Reward Scheme

10% off the cost of accommodation and 5% off meetings and events, food, drinks, wifi and more. Register online at hiltonworldwide.com/allegiance or email allegiance@hilton.com You will be required to provide your name, address, company, position and email address when you register

50% discount on Associate Membership of the Western Club

The Western Club, Glasgow's oldest and last remaining residential members club located in Royal Exchange Square, was founded in 1825. Since then the membership has expanded over the years from the original 33 founding members, including amalgamations with other Glasgow Clubs. The Club offers lunch, dinner, bar, spacious lounges, meeting rooms, function suites, and ensuite overnight accommodation facilities in elegant surroundings in the heart of the city centre.

As well as offering access to the club's facilities in Glasgow for you and a guest, Associate Membership also includes reciprocal access to an extensive number of Clubs throughout the UK and worldwide: London (23), outside London (27), Singapore (2), Hong Kong (3), South Africa (7), New Zealand (5), Australia (24), USA (31), Canada (15), China (1), and Europe (12). The website www.westernclub.co.uk gives further, comprehensive information about the Club.

Associate Membership is available for £150. To apply, please send your name, PID no, email address, address and contact telephone number to membership@rcpsg.ac.uk. Your application will then be forwarded to the Western Club Secretary for consideration.

Thank you for telling us what you think

Thanks go to all who completed our communications survey, which was carried out during June to August 2013. Your responses will help us to improve the way we communicate with you.

A total of 853 people, ranging in age from 25 to over 65, completed the survey. Responses were received from Fellows and Members around the world. 27% of those

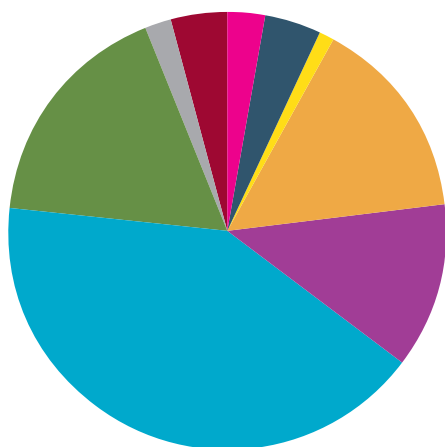
who completed the survey live in Asia or the Middle East.

The results show that more than 20% of our members in the 25-55 age group would like to receive more communication from us. Most of you think the level of communications you receive from us is just right.

Email is the most popular form of communication for almost 100% of you, while a pdf is the format in which most of you would like to receive College News. We'll be trialling the pdf in this issue, so please tell us what you think.

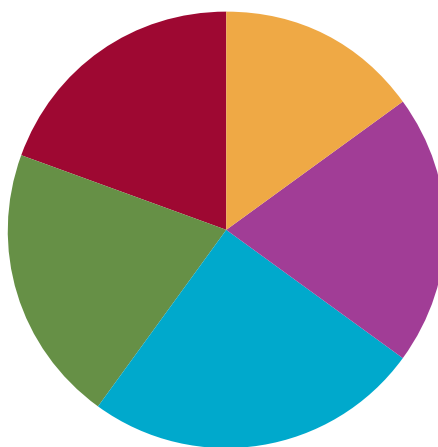
Please go to <http://rcp.sg/CNW13WHATYOUTHINK> to see the complete summary of results.

Location of our survey respondents reflective response



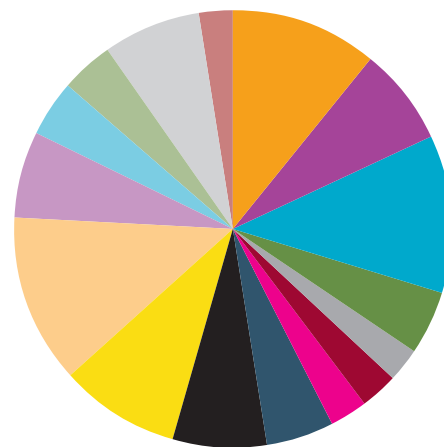
Australia & NZ	3%
African nations	4%
South America	0%
Europe	1%
Asia	15%
Middle East	12%
UK	41%
Scotland	17%
Ireland	2%
USA & Canada	4%

Age split of our survey respondents



25-34	
35-44	
45-54	
55-64	
65+	

What would you like us to tell you about?



Clinical skills courses	
Non-clinical skills courses	
E-learning	
Mentorship	
Clinical Anatomy Skills Centre	
Exam preparation courses	
Exam dates and deadlines	
Examiner training	
Revalidation	
International activity	
Membership benefits	
Scholarships and awards	
Governance	
Regional advisors	
College library	
Other	

Events for all

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

Book online at <http://rcp.sg/events>
Dates may be subject to change.

9 December
Mentor training course – Day 3

9-10 December
Advanced Diploma in Clinical Education
38 clinical credits

3 February
The Law Series – Being an expert witness
Presented by Andrew Smith QC
3 non-clinical credits

8-9 February
Advanced Diploma in Clinical Education
38 clinical credits

24 March
The Law Series – Consent issues, medicine and the law
Presented by Andrew Smith QC
3 non-clinical credits

New Dean for the Dental Faculty

Professor Richard Welbury was invested as the new Vice-President (Dental) and Dean of the Faculty of Dental Surgery at the Dental Council AGM in October. Professor Welbury takes over from Dr Alyson Wray.

Professor Welbury holds undergraduate degrees in both dentistry and medicine from the University of Newcastle-upon-Tyne as well as a PhD in the area of child dental health. He has worked as consultant/senior clinical lecturer in Newcastle and was appointed Professor of Paediatric Dentistry at the University of Glasgow in 2001.

He has held numerous posts at Glasgow Dental Hospital and School, including Deputy Head and Director of Postgraduate Dental Education and Training. Previously he was President of the British Society of Paediatric Dentistry and President of the European Academy of Pediatric Dentistry. In 2015 he will chair the 25th Congress of the International Association of Paediatric Dentistry.



First Fifteen Ninety Nine wedding

We are delighted that so many Fellows and Members are taking advantage of the reduced room hire rates as part of their membership benefits to share and enjoy dinners, lunches and drinks receptions within the College.

A recent highlight was our first official Fifteen Ninety Nine wedding on 10 August. The occasion was particularly special as the groom was a Member of the College. As a military surgeon for the British Army, he met his wife, a military surgeon for the US army, assessing a helicopter platform in the US. A painting of the platform is hanging in the Crush Hall area of the College. Romance at its best! A mix of British and American guests made for a most enjoyable evening for the wedding party. We received fantastic feedback and were delighted to be part of the couple's special day.

This was followed by two more successful weddings in August, with another seven booked in for the future.

Members and Fellows are entitled to a 50% discount on room hire and free corkage at Fifteen Ninety Nine.

www.fifteenninetynine.co.uk



FIFTEEN NINETY NINE

events • weddings • dining



A wonderful welcome

We were delighted to welcome more than 120 new members to our College at the Admission Ceremony in November. 200 visitors come to the College in the early afternoon for a tour and lunch before making their way to the University of Glasgow for the ceremony. Despite an unscheduled fire alarm we managed to keep on schedule, and the Bute Hall was soon filled with newly admitted Fellows, Members and their proud families.

Our strong links with the University of Glasgow were evident in the Honorary Fellowship which was awarded to:

- Professor Vito Antonio Muscatelli, Principal and Vice-Chancellor of the University of Glasgow

and the Fellowship of the College which was awarded to:

- Dr Quentin Fogg, Senior Lecturer in Anatomy at the University of Glasgow

At the ceremony, Christopher Grant was awarded the Anderson Medal in Emergency Medicine and Fiona McDowall was awarded the TC White Medal.

In his closing address to all in attendance, our president, Dr Frank Dunn, reminded everyone of three key skills to which all of us should aspire: communication, care and compassion.

After the ceremony, many of the attendees returned to the College for a wonderful celebratory meal.



Our global College

In his column on page 3, the President mentions many of the recent trips he has taken to meet with our Fellows and Members, as well as political figures, around the world.

While in India, Dr Dunn held discussions with the Chief Minister of New Delhi, Dr Sheila Dikshit (pictured, bottom left) and also enjoyed a tour of the dental hospital in New Delhi (pictured, top).

He has also recently been delighted to receive fellowships from the Singapore Academy and the American College of Physicians (pictured, bottom right).



What your College is saying

Securing the future of excellent patient care.

Professor David Greenaway's much anticipated Shape of Training review was published at the end of October. Our College contributed to the report and was broadly supportive of the recommendations.

The complete Shape of Training report can be downloaded at www.shapeoftraining.co.uk. The comment from our College is provided below.

The Shape of Training report proposes:

- Giving doctors more general training in hospitals and in the community before specialising
- Introducing an apprentice model for junior doctors – so they can be mentored while building experience
- Increasing flexibility of the training programmes so that doctors can more easily move from one training stem to another.

The report meets head on the challenge of improving the training of doctors in general medicine, which is needed to meet changing demands on doctors as a result of our ageing population.

Changing demographics and patient needs, including the strain on emergency departments, are indicative of a need for a longer period of more generalised training for all doctors and surgeons. As a result of the changes, doctors will have a much broader basic knowledge and will specialise much later in their careers. We strongly support this recommendation as we believe it will lead to better care for patients and relieve pressure on our hospitals.

Among the proposed changes is a plan to move towards an apprentice model for junior doctors which will involve longer hospital rotations, allowing them to gain more experience in different areas of the hospital while also allowing their supervisors to mentor and support them more effectively. While training for junior doctors has previously mainly been confined to hospitals, it will now be extended to community settings so that a better balance can be achieved. Overall, training for young doctors is more flexible and likely to be more attractive to them, encouraging them to train in the UK.

The report also addresses a need to ensure patients are informed about the various roles within the medical profession and are involved in the process of educating and training doctors, which we believe will be of benefit.

Our President, Dr Frank Dunn, commented: "While there is much to commend in the report, we remain concerned about achieving the right balance between service and training. Surveys of young doctors have made it clear that the demands of the busy work schedules of their supervisors make it difficult to find sufficient time for training.

He added: "It is essential that both junior doctors and consultants are allowed adequate time for training and supervision to ensure the highest standards of patient care can be met. An increase in consultant numbers must be considered in order to make this possible."

We support the view that patient needs should dictate the need for specialists but urge careful planning in regard to credentialing.

Currently young doctors cannot register with the General Medical Council and gain their licence to practice until the end of FY1. We are concerned about the proposal to bring forward registration to the beginning of FY1. This is a radical step which attempts to address a current issue of too many medical graduates for the foundation training posts available. A better solution may be to increase the number of training posts available.

We are absolutely committed to working with others to ensure the implementation of this report begins immediately and is well planned.

Progress on the implementation of this report will be one of the highlights of our international triennial conference, Advancing Excellence in Healthcare in June 2014, when Professor Greenaway will speak on the Shape of Training.

Thank you to everyone who contributed to this College's response to this consultation and others. To view all recent consultation responses, please visit <http://rcp.sg/consultations>



Generalist Training

A new report from the Future Hospital Commission "Future Hospital: Caring for medical patients" highlights an increased role for more 'generalist' physicians. Similarly, Professor David Greenaway's Shape of Training review highlights a need for more generalist training across both medical and surgical specialties.

Generalist doctors are skilled in the diagnosis and management of acutely ill emergency patients or those with complex medical needs already in hospital and they will be needed to better manage these patients across the hospital and in the community.

We have planned a range of events to support the generalist role. Our event directors tell us why these events are important.

Diabetes for the generalist

Derek Gordon, Event Director, Consultant Diabetologist

The first report of the Future Hospital Commission is mentioned above. The report recognised an aging population and increasing numbers of patients with multiple, complex, medical conditions.

The report recommended that the care of such patients should be coordinated by a single, named consultant who should have support from a range of specialist teams. In order to achieve the mix of skills so required, a greater proportion of doctors will be required to be trained and deployed to deliver expert (general) internal medicine care.

The management and treatment of patients with Type 1 or Type 2 diabetes has become

increasingly sophisticated and complex in recent years. There are now five classes of oral medications as well as injectable GLP-1 analogues and insulins for the treatment of Type 2 diabetes. This has resulted in a patient centred approach to the treatment of type 2 diabetes: Medications are chosen which best suit the specific requirements of patients who vary from the active, employed, young to the frail, elderly who are more at risk of drug side effects. Many patients with Type 1 diabetes now learn how to alter the dose of their insulin in response to carbohydrate intake having undergone DAFNE (Dose Adjustment For Normal Eating) training. Increasingly, patients with Type 1 diabetes are being treated with insulin pump devices.

It is therefore more important than ever for doctors on the front line – general practitioners and junior medical trainees



– to become familiar with the modern management of patients with diabetes. The "Diabetes for the generalist" symposium has been designed to meet these needs.

Neurology for non specialists

John Paul Leach, Event Director, Consultant Neurologist

As has been highlighted, there will remain an increasing role for senior general doctors in the management of acute medical admissions. Such specialists in acute care are essential in providing immediate hyperacute management and in identifying patients who need rapid access to other specialist services. For too long, these roles have been picked up by trainees on track to become specialists themselves.

While educating these acute care physicians will be part of the role of medical specialties, the specialties themselves have to provide a range of care that augments the acute physicians' role. There is increasing pressure to provide seven-day on-site high-quality care; this will impact on everyone and the medical specialties will have to adapt if the acute receiving units are to be as safe and effective as we all want them to be.

The assessment, diagnosis, and management of functional symptoms is a common part of neurological practice and also (it seems increasingly!) of other specialties. Early identification and pro-active management can save a great deal of time and heartache, and insight into the approach of other experts can prove invaluable.

The "Neurology for non specialists" symposium will draw together speakers who have extensive clinical and research experience in this challenging area to provide you with the important information you require to effectively diagnose and treat these symptoms.



Forthcoming events:

21 January 2014

Neurology for non specialists

24 January 2014

Diabetes for the generalist

Endoscopy training in Malawi supported by charitable funds

The establishment of a therapeutic endoscopy unit in Northern Malawi is being supported by the College's charity fund.

The project, which will be based at Mzuzu Central Hospital, will provide much needed equipment and training for treating patients with oesophageal cancer and bleeding caused by oesophageal varices in the northern region of Malawi.

Malawi has a very high incidence of oesophageal cancer and variceal bleeding, with the latter particularly common due to highly prevalent schistosomiasis infection of the liver. The main treatments for these in Malawi are endoscopic stent placement and endoscopic band ligation. Mzuzu Central Hospital currently only has very basic endoscopy services and patients from this region need to travel more than five hours for treatment at another hospital in Lilongwe.

Dr Adrian Stanley is a consultant gastroenterologist at Glasgow Royal Infirmary who ran successful endoscopic

training days in both Lilongwe and Mzuzu during a visit last year and assisted the local endoscopist in placing the first oesophageal stent in northern Malawi.*

With the support of funding from the College's charity committee, Dr Stanley plans to return to Mzuzu to help set up a fully functioning local therapeutic endoscopy service and provide further on-site training for the local team. Senior endoscopy nurses from other areas of Malawi will also travel to Mzuzu to help train the endoscopy nurses. Greater Glasgow and Clyde Health Board has agreed to provide fully functioning endoscopy equipment no longer needed in Glasgow.

While visiting the country, Dr Stanley will also be involved in running a formal endoscopy training course at Blantyre with colleagues from Liverpool, which

will provide advanced endoscopy training for clinicians and nurses from all the major Malawian hospitals.

The College is delighted to be supporting such a worthwhile project.

If you are involved in a project that requires charitable funding, please complete the application form available to download on the website at <http://rcp.sg/charity>

** Dr Stanley's earlier training visit to Malawi was funded by THET (Tropical Health and Education Trust) via the Liverpool-Wellcome Trust Malawi link*

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

ABOUT	Intended to support travel and subsistence expenses for consultants wishing to take a sabbatical or undertake further study or research in cancer and its related fields
ELIGIBILITY	All Fellows and Members
SPECIALTY	Cancer and related specialties
VALUE	£10,000 maximum per award; two awarded annually
CLOSING	April annually

TC White Observership Award

ABOUT	This award funds travel and accommodation costs for a non-UK resident wishing to gain experience at a centre of excellence
ELIGIBILITY	Non-UK residents
SPECIALTY	All dental specialties
VALUE	£2,000 per award; two awarded annually
CLOSING	April annually

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





Medicine in the Military

On armistice day we remembered all those who have lost their lives in armed conflicts around the world. Col RF Neilson FRCP(Glasg) FRCPath writes about the influence that war has had on medicine.

Medical practice and war are inextricably linked. In any conflict there are casualties requiring medical care and conflict itself has acted as a spur for medical innovation and research that may not have occurred so quickly in peacetime. In addition individual doctors' experiences have influenced wider medical practice and education. It would make an interesting debate whether Maister Peter Lowe would have been quite so keen to found what is now the Royal College of Physicians and Surgeons of Glasgow had it not been for his experience as a surgeon in the army of Henry IV of France in the 16th century.

There have been so many significant medical advances directly attributable to conflict that this article is too short to list them all. Blood transfusion, salvage surgery, antibiotic therapy, public health - the list is long and influences civilian medical practice today. Even the negatives of warfare have been turned to medical benefit. Nitrogen mustards, among the first agents used for the treatment of haematological cancers were developed after the effects of mustard gas used as a weapon on the blood counts of those exposed to it were noted.

In current times a significant amount of publicity has quite rightly been given to the successes of medical and surgical interventions in soldiers who have survived massive trauma in operations in Iraq and

Afghanistan. The current medical complex in Camp Bastion in Afghanistan is probably the best trauma centre in the world at present. From rapid evacuation from point of wounding to immediate resuscitation, damage control surgery, ITU support and casualty evacuation back to the UK for definitive care is state of the art. However, it is not just medical and surgical specialists that make it work. Military medical practice involves occupational medicine to ensure the fitness of military personnel prior to deployment, public health in the prevention and treatment of infectious diseases, the planning of casualty evacuation and the logistics and administrative needs of setting up medical facilities in a hostile environment. The significance of military medicine for combat strength can be judged based on the fact that in every single major war fought until the late 19th century disease and lack of public health provision claimed more soldier casualties than did enemy action.

During the American Civil War (1860–65), for example, about twice as many soldiers died of disease as were killed or mortally wounded in combat (1). The Franco-Prussian War (1870–71) is considered to have been the first conflict in which this ratio was reversed, at least in the German coalition army which lost 3.47% of its average headcount to combat and only 1.82% to disease (2). Research in military medicine continues to influence civilian practice in areas such as vaccination, medical evacuation procedures, development of novel haemostatic procedures and public health.

My own experience of military medicine influences my clinical practice on an almost daily basis. I joined the TA in 1994 as 'something to do' that was different from being a senior registrar in haematology in Glasgow. Since then what was regarded, a bit unfairly, as a home for 'weekend warriors' who were still waiting for the Soviets to invade Germany has developed into a highly trained, supremely professional and dedicated body of men and women who expect to undertake deployments to Afghanistan. Over 50% of clinical staff in the defence medical services are reservists like myself and in some specialties, such as my own, 100%. Having served in Kosovo, Bosnia, Iraq (twice) and Afghanistan I can say the experience is life changing and I am proud to be a part of the reserve forces. What I have learned from the military is leadership, self-discipline, teamwork and a belief that you can make a difference if all of you are of the same mind and have the same mission. I wonder, is there a healthcare organisation in the UK where these attributes and the people who possess them might be of benefit?

205 Field Hospital is Scotland's only Army Reserve hospital, with locations in Glasgow, Edinburgh, Dundee, Aberdeen, and Inverness. If you would like more information please visit the website: www.army.mod.uk/medical-services/29930.aspx or alternatively telephone 0845 6038761

1. McPherson, James M. (1988). *Battlecry of Freedom*. Ballantine Books, New York. ISBN 0-345-35942-9, p. 485

2. Brockhaus' *Konversations-Lexikon*; 14th ed., Leipzig, Berlin and Vienna 1894; Vol. 8, p. 939.

Moneymatters



The first of our Moneymatters seminar series was held in the College in October. Scott Morton from Chartermarque and Alan Eccles from Maclay Murray and Spens presented financial advice on pensions and planning for retirement. Here we provide a summary of the topics discussed. Please note: advice given below is primarily based on UK laws.

Wills

Alan Eccles, Partner, Maclay Murray & Spens LLP, solicitors

At its simplest, a will gives greatest control over who will inherit your estate. No will means trusting the judgement of parliamentarians who in 1964 decided that the brother you do not talk to can be preferred to your spouse/civil partner. Those cohabiting (not married/in a civil partnership) should be particularly aware of the limited rights for your surviving partner.

Wills signed before October 2007 are worth reviewing given changes in inheritance tax rules. You should also consider, for young or vulnerable beneficiaries as well as asset protection, whether parts of an estate should be held in trust rather than passing outright under a will.

When considering a will, "legal rights" should be remembered. These are rights which seek to avoid the disinheritance of a spouse/civil partner and children. If there is estrangement with a child or other separation, it is important to understand the impact of legal rights on inheritance—particularly assets such as share portfolios and private businesses.

A power of attorney covering financial and welfare matters is very important to ensure a person you select is able to deal with your affairs in the event of illness or accident to avoid assets being frozen and delay on decisions on personal well-being while a court application is progressed.

The assets you do not think about on a daily basis can in some cases be your most valuable. Death benefits associated with pensions, employment and life policies can have large values on death. You will want to ensure these are paid out in a way that suits your family, financial and tax situations.

www.mms.co.uk

mms | Maclay Murray & Spens LLP

The Importance of Financial Planning

Scott Morton, Director of Chartermarque Ltd, Pension Consultants and Chartered Financial Planners

Financial planning is about helping you increase the probability of meeting your life goals through the proper management of your finances. Life goals can include planning for retirement or estate planning.

The benefit of having a proper financial plan is that it provides direction and meaning to your financial decisions. It allows you to understand how each decision you make affects other areas of your finances.

A financial planner is someone who has the qualifications, knowledge and experience to help you figure out how to meet your life goals. The planner can take a "big picture" view of your financial situation and make recommendations that are right for you for a fee that's agreed in advance.

The planner may also work with you on a single financial issue - but always within the context of your overall situation. For example you may want to consider the impact of legislation affecting your pension (in the UK, the ceiling on tax favoured pension saving is being lowered from 6 April 2014).

Most financial planners are also able to recommend suitable investment products that can help you meet your goals. Others serve as your coach, coordinating the process with you and your other professional advisors such as lawyers, accountants and stockbrokers.

www.chartermarque.co.uk

scott.morton@chartermarque.co.uk or on 0141 226 2427.

chartermarque

Pension Consultants & Chartered Financial Planners

Top Tips When Approaching Financial Planning

- Set measurable goals.
- Understand the effect your financial decisions have on other financial issues.
- Look at the big picture – financial planning is more than just retirement planning or tax planning.
- Don't confuse financial planning with investing.
- Don't expect unrealistic returns on investments.
- Re-evaluate your financial plan periodically.
- Take professional advice – engage the services of a qualified and experienced financial planner.

Moneymatters Seminar Series

13 January

Demystifying Personal Tax

Presented by Chartermarque

16 April

Maximising your income

Presented by Brewin Dolphin

24 June

Retirement planning/pensions

Presented by Chartermarque and LV

About our partners:

Chartermarque Ltd are Pensions Consultants and Chartered Financial Planners

Maclay Murray Spens are Private Client Solicitors

LV are Retirement Consultants

Brewin Dolphin are Investment Management Advisors

Book online at <http://rcp.sg/events>
Dates may be subject to change.

PHYSICIANS

Post CCT fellowships

As reported in the Summer issue of College News, the Joint Royal Colleges of Physicians Training Board (JRCPTB) has launched a new project to develop JRCPTB-accredited, post-certificate of completion of training (CCT) fellowships, which will allow doctors to undergo extra development beyond the standards of CCT in a structured setting.

The scheme is now inviting NHS trusts within the UK interested in providing accredited fellowships to apply to take part in a pilot scheme. Clinical service providers within the private sector are also eligible to apply. Providers who are selected and

receive approval to take part in the pilot will be responsible for the recruitment, selection and appointment to the post-CCT fellowship posts according to normal NHS Trust recruitment processes (or equivalent).

Implementation of the pilot scheme will begin in January 2014. Potential fellowship providers can access details of the application process and FAQs, plus the latest updates on the project, at <http://www.jrcptb.org.uk> Applications are now welcome.

My College

Dr KDD Saman Edirisinghe FRCP(Glasg) travelled from Sri Lanka to attend our recent Admission Ceremony in Glasgow. He writes about the importance of our College in shaping his career in medicine.

It is with great pleasure that I had the opportunity to attend my fellowship admission ceremony in Glasgow in early November this year. It was a great occasion for me and my family. After attending the College tour, I was fascinated by the history, the marvellous architecture, and the treasures of historical importance in the College.

The visit helped to reinforce the pride I have in being a Fellow of a prestigious College that has a long history and has made a major contribution to the improvement of health care across the world from the beginning of modern medicine.

Fellowship of the Royal Colleges of the UK is regarded as one of the highest honours one can achieve in my home country and I am very proud to now be a Fellow of my College.

I am currently working as a consultant physician in General Internal Medicine in Sri Lanka. I graduated with a second class upper division with five distinctions from the Faculty of Medicine, University of Colombo, Sri Lanka in 1997. I did my postgraduate training at the National Hospital of Sri Lanka Colombo, which is the premier teaching hospital on the Island, in

order to get board certified as a consultant in my country. I did my overseas training as a registrar in medicine in the UK for two years and subsequently left the UK to take up a consultant post in Sri Lanka.

I was privileged to become a Member of the College in 2007 following successfully completing my membership examination. Being a member of the College helped me immensely in updating my knowledge and keeping track of recent advances in medicine.

My recent elevation to Fellowship has been a major boost in supporting my entry to the specialist registry (via specialty equivalent) of the UK General Medical Council.

As I am working in a tropical country with tropical diseases, I am particularly interested in the College's Faculty of Travel Medicine and hope to pursue a course in tropical medicine in the future.



Event Calendar

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

Events and examinations

December:

2 December

Closing date for MRCP Part 2 PACES (various locations)

Exam period 24 Jan – 8 Apr

4 December

Acute NIV for Physicians

7-8 December

MRCP Part 1 Training course

12 December

Case Reports in Medical Receiving – A faint, a fit or a funny turn?

January:

9-31 January

MRCP Paces Training Evenings

14-15 January

IMPACT

21 January

Neurology for non specialists

23 January

Case Reports in Medical Receiving – Chest pain query cause

24 January

Diabetes for the generalist

February:

7 February

Update on the management of common issues in pregnancy

13 February

Acute infections in the medical admissions unit

14 February

Closing date for MRCP Part 2 Written (Glasgow, Belfast)

Exam to be held on 9-10 April

14 February

Cardiology symposium – what becomes of the broken hearted?

20 February

Case Reports in Medical Receiving – Acute pain in a medical bed

Event information and booking

<http://rcp.sg/physicians>

Exam information and booking:

<http://rcp.sg/physicianexams> or email exams@rcpsg.ac.uk

The Scottish Surgical Research Group

Gary A Nicholson, Core Committee Member of SSRG

Across the UK surgical trainees have developed successful and productive regional research networks generating worthwhile audits, clinical studies and randomised control trials (RCTs). With the recent changes in training, including the requirement for research competencies to be obtained for the award of Certificate of Completion of Training and the increasing collaborative nature of clinical research, these networks provide surgical trainees with the extra opportunity of being involved with larger projects publishing high quality research.

As Scotland's only national registrar led surgical research collaborative, we are

working hard to encourage and help trainees attain their research goals through our Scotland-wide network and continuing involvement in the bigger, highly successful UK National Research Collaborative Network. To date we have achieved numerous steps towards success as a cohesive national group of surgical trainees.

Read the complete article at
<http://rcp.sg/CNW13SSRG>

www.scottishsurgeons.com
@ScotSRG
info@scottishsurgeons.com

New MRCS OSCE Centre in Salford

Access to our College is set to be enhanced with the launch of a new assessment centre for the MRCS OSCE exam in Salford, Greater Manchester. The first examination will be held in the centre on 23 February 2014 and will provide an alternative, convenient venue for those not able to attend the exam in Glasgow on 13-14 February.

An OSCE preparation course, including a mock OSCE examination, will be held in Glasgow a few weeks before the exam – details below.

Candidates who sign up for both the exam and the prep course will be given a £250 discount off the cost of the revision course.

- 22-24 January: OSCE Preparation Course
Royal College of Physicians and Surgeons of Glasgow
- 13-14 February: OSCE exam, Golden Jubilee National Hospital, Glasgow
- 23 February: OSCE exam, Salford Royal Hospital, Salford, Greater Manchester

The closing date for applications for the exam is 29 November 2013.

Further details are available online at <http://rcp.sg/mrcsosce>

JCST trainee survey

Surgical trainees across the UK are required to complete a survey for each training place they undertake. The survey questions measure whether surgical training is meeting the Joint Colleges of Surgical Training quality indicators.

In the past two years, more than 70% of trainees have completed the surveys, which have given an insight into the state

of surgical training across the UK. Reports of the survey data are available to heads of schools, training programme directors and Special Advisory Committee members through the ISCP. Several changes to the survey are planned to be introduced to the 2013/14 survey and the JCST is aiming to increase the response rate to over 90% by 2014/15. Further details are available at <http://rcp.sg/CNW13JCST>



Event Calendar

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

December:

2 December

Closing date for FRCS Ophthalmology Part 1 (various locations). Exam to be held on 4 March

2 December

Closing date for FRCS Ophthalmology Part 2 (various locations). Exam to be held on 4 March

6 December

Closing date for FRCS Ophthalmology Part 3 (Hyderabad). Exam to be held on 24-27 February

6 December

Closing date for DOHNS OSCE (England). Exam to be held on 26-28 February

12-13 December

ASiCS Course at Clinical Anatomy Skills Centre (CASC)

January:

22-24 January

MRCS Part B OSCE Preparation Course

28 January

Critical care webinar series – Acid based balance

February:

6-7 February

Basic Surgical Skills Course

10 February

Breast symposium

7 February

Closing date for IMRCS Part A Written (various locations). Exam to be held on 15 April

14 February

Closing date for DOHNS Part 1 MCQ (Glasgow). Exam to be held on 7 April

20 February

Surgical Anastomosis Techniques

21 February

Cancer genetics – an update

Event information and booking

<http://rcp.sg/surgeons>

Exam information and booking:

<http://rcp.sg/surgeonexams> or email exams@rcpsg.ac.uk

TC White support on 50th anniversary year

Imran Shafi MFDS RCPS(Glasg) reports on his TC White Lecture Award

The TC White Lecture Award is one of the prizes of the College's Faculty of Dental Surgery, which I was privileged to be awarded in 2013. Thomas Cyril White was appointed Professor of Orthodontics at the University of Glasgow in 1963. Professor White died in 1980, and in his will bequeathed the residue of his estate to the College "for the furtherance of postgraduate dental education and research". The income from this bequest has subsequently been used to support projects in the field of postgraduate dental education and research.

Was awarded the prize in relation to research undertaken as part of my Doctorate in Clinical Dentistry at the University of Glasgow during my orthodontic specialist training. It may have been fate that during the 50th Anniversary of Professor White's appointment as Chair of Orthodontics, it was an orthodontic trainee giving his lecture.

I was invited to present my lecture at the British Society for Oral and Dental Research in the unique and beautiful town of Bath in September 2013. This was the society's 60th annual meeting hosted by the University of Bristol, and was a wide-ranging and popular research conference. My lecture was titled "Computer prediction systems for planning the

surgical correction of facial deformities." This work involved using cone beam CT models and surgical predictions to help patients with dento-facial deformities. Patients will have a combination treatment of orthodontics and orthognathic surgery and validation of software prediction packages is imperative. These highly specific and specialised cone beam CT machines capture radiographic images in detailed 3D, allowing the orthodontic and surgical team to plan the patient's surgery accurately.

The benefits to presenting at such meetings should not be underestimated. They allow young researchers the chance to share and learn current evidence-based dentistry, meet and mix with colleagues and improve our relevant and contemporary clinical information. I received my certificate and award from Professor Tim Watson who is the President of the British Society for Oral and Dental Research, and the lecture was well received.

I would like to thank the College for giving me the opportunity and support to further my postgraduate dental education, and encourage all Fellows and Members of the Dental Faculty to make use of our excellent award scheme.

FDS medal for Lyn Cranwell

Dental administrator Lyn Cranwell's outstanding contribution to the Dental Faculty of the Royal College of Surgeons was recognised at a Ceremony in London recently when she was awarded the FDS Anniversary Medal.

Lyn is most deserving of this accolade. She has worked at our Dental Faculty for almost 17 years and the award from RCS is evidence of the high regard she is held in across the Royal Colleges.

Congratulations to Lyn for this wonderful achievement. We are very proud of you.



Event Calendar

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

December:

6 December

Closing date for ISFE Paediatric Dentistry (Dublin). Exam to be held on 3-4 April

6 December

Closing date for ISFE Restorative Dentistry (London). Exam to be held on 31 March – 1 April

16 December

Final year dental undergraduate careers evening

19 December

Mock interview day for final year dental undergraduates

27 December

Closing date for ISFE Dental Public Health (Glasgow). Exam to be held on 24-25 April

January:

17 January

National trainees in paediatric dentistry educational day

24 January

Closing date for MFDS Part 1 written (various). Exam to be held on 7 April

February:

26 February

National study day for dental vocational trainees and dental foundation trainees - top tips from the top tipsters

28 February

Closing date for MFDS Part 2 OSCE (Glasgow, Manchester). Exam to be held on 13-14 May

March:

21-23 March

MFDS Part 1 revision course

May:

1-2 May

MFDS Part 2 revision course

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

Exam information and booking:
<http://rcp.sg/dentalexams> or email
exams@rcpsg.ac.uk

New Members welcomed



Raymond Vincent Johnston was welcomed as a new Fellow of our Faculty at the Admission Ceremony in November. We were also delighted to welcome Nicholas NA Kyei (pictured in the front row, centre) as a new Member of the Faculty.

We were delighted to welcome new members to the Faculty Executive Board at our AGM in October. The following were elected:

Ordinary Member

Dr Jim Bond
Mrs Carolyn Driver

Associate Member

Mrs Jennifer Anderson



Event Calendar

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

February:

10 February

Diploma in Travel Medicine – final written exam

March:

17-20 March

Diploma in Travel Medicine – residential week

May:

12-13 May

Foundation in Travel Medicine

Event information and booking

<http://rcp.sg/travelmedicine>

Exam information and booking:

<http://rcp.sg/tmexams> or email exams@rcpsg.ac.uk

Kenyan Healthcare Outreach Programme

Travel Medicine course manager, Ann McDonald MFTM RCPS(Glasg), has been successful in a bid to the College's charity committee to support the Kenyan Healthcare Outreach Programme. She reports here.

In rural Kenya around 70% of people live below the poverty line. Many have limited access to sanitation, clean drinking water, healthcare and education.

My husband and I are registered nurses volunteering to work on the Healthcare Outreach Programme in rural Kenya. This Outreach Programme was initiated in 2011, after an approach by Kenyan healthcare professionals who requested assistance in providing much needed healthcare for rural communities. In response 19 nurses offered their services through the journal of Nursing in Practice. This year is the third opportunity to support this Outreach Programme.

It will be a challenging experience for us providing care in this environment as many of the children live in poor conditions and suffer from debilitating illnesses such as TB, HIV, malaria and intestinal worm infestations causing delayed development and chronic illnesses. Those particularly at

risk are children who are under five years of age.

As members of the team we will be providing generic healthcare for the communities with particular focus on treating jiggers - tiny fleas that live in the soil and burrow into the soles of the feet. This can cause ulceration and in extreme circumstances may lead to amputation

as a result of severe infections. Last year the team supplied flip flops to cover the children's feet, preventing re-infection.

Donations are welcome at <http://www.justgiving.com/Ann-McDonald1>



Regional Advisors

We have recently recruited 10 Regional Advisors across the UK and Ireland to assist with future development of our Faculty locally.

Our regional advisors will act as local contacts and will offer a range of relevant services including:

- local networking, education and training events
- information on the range of examinations offered by our College
- general advice on College membership and benefits

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

The regional advisors are:

Robert Ashford	Birmingham
Sarah Curran	Cardiff
Catherine Hayes	Durham
Julian Livingstone	London
Ian Mathieson	Cardiff
Nichola McLarnon	Glasgow
Emma Supple	London
Allan Thomson	Glasgow
David Watterson	Galway
Michael Harrison-Blount	Manchester



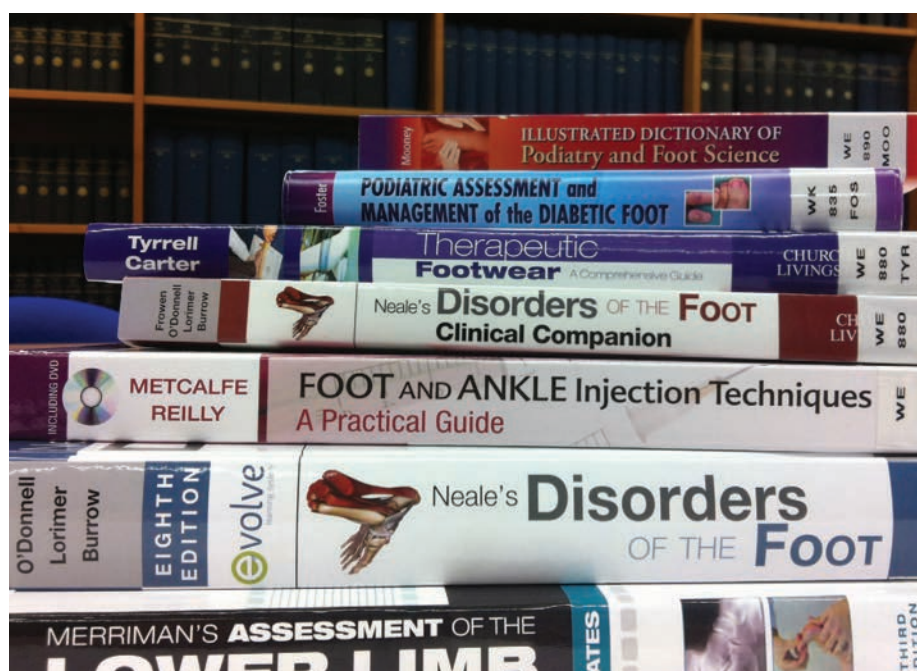
Library books update

The College library is now well stocked with some Podiatric Medicine textbooks.

If you have not already joined the library, you can do so by contacting library@rcpsg.ac.uk

Benefits of library membership include:

- Free Athens account
- Online journals and full text articles
- Book loans
- Literature searches and document requests
- Inter-library loans
- One to one information skills training sessions
- Podiatric Medicine update bulletin



Introductory membership now open

We are delighted to announce that a new category of introductory membership for the Faculty of Podiatric Medicine has been launched.

Introductory membership is open to:

- final year undergraduate podiatry students and
- newly qualified (up to five years post registration) podiatrists working predominantly in podiatric medical clinical practice who are registered with the Health and Care Professional Council and/or in full-time postgraduate education.

The benefits of introductory membership include:

- discounted education
- library access, including an Athens account
- bi-monthly Podiatric Medicine Update
- access to awards and scholarships

More details are available online at <http://rcp.sg/joinpodmed>

Adopt a Book

Are you looking for a personal and unique gift this Christmas? Then you may be interested in our Adopt a Book scheme.

Over the years, this scheme has helped the library to conserve and restore many of its rare and treasured books, ensuring their preservation for future generations, but there are still many more that need rescuing!

Up for adoption...

Notes on the surgery of the war in the Crimea

George H.B. Macleod

London: John Churchill, 1858

Cost of conservation: £162

A former Fellow of our College, Sir George Husband Baird Macleod was born in Campsie, Scotland on the 21st September 1828. He studied medicine at the University of Glasgow and spent time in Paris and Vienna before becoming a surgeon in the Army Medical Service during the Crimean War. He was Surgeon-in-Ordinary

to Queen Victoria in Scotland, and was knighted in 1887.

Our first edition of Notes on the surgery of the war in the Crimea was published in 1858 and is one of the very few surgical works to come from the Crimea. This important text discusses the climate and geography of the region, camp conditions, common injuries, the spread of diseases, the use of chloroform and wounds inflicted by gunshot.

This book is in desperate need of repair and your help would be greatly appreciated. A special bookplate will be pasted to the inside of the slip case of the conserved book with your name on it or the name of the person in whose memory the gift was made. Each individual or group will also receive a certificate acknowledging their generous support.

If you are interested in adopting this book please contact library@rcpsg.ac.uk.

There are many more books that need your help – for a list of books available for adoption please visit <http://rcp.sg/qtegg>.

You can read more about our Adopt A Book scheme at <http://rcp.sg/adopt>



Get FREE online access to journals

Did you know that every member of the College can access hundreds of journals and full text articles online for FREE? All you need to do is contact the library and request an Athens Account – we'll send you details of how to apply and once your account has been activated simply log on to The Knowledge Network website (<http://rcp.sg/TKN>) with your Athens password and start searching for journals and articles!

You'll find current and archive issues of major titles such as the BMJ, The Lancet, JAMA, The New England Journal of Medicine, The British Journal of Surgery, The British Dental Journal, Travel Medicine and Infectious Disease, JAPMA etc alongside a huge selection of other popular titles covering all aspects of health.

To make it easier to keep up-to-date with all the latest research and developments in your field you can also sign up to receive journal alerts. Your Athens Account gives you access to Zetoc (<http://rcp.sg/zetoc>), a journal alerts service which provides access to the British Library's Electronic

Table of Contents of over 28,000 journals and around 16,000 conference proceedings published per year.

Zetoc allows you to set up lists of journals by browsing or searching for individual titles from the Zetoc database. When a new issue of one of your selected journal titles is published, Zetoc will send you an email alert containing the relevant table of contents information. You can also subscribe to RSS feeds of your favourite journals.

It is also possible to set up search alerts by entering chosen search terms into a title

keyword and/or an author field. Zetoc will then send you an email alert each time a newly published article is added to the database which matches these search criteria.

For more information or to apply for an Athens Account please contact the College library at library@rcpsg.ac.uk



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Follow us [@rcpsglibrary](https://twitter.com/rcpsglibrary)



GESTS

**GLASGOW EMERGENCY SURGERY
& TRAUMA SYMPOSIUM**

All you need to know in the first 24 hours

Thursday 27 and Friday 28 February 2014

Advance bookings at exclusive rates are now being taken for Fellows and Members

This two-day symposium brings together world-renowned speakers to discuss the care of acutely ill or injured surgical patients in the first 24hrs. We will focus on critical decision making, management algorithms and delivering essential practical advice for the surgeon on the spot. Our keynote international speakers include:

Professor James Lau

Professor of Surgery and Director to Endoscopy Centre, Prince of Wales Hospital, the Chinese University of Hong Kong

Internationally renowned for his clinical research in the management of peptic ulcers he has published several landmark studies investigating the relative roles of endoscopic treatment, pharmaco-therapy and surgery.

Professor Des Winter

Consultant Colorectal Surgeon, St. Vincent's Hospital, Dublin

Having completed a fellowship at the Mayo Clinic (Rochester, MN), he was appointed as consultant surgeon to his alma mater, St Vincent's University Hospital (Dublin). His current research grants extend from gastrointestinal cellular physiology to clinical trials on minimally-invasive intestinal surgery.

Christine Gaarder (Tina)

Head of Section for Multitraumatized, Division of Surgery, Ullevål University Hospital (UUH), Oslo.

Engaged in trauma care on a clinical, educational, administrative and scientific level, with heavy international involvement in trauma surgical education. She led the emergency work after the Oslo terror attack on 22nd July 2011.

Bryan Cotton MD MPH

Associate Professor and Director Surgical Critical Care Fellowship, UTHealth Medical School

Currently leading a research project designed to find the best way to give blood transfusions to severely injured patients. He has written scholarly articles for multiple publications including the New England Journal of Medicine.

Taking over from the Glasgow Surgical Forum, GESTS is an exciting opportunity for any surgeon involved in emergency work, from junior trainees to experienced consultants, and is sure to fill up fast.

For more information and to book your place, follow this link <http://rcp.sg/GESTS>



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ADVANCING EXCELLENCE IN HEALTHCARE 2014

The Third International Triennial Conference
of the Royal College of Physicians and Surgeons of Glasgow

19 and 20 June 2014
Scottish Exhibition
& Conference Centre

Plenary speakers confirmed:

- **Professor David Greenaway**, author of the Shape of Training review
- **Lord Smith**, Chair of the Commonwealth Games Committee
- **Professor Scott Litin** from the Mayo Clinic
- **Dr Thomas Clanton** from the Steadman Clinic
- **Mr Craig Brown**, former Manager, Scotland National Football Team
- **Dr David Morrison** from the University of Glasgow

Registration now open at
<http://aeh2014.rcp.sg>

Further details about the conference including a detailed scientific and social programme are available online.

Call for abstracts

Poster abstract submissions and conference registration are now being accepted. Further details are available at <http://aeh2014.rcp.sg>

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