

College News

Summer 2014



Advancing
Excellence in
Healthcare 2014



Medicine



Surgery



Dentistry



Travel Medicine



Podiatric Medicine



ROYAL COLLEGE OF
PHYSICIANS AND
SURGEONS OF GLASGOW

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

From the President's Office

A warm welcome to you all to this edition of College News. Our flagship international triennial conference "Advancing Excellence in Healthcare" is now just one month away.

Thanks to the hard work of our event director, Robin Northcote, and his committee, the programme is well balanced, informative and relevant. I believe it will serve its purpose in advancing excellence in the care of patients and also have a breadth of appeal to a cross-section of the medical, surgical, dental and allied health communities.

One aspect that particularly appeals to me is that there are so many sessions not in my areas of expertise which are of considerable interest. The plenary speakers list is very impressive, covering the fields of sporting excellence, politics and medical education. It is a privilege for the Royal College to have such outstanding speakers as Lord Smith of Kelvin, Katherine Grainger and Thomas Clanton.

I attended the Association of Surgeons in Training meeting in Belfast recently and it was a memorable occasion. A total of 700 trainees attended, ranging from undergraduates to soon to be appointed consultants. The Presidents of all four UK and Ireland Royal Colleges were present and were asked to give a brief presentation followed by a Question and Answer session. Before this session, the Presidents were more nervous than the trainees! What struck me about the meeting was the quality of both the organisation and the speakers. I was also impressed by the leadership shown by those in executive positions and how they presented in front of us old fellows in an assured and accomplished manner. I believe this bodes well for the future of health services in the UK and Ireland.

I recently attended the Association of Surgeons Meeting in Harrogate where I had the pleasure of introducing Professor

Ken Fearon, who is a Fellow of our College, as the Macewen Lecturer for 2014. We will be holding symposia in the Portsmouth area and Inverness later this year and these will provide an opportunity to meet up with our Fellows and Members in these areas as well as providing high quality interactive educational events.

As College News goes to print, I am looking forward to attending the Australasian Colleges of Surgeons and Physicians conferences. The two meetings are occurring just a few days apart this year and, in between, I will be visiting Sydney and Perth and plan to meet up with Fellows and Members in both these locations.

I have previously spoken about our view on the 9/1 contracts in Scotland and indeed in other parts of the UK. We continue to represent you strongly at both CEO level in the Health Boards and at Government level. The reduction in supporting professional activities that 9/1 contracts bring are a significant threat to a whole range of activities including safety and quality, education of trainees, examining and Royal College activities. There is no doubt that recruitment and retention of consultants is now being affected by the promotion in certain areas of 9/1 contracts as is the abolition of excellence awards in only Scotland out of the four home nations. This College will continue to strongly support the case for at least two sessions of supporting professional activities and, in addition, the reinstatement of excellence awards in Scotland. We are obliged to ensure the recruitment of the highest quality doctors to Scotland.

This College continues to promote the Medical Training Initiative which allows trainees from any part of the world to come to parts of the UK which have gaps in their training programmes. The College facilitates this process and ensures that those trainees recruited meet the required standards and receive the support they need. The Scottish Government has stated its strong support for this and we hope our Fellows and Members around the world will contact us with potential candidates.

It was a pleasure to recently attend our Seniors Fellows Club lunch in the College; they were in good heart. The College Hall was full and I was delighted to meet up with colleagues, teachers and mentors. I hope to see them again at Advancing Excellence in Healthcare 2014, particularly at the fascinating sessions on the history of medicine.

I do hope as many of you as possible will be able to come and support the College at this flagship international triennial conference on 19-20 June at the Scottish Exhibition and Conference Centre in Glasgow and perhaps to combine it with a summer vacation in Scotland.

This special edition of College News has been dedicated to providing all you need to know about the conference. Further information is also available online at <http://aeh2014.rcp.sg>

Dr Frank Dunn



Events for all

11 June

2014 Public Lecture Series:

Skin cancer – the new epidemic

Dr Lorna Mackintosh, Consultant Dermatologist, Western Infirmary, Glasgow

19.00 followed by refreshments

19-20 June

Advancing Excellence in Healthcare 2014

The third international triennial conference of the Royal College of Physicians and Surgeons of Glasgow
12 CPD points; register online at <http://aeh2014.rcp.sg>

24 June

Money matters seminar series:

Retirement planning/pensions

Presented by Chartermarque (Pension consultants and financial planners) and LV (retirement consultants)

12 September

Musical Notes

An evening of supper, spirit and song
19.00, details to follow

19 September

Hidden jewel masquerade charity ball

In aid of Yorkhill Children's Charity

30 October

Trainee evening – FYi

11 November

The Leadership Lecture

Presented by Sir Tom Hunter

All events are held in the College unless otherwise indicated. Further details about College events can be found on the website.

Book online at <http://rcp.sg/events>

Dates may be subject to change.

PHYSICIANS

SURGEONS

DENTISTS

TRAVEL MEDICINE

PODIATRIC MEDICINE

College Scholarships & Awards

Financial Assistance to Advance your Career

As a member of College you have the opportunity 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. **Apply Now!**



College Travelling Fellowship – Travel to a centre of excellence

Available to: All members of the College including introductory postgraduate, associate and affiliate members and members of the Faculties of Travel Medicine and Podiatric Medicine

Specialty: All specialties

Value: £2,000 maximum per award

Closing Date: 25 August 2014

David Murdoch Memorial Travelling Fellowship – Further your cardiology skills and knowledge

Available to: Cardiologists and cardiothoracic surgeons in a training grade

Specialty: Cardiology and cardiothoracic surgery

Value: £2,000 maximum per award

Closing Date: 25 August 2014

Aileen Lynn Bequest Fund – Gain skills in cancer research

Available to: All Fellows and Members of the College and all Faculties

Specialty: Cancer Research

Value: £5,000 maximum per award

Closing Date: 25 August 2014

More information:

+44 (0)141 221 6072

E: scholarships@rcpsg.ac.uk

<http://rcp.sg/scholarships>

Sue Clarke

All of the staff of the College were saddened recently by the sudden, untimely death of our friend and colleague Sue Clarke. Sue was a much loved member of the education team and chair of the staff committee. Her presence in the College is sadly missed by all. Her friends in the education team have written this fitting tribute.

Our wee office in the Education Unit feels like it has a huge piece missing, and probably will do for a very long time. Sue was our resident thesaurus, encyclopaedia (who else would know the complete history of the croissant?!), boy scout (complete with dinosaur plasters, salt, pepper and emergency tights!), resident diet tester (but never too far away from the biscuit tin) crocheter extraordinaire and gym bunny (although more often than not she was delighted when she couldn't get a space in her class).

We will miss her endless supply of florentines, booming laugh and witty one liners from the corner, her constantly keeping us entertained with stories of Sam - and trials and tribulations of life with a teenage boy, her array of pink accessories (including matching headphones, crocs and pen).

Our Sue was ever so polite, but could floor us with a single comment. She had a razor sharp tongue, with a heart of gold.

We listened intently to Sue's excitement over getting her kittens and how she and Sam would debate over their eventual names.

We will miss her generosity, kindness and thoughtfulness - always the first with a hug when you needed it most.

She will be an extremely hard act to follow, our irreplaceable friend Sue.



Announcements

Admission Ceremony Dates

Forthcoming College admission ceremonies will be held on:

- Wednesday 18 June at the Scottish Exhibition and Conference Centre (SECC)
- Wednesday 12 November at the University of Glasgow

Each admission ceremony will be followed by a celebratory reception. Online registration at <http://rcp.sg/registration>

Partnering for Cure

UK and European researchers are invited to submit proposals for Bristol-Myers Squibb's Partnering for Cure Virology Research programme. Applications are now open until 15 July 2014. Aspiring scientists are encouraged to submit their ideas at www.bms.com/israpapplications

College closures

The College will be closed on the following holidays:

Monday 26 May
Monday 14 July
Monday 29 September

Elections

Nominations for election to the Dental Council and Faculty of Travel Medicine Executive Board will be open soon. All those eligible to nominate will receive nomination papers in the coming weeks.

Recruitment

Committee vacancy: Scholarship Committee

Expressions of interest are invited to fill two current vacancies on the College's Scholarship Committee. The main role and responsibilities of the Committee, which meets in College three times per year, are to:

- review and assess all applications received for each award administered by the College
- review and update where appropriate the eligibility criteria for each award
- review reports from all award recipients
- authorise payments and approve payment schedules for successful applicants
- monitor the financial position and available funding for each award

The vacancies are for:

- Ordinary Member (Surgical)
- Ordinary Member (Medical)

Appointments to the Committee are normally made for a term of three years, but may be extended to one further term of three years.

UK regional advisors

The annual UK regional advisors' workshop was held in the College on 8 May. Physicians, surgeons, dentists and podiatric medicine regional advisors from all over the UK gathered to report on local activities in their region over the past six months and to develop priority actions for the year ahead. The regional advisors were updated on developments within the College and had an opportunity to discuss strategy and priorities within their regions.

Question Time 2014

We were delighted to welcome more than 100 members of the public, the medical profession, medical and nursing students, social services and care groups to the Lay Advisory Board's annual Question Time evening in the College recently (11 March).

"What are the key challenges to delivering a patient centred approach?" was the topic under discussion by a panel comprising:

- Ms Eleanor Bradford, BBC Health Correspondent
- Professor Kenneth Boyd, Medical Ethics, University of Edinburgh
- Dr Jennifer Armstrong, Medical Director, NHS Greater Glasgow and Clyde
- Ms Theresa Fyffe, Director RCN Scotland
- Mr Mike Graham, Director-Business Law, MacRoberts Solicitors

The meeting was chaired by our President, Dr Frank Dunn. Various official reports and press coverage of failures in health care in the UK formed a backdrop to the discussion, which ranged across the following topics:

What are the challenges of delivering patient centred care?

Patients need to be in charge of their own health. They need to be given clear advice that they can understand about the available choices.

Patients over 85 years on average have five medical problems that are age related. Hospital is not the answer to treatment at home. In the evening and at weekends it is sometimes difficult to obtain support when there is a problem and hence a trip to A&E. NHS and Social Services should try and provide support to elderly patients in unsocial hours to reduce the number of visits to A&E. In Primary Care there should be one person who co-ordinates the care package for each patient.

Who do you anticipate will be in overall charge of the patient's health?

The view was that there should be a named consultant in charge of each patient in hospital. There are many complex cases where this named consultant would need to get advice from colleagues. Staff need to be open that they cannot solve everything.

How can we ensure assessment of standards of health and social care services are person centred?

System based targets are easier to measure than assessments that identify the outcomes people have achieved as a result of the service.

It is good to have as much stability as possible and not to be continually reorganising as a result of bad cases. Targets need to be simple so that there are no 'get out' clauses. Targets can be bad but they have reduced waiting times for some patients and without them improvements would not have been made. In Scotland, hospitals are not judged to be financially failing.

Why is it in nurse's training that getting a bedpan doesn't seem to be important?

It was stated that there needs to be strong clinical leadership in hospitals and then all staff will know what behaviour is acceptable. All staff should follow the three 'R's of respect, relationship and rapport. Staff can learn compassion and judgement but cannot be taught it.

Have all hospital staff in Scotland read the Robert Francis report on the Mid Staffordshire NHS Foundation Trust?

There is no grading of hospitals in Scotland. Clinical groups look where things go wrong and then send help to make improvements. Patients' views are obtained through questionnaires.



**CLINICIANS
ON THE
CLYDE**
5KWALKJOGRUN
6PM, THURSDAY 19 JUNE 2014
<http://aeh2014.rcp.sg>

In aid of



In association with



ROYAL COLLEGE OF
PHYSICIANS AND
SURGEONS OF GLASGOW

jogscotland



Hospitality and friendship in India

Professor Richard Welbury, Vice President (Dental) and Dean of the Faculty of Dental Surgery reports on a recent trip to India.

I visited India from 7 to 15 February where I gave five lectures and still managed to see the foothills of the Himalayas, the Taj Mahal at Agra, and the Pink Palace at Jaipur. After landing at Delhi my first lecture was at the University College of Medical Sciences in East Delhi and to meet an old postgraduate student and see her department. This huge complex of hospital and university serves a population of 5.5 million and the hospital out-patient clinics certainly bore testament to that.

The next stop was the 11th Postgraduate Convention of the Indian Society of Paedodontics and Preventive Dentistry in Chandigarh and the chance to publicise Glasgow when we host the International Association of Paediatric Dentistry Congress at the SECC between July 1-4 2015. Designed by Le Corbusier, the city of Chandigarh is spacious and laid out in a grid system, quite unlike the majority of Indian towns and cities. The climate in February was cool and friendly to Glaswegian visitors and the opportunity to travel north for two hours and go by cable car to 3,000 metres in the foothills of the Himalayas was amazing.

Next it was back to Delhi – a 45 minute flight - and one of the primary purposes of my visit, to meet Professor Mahesh Verma and visit the Maulana Azad Institute of Dental Sciences (MAIDS) where he is the Director/Principal and where we plan to host the first MFDS Part 1 preparatory course bridged from our College in Glasgow.

Prior to our formal meeting, Professor Verma and our College hosted a reception at the Gulmohar Hall, Habitat World, India Habitat Centre, which was attended by more than 100 guests and existing Fellows and Members of our College. However, before the social evening I had to sing for my supper and updated the audience on 'The treatment of traumatic dental injuries in children and adolescents' and then on 'RCPSG College and Dental Faculty' with specific reference to MFDS. There seemed to be genuine interest in hosting an MFDS



The Pink Palace, Jaipur

exam in Delhi and we look forward to developments over the next few months. At the reception, the Fellows and Members that I met personally all expressed a desire to be involved and cement their ties with Glasgow.

The following morning I visited MAIDS and met Professor Verma and the Heads of his Departments. The Institute is a credit to his many years of hard work and the number of International and National Awards that it

has won is not surprising. It would be an ideal centre to host both Part 1 and Part 2 MFDS.

The final three days of the visit to India were spent with my family visiting the Taj in Agra and the Pink Palace in Jaipur - unforgettable sights and experiences against an overwhelming backdrop of hospitality and friendship. I look forward to returning in the near future.

Revalidation

The process of revalidation is now well established with a total of 36,670 recommendations to the General Medical Council (GMC) by designated Responsible Officers (as of 31 January 2014). Of those recommended to the GMC, 83% were approved, enabling them to renew their licence to practise. More than 16.5% were deferred – meaning further supporting information was required. Eleven doctors failed to engage in the revalidation process.

Key issues and questions that have been identified in the first year of revalidation include:

- Support for doctors working in the private/independent sectors who have no designated body or Responsible Officer to provide guidance

- What is the role, if any, of the Royal Colleges in the remediation and support of doctors in difficulty?
- Can retired doctors retain their licence to practise? How will they maintain CPD in order to meet the minimum requirements for appraisal?
- Records management and information recording and retention systems vary across the NHS. It is not clear whether all doctors are able to access accurate data to support appraisal.

Our College is represented on the Academy of Medical Royal College's Specialty Guidance Group. The Group recently conducted a survey of Responsible Officers, appraisers and doctors on the use and effectiveness of current revalidation supporting information documentation

(including Core and Specialty Guidance and Appraisal for Revalidation). Feedback was positive. 78% of doctors using College guidance said they found it useful or very useful.

Updated versions of Guidance documents will be issued following the Academy's spring meeting.

REVALIDATION HELP DESK

revalidation@rcpsg.ac.uk
<http://rcpsg.sg/revalidation>



Frienial Ball

Friday 20 June 2014
Kelvingrove Art Gallery and Museum
7.30pm for 8pm

Dress: Black Tie with decorations
Tickets: £70 (tables of 10 available)
Book Now: 0141 221 6072
AEH2014@rcpsg.ac.uk



Pictured from left: Dr Frank Dunn (President), Evelyn Glass (Diabetes Challenge Participant), Professor Miles Fisher (Vice President (Medical)) and consultant diabetologist with NHSGGC, Dr Linda de Caestecker (NHSGGC Director of Public Health), Debbie Houston (Diabetes Challenge Participant)

Beat Diabetes Challenge

*As we countdown to both our flagship international triennial conference and the Glasgow 2014 Commonwealth Games, the College has joined forces with NHS Greater Glasgow and Clyde to develop the **2014 Beat Diabetes Challenge**.*

67 people with type 2 diabetes have signed up to work hard for six months to become more physically active and see how their diabetes control improves – hopefully to the point of living medication free for some.

By taking part in the challenge competitors are being offered motivational support, personal physical activity plans and free access to local authority gym and leisure facilities for the duration of the programme as well as having opportunities to try new activities in the world-class Glasgow 2014 Commonwealth Games venues. Doctors, nurses and dieticians who work in diabetes services are also providing motivation, advice and support.

Our President, Dr Frank Dunn said the College was delighted to be a partner in this event. “We and NHSGGC were determined to provide a health legacy from the Games and this project fits the bill perfectly. Throughout our 415 years, part of our College’s mission has been to improve the health of the people of Glasgow. The Beat Diabetes Challenge provides an ideal opportunity, especially during such a prestigious time for the city. We will be able to show the world that Glasgow is committed to excellence in supporting sport and improving the health of the people of this great city.”

Dr Linda de Caestecker, NHSGGC Director of Public Health, said: “Evidence shows that by making changes in your daily routine people can manage type 2 diabetes to the point where they may be able to reduce their need for medication, lose weight, lead a healthier life and live longer. We hope that this group of people who want to get more physically active in the run up to the Commonwealth Games can inspire many others to take on this same challenge. I am delighted that this is a partnership with the Royal College of Physicians and Surgeons of Glasgow giving a strong message that being more physically active is as important in being healthy as any high technology medicine or drug treatment. We’ll be there to support the participants every step of the way and I’m thrilled that so many have taken the opportunity to sign-up to this important initiative.”

Debbie Houston, 46, from Erskine was one of the first participants to sign up to the Challenge. Debbie said: “I was diagnosed with type 2 diabetes five years ago. Thankfully I’ve managed my condition well enough so far to avoid medication and I’m taking part in the challenge to ensure I keep it that way. As Chief Executive of Dales Cycles I also want to practice what I preach and be an ambassador for health, wellbeing and generally being active. The Beat Diabetes Challenge delivers

everything I need to get more active, stay motivated, improve my diet and access specialist diabetic medical support in a one stop shop and I’ve grabbed this opportunity to improve my health and diabetic status with both hands.”

Evelyn Glass, Specialist Rehabilitation Nurse based in Renfrewshire, was one of the first to sign up to the programme.

Evelyn said: “I took the decision at Hogmanay that 2014 would be my year. I turn 50 in December and really want to turn my health status around after being diagnosed with type 2 diabetes four years ago.

When I heard about the Beat Diabetes Challenge I knew it was just what I needed. I’ve already started to make small changes but what I need now is that push to do more and the support this initiative is offering is amazing.”

A series of motivational and exercise try out sessions will run until the conclusion of the programme. Participants have already tried out jogging at one Commonwealth Games venue - the Scotstoun Sports Centre running track - and peddle power at the Emirates Arena. We are looking forward to welcoming the participants at our own Clinicians on the Clyde 5k event during our triennial conference in June.



ADVANCING EXCELLENCE IN HEALTHCARE 2014

19-20 June 2014
Scottish Exhibition and
Conference Centre
APPROVED 12 CPD

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

PLENARY SPEAKERS

A fantastic line up of plenary speakers will present at AEH2014. The plenary sessions are designed to ensure they do not clash with other presentations at the conference, so everyone can attend these key sessions.

Plenary speakers include:

DAY 1

- Frank Dick OBE, President of the European Athletics Coaches Association
- David Carry, former Olympian and Commonwealth Games medallist
- Dr Thomas Clanton from the Steadman Clinic
- Dr David Morrison from the University of Glasgow
- Mr Craig Brown, former Scotland National Football Team Manager
- Shona Robison, Minister for Commonwealth Games and Sport

DAY 2

- Dr Katherine Grainger, Olympic Champion
- Dr Scott Litin from the Mayo Clinic
- Professor David Greenaway, author of the Shape of Training report
- The Rt Hon Lord Smith of Kelvin KT, Chairman Glasgow 2014 Commonwealth Games Organising Committee

SCIENTIFIC PROGRAMME

The conference incorporates nine symposia running in parallel over two days covering the broad themes of:

- Medical (see page 13)
- Surgical (see page 14)
- Dental (see page 15)
- Travel Medicine (see page 16)
- Podiatric Medicine (see page 17)
- Trainee Session
- History of Medicine (see page 18)
- Glasgow Lung Conference
(Download the programme at <http://rcp.sg/lung>)
- University of Glasgow symposium
(Download the programme at <http://rcp.sg/UoG>)
- Faculty of Sport and Exercise Medicine
(Download the programme at <http://rcp.sg/FSEM>)



A Health Zone sponsored by Albert Bartlett with cookery demonstrations, health checks, blood donation and exercise with Scottish Rowing will form the centrepiece to the exhibition hall at AEH2014. We are delighted to have the support of Scottish family business Albert Bartlett, which is the UK's leading supplier of fresh potatoes, in establishing this important element of the conference.



Countdown to AEH2014. From left – Dr Quentin Fogg, Anatomist, University of Glasgow; Dr Robin Northcote, Conference Director and Registrar, Royal College of Physicians and Surgeons of Glasgow; Professor Miles Fisher, consultant diabetologist and Vice President (Medical), Royal College of Physicians and Surgeons of Glasgow; Mr Billy Mitchell, Head of Jog Scotland; Dr Linda de Caestecker, NHS Greater Glasgow and Clyde Director of Public Health; Mr Craig Brown, former Scotland National Football Team Manager

25 days to go!

25 May 2014 marks just 25 days to go to our flagship international triennial conference. We are delighted with the high calibre of speakers that we have successfully attracted to speak at this conference.

More than 400 experts including doctors, surgeons and dentists from around the world are expected to attend the conference to see and hear presentations from leading experts in both health and sport. The conference has been designed to incorporate nine individual symposia, focusing on different aspects of medicine and sport, taking place in parallel over two days (19-20 June). The conference, which is endorsed by the Commonwealth Games Federation, will take place in Glasgow ahead of the Glasgow 2014 Commonwealth Games.

Former Scotland National Football Team Manager, Mr Craig Brown, who will participate in a public health question and answer session at the conference, said: "Having worked with experienced medical people in the world of football, I am delighted to be involved in bringing expertise to all sports. The medical profession plays a very important role in sports, not just in injury prevention and cure, but also in promoting the lifestyle benefits."

Have you registered yet?

There is still time to register for AEH2014. In this special edition of College News we have provided indepth information about the individual symposia that will run throughout the conference. Please see page 13 and subsequent pages for details.

Further information, including registration, is available online at <http://aeh2014.rcp.sg>

TRAINEES SESSION JOIN THE DEBATE



“This house believes that specialism in hospital medicine is the height of clinical excellence to which we should aspire”

Led by **Professor David Greenaway**, author of the Shape of Training Review

@rcpsglasgow #AEH2014

12pm Friday 20 June 2014
Advancing Excellence in Healthcare 2014
Scottish Exhibition and Conference Centre



Moneymatters

The third of our Moneymatters seminar series was held in the College in April. Gordon Macdonald, Divisional Director of Investment Management at Brewin Dolphin, presented a session on maximising income. A summary of the points discussed is provided.



Searching for income? Understand the risks!

You may not realise it, but we have just passed the fifth anniversary of UK base rates being cut to the historic low level of 0.5%. It is hardly surprising therefore that many savers who previously relied on a decent level of interest on their savings to grow their retirement pot or to supplement their pensions are becoming increasingly frustrated at the lack of interest and are now seeking income from other sources.

Understandably, these investors are wary of the risks involved with investments which may be alien to them, but the alternative is, at worst, to deplete their hard earned capital or, at best, to see the spending power of these funds gradually eroded by returns which are below inflation. Indeed in the five years since rates were cut to 0.5%, Retail Price Inflation has been just over 20%.

So at a basic level, how can we try and assess the risks associated with investments? A significant part of the answer can be found in asset allocation. There are thousands of products marketed by hundreds of providers but when you drill down, there are basically only five places to invest money and these are known as asset classes. These are Cash, Fixed Interest (Bonds), Equities (Shares), Property and Commodities and the

aforementioned products will have their roots in one or more of these asset classes.

Over the years I have had many discussions with clients about their investments and if I ask, "Where are you invested?" I often get a list of products that they have purchased over time which might include bank accounts, ISAs, unit trusts, bonds and shares rather than what underlying assets they hold. Unfortunately, if there is a period of turmoil in the financial markets, such as we experienced in 2008, the loss in value will often take the investor by surprise as they had no real idea where their money was actually invested.

These asset classes often behave differently during the various stages of an economic cycle or when we experience extreme events and therefore it is important to understand how much you have invested in each asset class in order to assess the risks you are exposed to and the returns you might expect.

You may be familiar with the traditional warning that investments can fall as well as rise and that you might not receive all of your money back. This warning is perhaps more often associated with shares referring to the volatility exhibited by stock markets. Volatility risk is generally recognised but perhaps less well known is the impact that rising interest rates would have on the bond market or the risks posed by inflation or even deflation.

The good news is that investing in bonds, shares and property over the longer term has generally provided better returns than holding deposits in the bank. Whilst the short term risks are greater, these risks generally diminish over time and with an asset allocation strategy that is both known and suitable for the investor and the level of risk they are both able and prepared to tolerate.

Gordon Macdonald,
Chartered FCSI, ACIBS,
Brewin Dolphin

gordon.macdonald@brewin.co.uk

Money Matters Seminar Series

We have teamed up with expert financial organisations to present a series of seminars focused on money management.

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

Important Information

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PHYSICIANS

What is the future for JRCPTB-accredited post-CCT Fellowships?

Interest has been growing in recent years in the establishment of post-CCT fellowship posts to attract high-calibre doctors and meet clinical service needs.

The JRCPTB, supported by its three parent colleges, initially embarked on the project to develop such fellowships in March 2013, with Dr Tim Battcock, a consultant physician at Poole Hospital NHS Foundation Trust, as clinical lead. An overarching driver

for the project was the wish to establish professional and educational environments for physicians to develop their skills, provide an opportunity to improve patient safety, and meet the clinical need for a flexible, well trained workforce.

Development of a pilot –
Access the complete article at
<http://rcp.sg/CNSu14CCT>



ADVANCING
EXCELLENCE IN
HEALTHCARE 2014

Day 1 | Thursday 19 June 2014

0815	Registration, exhibition and posters
0900	Opening session featuring Frank Dick OBE: Inspiring future generations to the benefits of sport and David Carry: My experience as an Olympian and Commonwealth champion
1000	Debate "This house believes that exercise is the panacea for all ills" Sir Harry Burns and Dr Andrew Murray vs Dr John Larkin and Dr Robin Northcote Chair: Dr John Paul Leach
1100	Refreshments, exhibition and posters
1130	Physical activity: achieving behavioural change in secondary care Dr Andrew Pipe: Smoking cessation Professor Nanette Mutrie: Exercise Dr Linda De Caestecker: Physical activity/behavioural change
1245	Lunch, exhibition and posters
1345	Plenary session featuring Dr Thomas Clanton, Steadman Clinic
1415	Current controversies in the sporting world Dr Ian Gallen: Diabetes in sport Dr George Welch: Fear and loathing - reflections on the yellow jersey, performance measurement and risk in surgery Michelle Verroken: Spotting the cheat Q&A
1600	Refreshments, exhibition and posters
1630	Public health Q&A with Dr David Morrison, Department of Public Health and Policy, University of Glasgow, Mr Craig Brown, former Scotland Football Manager and Shona Robison, MSP, Minister for Commonwealth Games and Sport

Book now at <http://aeh2014.rcp.sg>

A five minute discussion will follow each presentation.

Programme may be subject to change.

Day 2 | Friday 20 June 2014

0815	Registration, exhibition and posters
0900	Opening session featuring Professor Scott Litin, Mayo Clinic, USA: Presentation skills
1000	Age and Ageing Professor David Stott: Factors affecting age and ageing Professor Colin Selman: Scientific basis for ageing Dr Joanna Wardlaw: Brain imaging and the ageing process Professor Marion McMurdo: Exercise and ageing
1100	Refreshments, exhibition and posters
1120	Plenary session featuring Dr Katherine Grainger, Olympic champion
1200	Prescribing Exercise in oncology, heart failure and diabetes Dr Andrew Murray: Does exercise have a role in preventing and treating cancer Sir Harry Burns: Exercise and population health Professor Miles Fisher: Exercising with diabetes Dr Iain Todd: Prescription of exercise to patients with cardiac disease
1315	Lunch, exhibition and posters
1400	Plenary session featuring Professor David Greenaway: The future of the medical workforce in the UK
1430	Cardiovascular Medicine Masterclass Professor Anna Dominiczak: Genomic medicine comes of age Professor Peter Langhorne: Management of acute stroke within emergency medicine Professor William McKenna: Hypertrophic cardiomyopathy and its effect on the exercising population
1615	Refreshments, exhibition and posters
1705	The Rt Hon The Lord Smith of Kelvin, KT, Chairman, Glasgow 2014 Commonwealth Games Organising Committee: Commonwealth Games



Event Calendar

Events and examinations

May:

27 May

Meeting the challenges of multimorbidity – lessons from home and abroad

29 May

Robert Burns and Medicine: exploring links between physical illness, mental disorder and creativity

July:

14 July

Closing date for MRCP Part 1 exam

Exam date 9 September

August:

11 August

Closing date for PACES exam

Exam date 29 Sep – 30 Nov

6 August

Closing date for Specialty Certificate – Infectious Diseases

Exam date 10 September

6 August

Closing date for Specialty Certificate – Medical Oncology

Exam date 10 September

October:

3 October

Advanced ECG Interpretation

November:

7 November

Research and injury of conflict

14 November

State of the Art Medicine Symposium

19 November

Stroke Symposium

25 November

Rheumatology for the generalist

Event information and booking

<http://rcp.sg/physicians>

Exam information and booking:

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

GESTS success

Our two day, annual Glasgow Emergency Surgery and Trauma Symposium, 'All you need to know in the first 24 hours', has been hailed as a resounding success. The variety and international reputation of the speakers, combined with concise information-bites on relevant, interactive clinical scenarios in emergency surgery, meant that the event was sold out.

Sessions were geared towards what consultants on the emergency rota feel least prepared for, and left delegates spreading the good word of the College's activities far and wide. Chaired panel discussions at the end of each session focused on key learning points, ensuring

that topics were covered in just the right amount of depth, provided clinically useful information with great banter thrown in for good measure. The two days were about experienced surgeons talking simply about their experiences and thought processes with minimal showmanship, and minus reams of pointless data. Dates are already in the diary for next year, 26 and 27 February 2015, don't miss out!



Book online at <http://rcp.sg/events>



Day 1 | Thursday 19 June 2014

0815	Registration, exhibition and posters
0900	Opening session featuring Frank Dick OBE: Inspiring future generations to the benefits of sport and David Carry: My experience as an Olympian and Commonwealth champion
1000	Surgical evolution Dr Quentin Fogg: Anthropology - helping to understand applied surgical anatomy Alasdair Renwick: What can we learn from our veterinary colleagues? Professor Bill Ribbans: Achilles tendon – understanding tendopathy
1100	Refreshments, exhibition and posters
1130	Returning obese patients to activity Miss Catherine Sharp: Weight reduction surgery Mr Rob Stuart: Returning to exercise after bariatric surgery Professor Michael Lean: Good nutrition after surgery
1245	Lunch, exhibition and posters
1345	Plenary session featuring Dr Thomas Clanton, Steadman Clinic
1415	Innovation and rehabilitation Dr Rod Jaques: The role of joint injections in managing early arthritis in performance sports Mr Mark Blyth: Can a knee benefit from a new shock absorber? Lt Col Alastair Nicol RAMC: Military rehabilitation and prosthetics in sport Professor Gordon Mackay: The internal brace - accelerated rehabilitation
1600	Refreshments, exhibition and posters
1630	Public health Q&A with Dr David Morrison, Department of Public Health and Policy, University of Glasgow, Mr Craig Brown, former Scotland Football Manager and Shona Robison, MSP, Minister for Commonwealth Games and Sport

Day 2 | Friday 20 June 2014

0815	Registration, exhibition and posters
0900	Opening session featuring Professor Scott Litin, Mayo Clinic, USA: Presentation skills
1000	Groin pain Mr Dominic Meek: Learning from metal on metal hip resurfacing Mr Sanjeev Patil: Groin Pain – Identifying labral tear Mr Andrew Renwick: Sports hernia and overview
1100	Refreshments, exhibition and posters
1120	Plenary session featuring Dr Katherine Grainger, Olympic champion
1200	Multidisciplinary advances to assist the surgeon Dr Thomas Clanton: Sports surgery research Mr Gerry Haggerty: Rugby medicine Dr Graham McKillop: Advances in sports imaging Dr Michelle Jeffrey: The future of SEM in Scotland
1315	Lunch, exhibition and posters
1400	Plenary session featuring Professor David Greenaway: The future of the medical workforce in the UK
1430	The future of performance Professor Bill Ribbans: The role of surgeons in the future of sport Dr Brian Walker: Scottish Sports Institute
1615	Refreshments, exhibition and posters
1705	Plenary session featuring Lord Smith, Chair of the Commonwealth Games Committee

Book now at <http://aeh2014.rcp.sg>

A five minute discussion will follow each presentation.

Programme may be subject to change.



Event Calendar

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

Events and examinations

May:

28 May

Surgical Anastomosis Techniques

June:

13 June

Closing date for DOHNS (MCQ)

Exam date 1 September

16 June

Foundations in Critical Care in Surgery

20 June

Closing date for IMRCS Part A Written

Exam date 9 September

21 June

Hip Fracture Course

30 June

Closing date for FRCS Ophthalmology Part 1 – Exam date 7 October

30 June

Closing date for FRCS Ophthalmology Part 2 – Exam date 7 October

30 June

Closing date for FRCS Ophthalmology Part 3 (New Delhi)

Exam date 22-25 September

July:

4 July

Closing date for MRCS Part B OCC (New Delhi)

Exam date 8-10 September

25 July

Closing date for MRCS Part B OSCE (Glasgow) – Exam date 9-10 October

25 July

Closing date for MRCS Part B OSCE (Salford)

Exam date 19 October

August:

1 August

Closing date for DOHNS OSCE (Dublin)

Exam date 7-9 October

CASC events <http://rcp.sg/casc>

Event information and booking

<http://rcp.sg/surgeons>

Exam information and booking:

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

DENTISTRY

MFDS Part 1 in India

We are delighted to announce that we plan to hold the MFDS Part 1 revision course and examination in India later this year at the Maulana Azad Institute of Dental Sciences (MAIDS), in New Delhi.

Details are provided below for anyone wishing to attend. Further information is also available by contacting mfdsindia@rcpsg.ac.uk

MFDS Part 1 revision course

- Running over five evenings from 25-29 August 2014
- Live video link to our College in Glasgow

- Customised for dental practitioners working in India
- Supported by our Director of Dental Education, Iain Buchanan, who will be present in MAIDS during the course
- Suitable for anyone intending to sit MFDS Part 1 exam, or Part 1 MJDF

MFDS Part 1 examination

- One three hour multiple choice question paper

Exam date: 6 October 2014

Closing date: 25 July 2014



Day 1 | Thursday 19 June 2014

0815	Registration, exhibition and posters
0900	Opening session featuring Frank Dick OBE: Inspiring future generations to the benefits of sport and David Carry: My experience as an Olympian and Commonwealth champion
1000	Violence and society: how to make a difference Professor Jonathan Shepherd: Violence Prevention - the Cardiff Model
1100	Refreshments, exhibition and posters
1130	Update on local anaesthesia and medico-legal issues Dr John Gerard Meechan: Bespoke dental local anaesthesia Dr Helen Kaney: Avoiding problems - effective complaints management and the importance of good communication
1245	Lunch, exhibition and posters
1345	Plenary session featuring Dr Thomas Clanton, Steadman Clinic
1415	Oral medicine/anti-microbial resistance update Professor Mike A O Lewis: Oral medicine update Professor Andrew Smith: Anti-microbial resistance - fall of man? Q&A
1600	Refreshments, exhibition and posters
1630	Public health Q&A with Dr David Morrison, Department of Public Health and Policy, University of Glasgow, Mr Craig Brown, former Scotland Football Manager and Shona Robison, MSP, Minister for Commonwealth Games and Sport

Day 2 | Friday 20 June 2014

0815	Registration, exhibition and posters
0900	Opening session featuring Professor Scott Litin, Mayo Clinic, USA: Presentation skills
1000	Restorative dentistry update (part 1) Professor Brian Millar: A sporting chance: dental damage in training caused by erosion, caries and clenching
1100	Refreshments, exhibition and posters
1120	Plenary session featuring Dr Katherine Grainger, Olympic champion
1200	Restorative dentistry update (part 2) Dr Craig Barclay: Facial sporting injuries Dr Aubrey Craig: Legally (& ethically) Blonde... how to stay whiter than white?
1315	Lunch, exhibition and posters
1400	Plenary session featuring Professor David Greenaway: The future of the medical workforce in the UK
1430	Child protection issues for the GDP and DCP Dr Christine Park: Dental assessment for at risk children Professor Richard Welbury: Child protection and the dental team Dr Christine Goodall: Medics against Violence Q&A
1615	Refreshments, exhibition and posters
1705	Plenary session featuring Lord Smith, Chair of the Commonwealth Games Committee

Book now at <http://aeh2014.rcp.sg>

A five minute discussion will follow each presentation.

Programme may be subject to change.



Event Calendar

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

Events and examinations

June:

20 June

Closing date for ISFE Dental Public Health – Exam date 16-17 October

July:

4 July

Closing date for ISFE Paediatric Dentistry – Exam date 27-28 October

18 July

Closing date for ISFE Restorative Dentistry – Exam date 10-11 November

25 July

Closing date for MFDS Part 1
Exam date 6 October

25 July

Closing date for ISFE Oral Surgery
Exam date 19-20 November

September:

4 September

Francis report and the dental team

12 September

MFDS Part 1 revision course

Event information and booking

<http://rcp.sg/dentists>

Exam information and booking:

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

Dental Council Nominations

Nomination papers for the Dental Council will be issued to all those eligible over the coming weeks.

If you are interested in being nominated for an available position on the Dental Council please follow the guidance issued on the forms and return your nomination papers as instructed.

We regret that nominations received after 12 noon 19 September 2014 cannot be accepted.

My College

Patricia Schlagenhauf-Lawlor is a Scientist and Professor at the University of Zürich, WHO Collaborating Centre for Travel Medicine, Switzerland. Active in research, teaching and in travel-related illness surveillance networks, she is GeoSentinel Site Director since 2004 and EuroTravNet Coordinator since 2009.

I founded the International Society of Travel Medicine (ISTM) Research Committee, a group aiming to increase research in travel medicine. I am Editor-in-Chief of the Journal of Travel Medicine and Infectious Disease and have published more than 100 papers on travel medicine and books such as "Travelers' Malaria" (BC Decker 2001, 2nd edition 2008) "Infectious Diseases – a Geographic Guide" (Wiley 2011) and "PDQ handbook of Travelers' Malaria" (BC Decker 2005).

My research focus areas include: travelers' malaria, epidemiology of travel associated illness, and gender issues in travel medicine.

To me, being part of the College and the Faculty of Travel Medicine is important. The college is an anchor and a springboard at once. It fosters a sense of continuity and belonging and at the same time, is a source of inspiration for new directions and projects. Many of the Faculty Fellows and Members are inspirational individuals who are key players and trail blazers in international travel medicine and it is an enriching experience to network and interact with my peers. I'm looking forward to the Advancing Excellence in Healthcare 2014 in June!



Professor Dr Patricia Schlagenhauf-Lawlor,
PhD FFM RCPS(Glasg)



Day 2 | Friday 20 June 2014

The Travel Medicine Symposium will take place on Day 2 of the conference:

0815	Registration, exhibition and posters
0900	Opening session featuring Professor Scott Litin, Mayo Clinic, USA: Presentation skills
1000	Extreme altitude - Reaching for the sky Dr Mike Jones, Dean of Faculty: Dean's welcome Dr Sundeep Dhillon: Xtreme Everest – lessons from life at the limits Dr Gerard Flaherty: Advising patients with pre-existing medical conditions on travelling to high altitude
1100	Refreshments, exhibition and posters
1120	Plenary session featuring Dr Katherine Grainger, Olympic champion
1200	Ready, steady, go! Dr Niall Elliott: Delhi 2010 Commonwealth Games... how well did athletes travel and compete? Dr Jim McMenamin: Response to the Olympic and Commonwealth Games Jim Heppenstall: Know before you go to mass gatherings
1315	Lunch, exhibition and posters
1400	Plenary session featuring Professor David Greenaway: The future of the medical workforce in the UK
1430	From one extreme to the other Lieutenant Colonel Rhys Thomas: Going long...extreme endurance events. Blood, sweat and tears Dr Oliver Sykes: Taking the plunge – How to spot travellers who should not be diving Dr Patricia Schlagenhauf-Lawlor: Venus and Mars – Gender issues in travel medicine
1615	Refreshments, exhibition and posters
1705	Plenary session featuring Lord Smith, Chair of the Commonwealth Games Committee

Book now at <http://aeh2014.rcp.sg>

A five minute discussion will follow each presentation.

Programme may be subject to change.

Faculty Executive Board Nominations

Nomination papers for the Faculty Executive Board will be issued to all those eligible over the coming weeks.

If you are interested in being nominated for an available position on the Faculty Executive Board please follow the guidance issued on the forms and return your nomination papers as instructed.

We regret that nominations received after 12 noon 22 August 2014 cannot be accepted.



Undergraduate careers day

More than 40 final year podiatry students were welcomed to the College at the end of March in the first of our undergraduate careers days.

After listening to presentations from the Dean and Vice Dean of the Faculty, the students enjoyed some excellent presentations of real life experiences of people working in areas of podiatric medicine. The wide variety of careers presented, including research, clinical practice, private practice, management and diabetes, illustrated the varied career

options for students as they look toward their final exams.

A session on preparing for interview and CV writing was followed by a healthy panel discussion. The evening was rounded up by a fantastic curry and drinks.

We were delighted to welcome students to the College and look forward to welcoming many more students and new graduates as introductory members.



ADVANCING
EXCELLENCE IN
HEALTHCARE 2014

Day 1 | Thursday 19 June 2014

The Podiatric Medicine Symposium will take place on Day 1 of the conference:

0815	Registration, exhibition and posters
0900	Opening session featuring Frank Dick OBE: Inspiring future generations to the benefits of sport and David Carry: My experience as an Olympian and Commonwealth champion
1000	Extrinsic and intrinsic factors in lower limb injury Mr Simon Bartold: Footwear in Sport Professor Nachiappan Chockalingam: The mechanism of injury
1100	Refreshments, exhibition and posters
1130	The future management of injury Steve Avil: A Diagnostic approach to Shin Splints Ms Jane Lofthouse Johnston: Role of the podiatrist in lower limb sports injuries Professor Jim Woodburn: Freeform design and 3D printing, the elite paradigm for highly personalised orthotics
1245	Lunch, exhibition and posters
1345	Plenary session featuring Dr Thomas Clanton, Steadman Clinic
1415	Surgical and non-surgical rehabilitation Professor Bill Ribbans: Achilles tendinopathy/rearfoot sports injuries Mr Simon Bartold: Injury rehabilitation MSc presentations Q&A
1600	Refreshments, exhibition and posters
1630	Public health Q&A with Dr David Morrison, Department of Public Health and Policy, University of Glasgow, Mr Craig Brown, former Scotland Football Manager and Shona Robison, MSP, Minister for Commonwealth Games and Sport

Book now at <http://aeh2014.rcp.sg>

A five minute discussion will follow each presentation.

Programme may be subject to change.

Annual General Meeting

The AGM of the Faculty will take place at:
8am, 19 June 2014

Scottish Exhibition and Conference Centre

The AGM will take place ahead of Day 1 of Advancing Excellence in Healthcare 2014.

All members of the Faculty are welcome to attend. The new Dean will be invested at the meeting.

We look forward to seeing you there.

The agenda can be downloaded online at
<http://rcp.sg/pmagn>



Introductory membership

Available to podiatry students and newly qualified podiatrists

Membership includes:

- Discounted rates on educational courses and events
- Bi-monthly current awareness bulletin
- Free inter-library loans
- Careers evenings
- Access to scholarships and awards
- Discounted rates with partner hotels

Students: Free

Postgraduate podiatry students and podiatrists post HCPC registration: £40

Sign up today at
<http://rcp.sg/joinpodmed>



MEMBERSHIP
BENEFITS

Dental history on the library blog

*Our library blog has been running a series of blogs on the dental items we have within the College's historical collections. The first blog, published in November 2013 was on the topic of Renaissance dentistry with illustrations of dental instruments taken from Peter Lowe's *Whole Course of Chirurgie*, first published in 1597 and the *Oeuvres of French surgeon Ambroise Paré*, first published in 1585.*

The second in the series on dental items was published in February 2014 and covers dental instruments of the late 18th/early 19th centuries as depicted in the first illustrated British catalogue of surgical instruments by London instrument maker, Savigny. This work, entitled *A Collection of Engravings Representing the most modern and approved instruments used in the practice of surgery*, was published in 1798, and is an excellent guide to the type of



instruments being used at that time. The dental key was the preferred instrument for extraction and the blog includes illustrations from Savigny's work of several different types of key including one that he devised himself.

The most recent blog highlights the groundbreaking work of John Hunter and Joseph Fox during the late 18th and early 19th centuries. Hunter's work *The History of the Human Teeth*, published in 1771,



created a modern anatomy of the teeth and jaws, while Fox's *The Natural History of the Human Teeth*, published in 1803, was the first work published on orthodontics. Other blogs in the dental series will be published in the future so do remember to keep an eye out for them. The blog can be found at <http://libraryblog.rcpsg.ac.uk/>. The blog is interactive so you are very welcome to add to it by leaving a message and you can 'follow' so that you are emailed when a new blog has been posted.



The History of Medicine Symposium will take place on Day 2 of the conference:

Day 2 | Friday 20 June 2014

0815	Registration, exhibition and posters
0900	Opening session featuring Professor Scott Litin, Mayo Clinic, USA: Presentation skills
1000	Some contributions to the world of medicine from Glasgow Professor Ian Bone: Macintyre and the world's first radiology department Professor Stuart Campbell: Ian Donald and ultrasound
1100	Refreshments, exhibition and posters
1120	Plenary session featuring Dr Katherine Grainger, Olympic champion
1200	Some contributions to the world of medicine from Glasgow Mr Roy Miller: Macewen, the man Professor Ken Paterson: Macewen and Princess Louise Hospital, Erskine Professor W Henry Reid: 180 years of burns and Tom Gibson
1315	Lunch, exhibition and posters
1400	Plenary session featuring Professor David Greenaway: The future of the medical workforce in the UK
1430	Some contributions to the world of medicine from Glasgow Sir Graham Teasdale: The Glasgow Coma Scale - then and now Dr Dermot Kennedy: Glasgow's health and housing: a tale of two cities, three heroes
1615	Refreshments, exhibition and posters
1705	Plenary session featuring Lord Smith, Chair of the Commonwealth Games Committee

Book now at <http://aeh2014.rcp.sg>

A five minute discussion will follow each presentation.

Programme may be subject to change.

Gift of dental lithograph



A 19th century lithograph has recently been gifted to the College's historical collections by Mr Anthony Bryant via Professor Khursheed Moos. The lithograph, entitled *Der Zahnbrecher von Gerard Honthorst*, was produced by F. Hanfstaengl and is based on the work of a 17th century Dutch artist, Gerard (or Gerrit) van Honthorst (1599-1656). It forms one of a series of prints by Hanfstaengl of the paintings of the Dresden Picture Gallery produced between 1835 and 1852. The original painting by van Honthorst is generally known as *The Tooth Puller* or *The Tooth Extractor* and can be seen at the Louvre in Paris.



ADVANCING
EXCELLENCE IN
HEALTHCARE 2014

Conference Social Evening
8pm Thursday 19 June 2014
Glasgow Science Centre

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

Tickets £30
includes exclusive
access to BodyWorks

SOCIAL AT THE SCIENCE CENTRE



Enjoy exclusive access to the BodyWorks interactive exhibition at Glasgow Science Centre

Buffet and drinks will be served

Tickets £30 (includes access to BodyWorks)

Dress: Casual

Book online at <http://aeh2014.rcp.sg>



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