



SUMMER NEWSLETTER 2019

**A VIEW FROM
MY BIKE**

**YOUNG INVESTIGATOR
AT EUROSON**

**DEVELOPMENT
OFFICER REPORT**

ASM UPDATE

A VIEW FROM MY BIKE



So" (as we say in Wales – it is a Celtic thing apparently) here I am spinning up the mountain road from Abercrave to Trecastle, tough training ride this one. A beautiful and steep route with the Black mountains to the west and the familiar ridge of Pen y Fan away to the east. A hard ride but the waterfalls from the source of the Tawe that run down alongside the road make a great backdrop, to take my mind off the slope and ease the lactic burn I start thinking about the text message I'd received regarding tonight, "Rhod ,can I ask you to say a few words.... ".



The past three months have been Maybe it is my age, but I seem to be getting more and more requests to speak at retirement functions. Is this a reflection of my wit and wisdom or oratory powers, perhaps an ability to tell a good story? I kid myself! No, it's due to the fact that when you have worked for many decades in the NHS with good colleagues, you will have seen the best of them and look upon them as friends and colleagues for whom it is undoubtedly an honour to recognise their contribution with well-chosen words and join in the thanks, celebrations and the usual accompanying lively party. There does seem to be a glut of these occasions at the moment however. We have all seen the stories in the press of senior doctors heading for the early retirement door to avoid the pursuing inland revenue. In Wales the problem is less monetary in origin and simply reflects an ageing workforce: 25% of the Radiology workforce are within 5 years of retirement age – a lot of speeches!

I am not alone in bemoaning the loss of senior colleagues who have a gutful of the "noise" that bubbles and circulates in the environment called modern medicine and who

head for the exit door, usually at pace. Lets talk R&R here, ie the second R: Retention. We are not good at retaining the trojans who give of their all for patients and the service and who possess high quality skills and knowledge from a lifetime of work at the coalface. Whether it is Radiology or Ultrasound we frequently fail to harness that experience and keep our experts as teachers and mentors. When we see the plans for the "new" career pathway in Ultrasound – the frequently heard question is "and where are the teachers who have the time to do this?".



There is always a balance and sometimes we undoubtedly get it wrong. A few years ago there were a batch of local consultants who called themselves the TWTs club. After taking their pension they came back part time and worked a Tuesday ,Wednesday and Thursday (hence the TWTs), dropping their on-call commitments. So every weekend was a five day affair. Happy days! Their younger colleagues were not slow to realise that their on call rotas had just got significantly harder and funding for new replacement posts was disappearing. The managers took a little longer to realise that this wasn't actually benefitting the service. Once the reality hit, an embargo on retire and return was instigated. There is a third R that we should always think of in managing our senior colleagues: Resentment.

Realisation of what is needed and what can be offered by the retention of senior colleagues should not be beyond our wit and ability but can be surprisingly difficult. I remember negotiating for a colleague to go part time and work for three days, in the midst of this embargo. I pointed out to the Medical director that given my colleagues capacity for not only shifting work but producing high quality results, in

A VIEW FROM MY BIKE

his three working days he would be shifting the equivalent of 1.5 WTE of some of his more junior fellow radiologists (workload data can be useful!). Keeping our valuable staff by allowing a step down in commitment and providing flexibility shouldn't be alien to the NHS. Our new Welsh Radiology Academy has gone down this pathway, actively recruiting from the senior end of the Radiology profession allowing this to be a vehicle for pulling consultants (who may be becoming increasingly disillusioned) away from the NHS maelstrom and offering "days out" of teaching and reporting in a calm, relaxing environment (not your usual imaging department). If the noise can be eradicated, the enthusiasm can return; the passing on of skills and knowledge can occur and who knows - we may remember that we do actually enjoy our work!

So, the summit is reached, we overlook mid Wales. A vista of green and brown fields and hills dotted with sheep greet me and my two fellow riders. A speech will be easy after this, it's always easier when talking of good people, much easier. The beers will help too, and tonight they will be appreciated just that bit more, lechyd dda!

Simon Freeman
President



YOUNG INVESTIGATOR AT EUROSON



Having won the young investigator award at BMUS2018 I was given the opportunity to present my work at Euroson 2019.

YOUNG INVESTIGATOR AT EUROSON

I was thrilled that Euroson was held in Granada, Spain this year as it is a wonderful place to visit with lots of historical influences. The opening ceremony of the congress had section on Spain and Granada, which was a nice touch.

The programme included a variety of topics presented by excellent speakers from across the world. The three days were educational and engaging.

The young investigator session had seven speakers. I was grateful for the opportunity to present my work to an international audience with a view to popularise the use of social media in ultrasound education and encourage my colleagues in Europe to make the use of #ultrasoundEd to make ultrasound educational content easily identifiable.

This has been a wonderful opportunity. I had the chance to meet like-minded, hardworking individuals and I would encourage everyone to get involved.



ASM UPDATE



As I write to you all I am currently thinking about December's Annual Scientific Meeting (ASM) in Harrogate sat in my Lincolnshire garden appreciating a weekend of 30° heat, having enjoyed visiting a local farm to PYO strawberries and making a batch of jam!

ASM UPDATE

We are now heading into the business end of ASM planning and excitement grows in anticipation due to the superb educational program put together by our hard-working stream leads which is a programme assured to inspire and inform. Whatever the summer holds for you, remember, the BMUS ASM Harrogate 2019 early bird registration is now open! So put down the Pimm's and whilst the BBQ is building take the opportunity now to get a great early bird registration rate. There is something for everyone at this year's conference, no matter the level of expertise or area of practice, so what are you waiting for! Having the overview of all that the stream leads have in store, I am in awe of the expert faculties that will be joining us over the three days in Harrogate. As chair I am not sure I am allowed to say what I'm most looking forward to but as I'm not one to hold back I'll let you into my secret.

Day One highlights for me will be the obstetric professional issues where the audience participation will be crucial! Moving onto colon's - And boy do I love bowel! It is a privilege to have such faculty of national internationally acclaimed experts, so this is not to be missed by any alimentary canal enthusiast. Our ever present physics stream will yet again provide us with scientific knowledge and insight allowing us to practice safely and enhance technical ability something we all require in our practice. I am particularly proud to see our students stream making a return to Day 1. The future of ultrasound is in their hands, I am hoping this session will inspire and develop our next generation of ultrasound practitioners. Rounding off a jam-packed day one with the **D.M.B. lecture – Trish Chudleigh** as I've said before needs no introduction. I simply cannot wait to sit in on this very special D.M.B. keynote session and say "I was there".

Who is going to be there on day two! Dovetailing effortlessly into **Day Two** comes gynaecology – this session is essential for those of you who command the TV programme. It embodies the conference theme of "**diagnosis, disease** and delivery" ensuring the ultrasound practitioner who attends will have a complete understanding of the patient journey and disease processes in gynaecology. It goes without saying how popular the MSK stream is!





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This year we welcome **Professor Fred Joshua**, joining us from down under as the current President of the Australasian Society for Ultrasound Medicine (ASUM). He is held in high esteem for his work in Rheumatology and MSK ultrasound in this area. I am sure everyone will join me and extending a warm Yorkshire/BMUS welcome to Prof. Joshua. Can we fit any more into Day 2? Rhetorical of course! I will most definitely be popping into the liver workshops Doppler and Elastography. The young investigators is a session that demonstrates the academic talent in our Ultrasound community. We also welcome back the breast stream; ultrasound examination is an integral part of breast disease/conditions and diagnosis and I am very much looking forward to attending some of the sessions for interest. Why not finish day two with BMUS Question Time the BMUS panel are hoping for some tough, good-natured, entertaining and perhaps controversial questioning. So if you have a question on the

future of ultrasound, pet peeves and bugbears or hot topics etc. we will do our best to spark lively debate. Got a burning desire to ask a question? Get it in early on the BMUS app at the conference via the website beforehand

New feature alert: At a loose end? Just after lunch on day two we introduce a new "Coffee and Chat" session. An informal gathering where you can meet the experts and ask any question on today's topic – prostate ultrasound. Join Mrs Pam Parker and Dr Oliver Byass after lunch in this drop-in session and find out more about prostate ultrasound, ask for top tips on scanning, biopsies and service provision etc. and our two experts will answer your call for information. This format will be repeated on day three just after morning refreshments. BMUS Ultrasound journal editor Hazel Edwards and Assoc. professor/ Ultrasound programme Director Gill Harrison will also be hosting a "coffee and chat" drop in to discuss, get advice and get their top tips on

academic writing, getting an article published for the first time or those wanting to improve their impact when publishing. Got a poster at the ASM this year? Why not drop in and discuss how this could get turned into a paper submission for a journal article.

At the end of such an educational stimulating day, the BMUS Winter Ball is the perfect way to socialise with friends and colleagues partying into the night with our live band and feasting on a 3 course dinner. I can hardly contain my excitement for the announcement of the inaugural "Sonographer of the Year". All the nominations are being reviewed and the winner of this prestigious award celebrating and appreciating excellence in the field of ultrasound will be revealed this very night. Book early! Limited tickets to the hottest event in town!

ASM UPDATE

Head and neck stretches over day two and **Day Three** this year. I know I have a small bias towards this area of ultrasound but having put together this stream with my co-lead and last year's chair Gerry Johnson we feel that all the hot topics have been covered with an appeal to those experienced and new to this area of ultrasound. Emma Waldegrave our vascular stream lead has ensured that the knowledge gained in the sessions will be invaluable to the generalist and vascular specialist amongst us. The big hitters are out in force this year in the General Medical and Paediatric sessions! With the aim of improving the ultrasound practitioners everyday practice, this is a session which is a must for anyone in this field to build their knowledge and develop skills to make the difference to your patients.

I cannot go without a special mention to our veterinary stream and nation of animal lovers. If you're one of them then what an educational experience we have in store. Just for interest? Thinking of diversifying? Or working within the field already. It is sure to be a furry friendly welcome to these sessions.

Enjoy the rest of your summer and I will look forward to seeing you all in Harrogate for the much anticipated BMUS ASM 2019

Catherine Kirkpatrick
BMUS ASM Chair

DEVELOPMENT OFFICER UPDATE



The professional standards group (PSG) continue to work hard over the summer to ensure clinical guidelines and best practice documents are being updated in line with current evidence and practice. This year we will issue a minor review of the Guidelines for Professional Ultrasound and the Justification of Referrals in Primary Care documents which will coincide with the BMUS ASM 2019. Work is already underway to enable a major review to be launched in December 2020. If you have any comment or queries please contact office@bmus.org we look forward to hearing from you

DEVELOPMENT OFFICER REPORT

It has been my pleasure to recently been invited to sit with the Society and College of Radiographers Ultrasound Advisory Group meeting as the BMUS representative and professional standards officer. It was an invaluable insight into the work this group does with regards to policy work with the school. I'm sure that it will be a useful collaboration and we look forward to welcoming a representative from this group to our own professional standards group.

Alongside our SCoR colleagues we look towards October (which is fast approaching!) as it brings us #MUAM or Medical Ultrasound Awareness month. BMUS prides itself on its multi-disciplinary members in the use of diagnostic ultrasound and we hope to highlight this throughout the month of October. Look out for us on Social Media especially Twitter @BMUS_Ultrasound – BMUS will be tweeting throughout the

month hoping to engage all of our members, encourage new ones into the fold and possibly inspire future sonographers! Got any idea? Tweet away and join us!

Professional Issues is one of the major streams at the BMUS ASM Harrogate 2019. Professional issues, in one form or another, will span all three days of the conference. There will be a focus on promoting excellence in ultrasound and maintaining of standards and quality improvement. Day 1 will see Obstetric Professional Issues approached in an interactive way. Confirmed speakers in the professional issues sessions on Day 2 will include Mr. Paul Davies MBE from Healthcare Safety Investigation Branch, Dr Katharine Halliday, National GIRFT Lead and medicolegal expert Robert Jago. There will also be an update on Day 3 on the future of ultrasound and sonography as a profession including keynote speaker, Mr

Simon Denegri OBE from National Institute for Health Research (NIHR) who is the National Director for Patients, Carers and the Public, in order to give a patients perspective on our profession. We also welcome spotlight on standards and benchmarking and what that means for everyday practice in departments.

“Alongside our SCoR colleagues we look towards October (which is fast approaching!) as it brings us #MUAM or Medical Ultrasound Awareness month.”

Continuing education is integral and essential to the ultrasound practitioner's career development as well as ensuring high standard quality services from patients. BMUS continues to have comprehensive study day programme throughout the year which covers a broad spectrum of specialities and topics. Manley et al 2018 (1) confirms what we all know, that practitioner driven CPD within supportive organisations enables the use of the knowledge gains to be the basis of service improvements. So please continue to look at the educational opportunities we offer a BMUS as this is integral to our core aims as a gateway to personal professional development and that of ultrasound services as a whole.

Insert – study day pics

So after a very busy few months – I'm hoping to catch my breath over summer and plough into the autumn with gust of activity on all fronts – so watch this space!

(1)<https://www.sciencedirect.com/science/article/pii/S0260691718302995>

Catherine Kirkpatrick
Professional Development Officer



