

A quarterly look at activities in and around the Leicester Warwick Medical Schools

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## NEW SUB-DEAN FOR LEICESTER MEDICAL SCHOOL

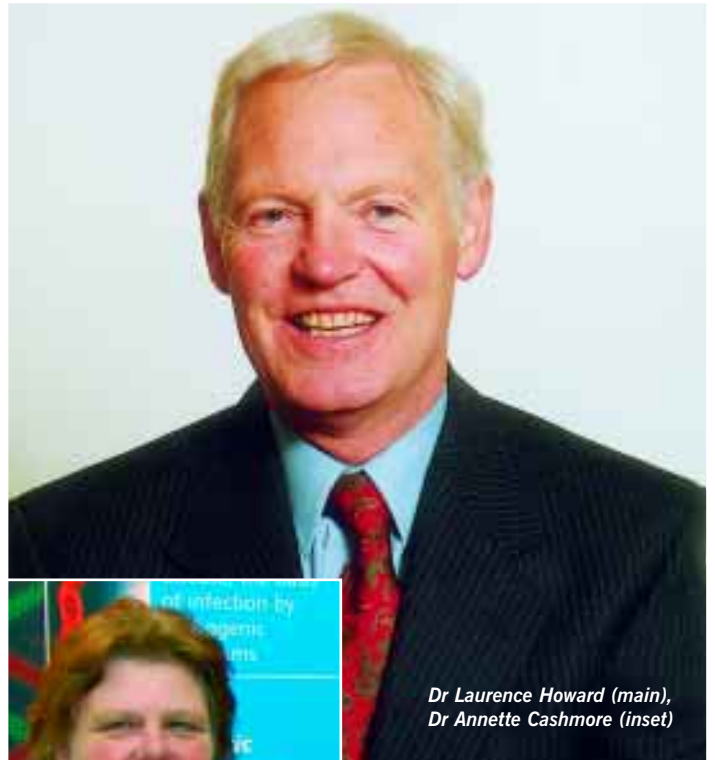
► Dr Annette Cashmore is shortly to take over as Sub-Dean of the Faculty of Medicine and Biological Sciences at the University of Leicester. Dr Cashmore is currently Head of the Department of Genetics, which last year was awarded the Queen's Anniversary Prize.

Dr Cashmore takes over from Dr Laurence Howard, who has been Sub-Dean since 1990, but whose associations with the University's Medical School go back much further.

Dr Howard first arrived at Leicester in 1967 as a PhD student in the Department of General Physiology, then under Professor Ron Whittam. He later left to take up a Wolfson Post Doctoral Fellowship at the University of Leeds, but was lured back to the new Leicester Medical School by Professor Whittam in 1974.

In those days it was a very different Medical School from that of today, as Dr Howard explains: "Our original intake was just 48 students, compared to 200 today, and we effectively had the same number of staff as we do now, so our ability to meet students on a one-to-one basis was greater.

"Another difference was the GMC inspections in those days. We had our first inspection in 1979, and it was a very gentle affair. I remember a biochemist coming from Oxford and sitting in the back of the room. I had been discussing the nerves of the



Dr Laurence Howard (main), Dr Annette Cashmore (inset)



head and neck and had mentioned singing, when he interrupted in a deep booming voice and started talking at length about choral music!"

In the early days medical students had greater exposure to a wide range of practical classes, and used their own bodies as guinea pigs. "They would collect stomach acid by swallowing long tubes," Dr Howard recalled. "The

girls seemed to manage that very well, but the boys had more difficulty."

Dr Howard feels that the training students receive today at Leicester Medical School is second to none. "Because our student numbers have risen we have had to change the delivery of education, but we have achieved that better than any other medical school I know of."

Though retiring as Sub-Dean, he will continue to work part-time in the Medical School, while fulfilling his new role as Lord Lieutenant of Rutland, with

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# LEICESTER MEDICAL SCHOOL ESTABLISHES A POSTGRADUATE CERTIFICATE IN MINOR INJURIES

► In 2002, in partnership with Leicestershire Primary and Acute NHS Trust, the Leicester Medical School established, a new Postgraduate Certificate in 'Minor Injuries'. The learning content is designed to equip health professional staff with the knowledge and skills to assess, diagnose and treat patients who present with minor injuries in the community or acute setting.

The work utilised the resources of the Medical School and was led by Senior Trust Nurses Frank Durning and Mahendra Joshi, Accident and Emergency Consultants from University Hospitals NHS Trust Mr Bodiwala and Mr Evans, with academic support from Dr Elizabeth Anderson and Professor Stewart Petersen of the Medical School.

The course was driven by health care organisations required to prepare nurses and other allied health care professionals for advanced practice to meet the needs of minor injury patients other than acute accident and emergency admissions.

The government's aim to deliver a rapid and effective service will see the development of new units for minor injuries within both acute and primary care sectors. The new walk-in unit at Loughborough plays a vital teaching role in the course.

To date 11 nurses completed the course in 2002 and nine in 2003. Nurses from the first cohort received their certificates

from Professor Ian Lauder, Dean of the Medical School, at a short presentation ceremony in September 2003. The course hopes to develop modules for therapists and specialities such as child minor injury and surgical procedures in 2004. Successful candidates are able to advance to a Master's Degree in Clinical Science, choosing other modules form a portfolio of learning opportunities.

Dr Anderson commented: "The course is rigorous and demanding, with nurses attending modules and developing their clinical skills over nine months. The first two courses have been positively evaluated as successful, with nurses reaching a high standard."

Frank Durning and Mahendra Joshi, course tutors, commented: "We have worked together in the clinical arena of A&E for the last twenty years and we were aware that there was a need for a training programme that would be practical as well as academically accredited. The concept of the course content was born out of our extensive practical experience and we took personal ownership over the pathway of training that the students received.

"Development of the course content took a great deal of hard work, especially while trying to balance the demands of an already established function in our own units.

It has been very rewarding to



watch the progress of students through the course and to have a valuable resource of clinical talent emerge on completion.

"The trust conferred a special award to us in September 2002 to recognise the value of the training programme that had been produced and utilised across Leicestershire."

Kate Stacey, who has successfully completed the course, gave her views on the benefits it had brought to her: "Highlights included the medical model approach to teaching (history taking, clinical exam, ordering investigations and diagnosing) and the positive philosophy of the University. I personally found the anatomy sessions very informative and they enabled me to link theory to practice more effectively. The speakers were all experienced and still involved in clinical practice, hence they provided relevant and informative sessions.

"On successfully completing the course in December 2002, I realised this was the path I wanted to pursue. I successfully applied for an Emergency Nurse Practitioner post at Loughborough and am now able to put all that knowledge into practice. The new post has also been a promotion to a G grade in recognition of my newly acquired skills, which is an added bonus.

"The course has enabled me to be an autonomous practitioner in minor injuries, thereby raising my self-esteem and job satisfaction, whilst most importantly providing a quality service to service users."

• *Further information is available from Dr Liz Anderson, Senior Lecture in Shared Learning, Department of Medical and Social Care Education, University of Leicester; tel 0116 252 2946, fax 0116 223 1585, email E.Anderson@connectfree.co.uk*

## NEW SUB-DEAN FOR LEICESTER MEDICAL SCHOOL

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responsibility for the cultural, educational and spiritual welfare of that county. This represents the culmination of a lifetime of public service, as Justice of the Peace, Chairman of a Board of Prison Visitors, Chairman of the Rutland Bench, Chairman of the Leicestershire and Rutland Magistrates' Association and

Freeman of the City of London.

Looking back, the highlights of Dr Howard's time as Sub-Dean have been the independence his job has given him and the people he has worked with: "It has been a tremendous privilege, and great fun, to have taught so many able young people from so many different

backgrounds. Indeed, I have learned as much from them as they have from me. The people in the Medical School have been a splendid bunch, from porters to professors, and I have been fortunate in being able to carve a fascinating career inside and outside the University," Dr Howard acknowledged.

### Mr Ivor Fussey

It is with great sadness that we report the sudden and untimely death of Mr Ivor Fussey. Ivor was a much loved and respected member of the Medical School, where he had taught since 1999. There will be a full tribute to him in the next edition of LWMS news.



Dr Marcus Cooke (centre) with colleagues and Professor Joe Lunec (front)

# Young Scientist of the Year

► Dr Marcus Cooke, a lecturer in the Department of Cancer Studies and Molecular Medicine at the University of Leicester, has been in the limelight rather a lot recently.

Firstly, research he was carrying out with researchers at the Universities of Leicester and Leeds into links between maternal coffee consumption and low birth weight received national attention in the press. Then, the European Environmental Mutagen Society voted him Young Scientist of the Year, with yet more press interest.

Slightly uncomfortable basking too much in the light of this success, he prefers to concentrate on his research and team, working with Professor Joe Lunec.

The role of genotoxicology in the pathogenesis of disease is central to his research programme, with a particular focus on free radical mechanisms of cellular damage and oxidative DNA damage and repair. Most recently he has been concentrat-

ing on the role that variation in the human population plays in the development of disease, drawing on experience in bio-monitoring to develop approaches for risk analysis.

Another project looking at the issues of susceptibility to and protection from disease is based on identification of polymorphism patterns associated with the development of non-hereditary colon cancer. As a result of funding for this research, the department was able to buy an Affymetrix microarray, which can analyse all the genes of the human genome simultaneously. Marcus said: "We are the first academic group in the country to get a Affymetrix, it is a real coup for Leicester. We used this success to get another grant to look at the reason why people with rheumatoid arthritis develop cardiovascular complications earlier than others in the population. So it has had a knock-on effect."

Much of his research is a

collaboration with Dr Mark Evans and Professor Lunec. "We're ideas people," Marcus admitted. "As we progress we are constantly involved in writing research applications, reports and publications. On the whole we have been really successful and our work is respected and recognised. In part that is due to working in an environment that nurtures ideas in an atmosphere of intellectual freedom."

"I took a MSc here at Leicester in Molecular Pathology and Toxicology. I heard Joe [Professor Lunec] lecture on free radicals and that interested me and led to what I am doing now. That may sound rather intense, and on the whole I'm not someone who lives for my work, but that was how it happened, and the MSc project led to a PhD, and to my role now.

"I appreciate the support and input from colleagues past and present, students and staff who have all contributed to my ideas and research, helping me turn

my ideas into reality and indulging me. It's good to get individually recognised, but there are often people feeding into your research ideas."

Marcus has particularly appreciated the support of a Medici Fellowship last year, which enabled him to realise the commercial potential of research into antibodies and DNA damage. "I enjoyed the Medici Fellowship because it was different, something that was not science but marketing and management. It has given me a better appreciation of intellectual property, licensing and financing companies. And the Fellowship enabled me to support a technician, which was helpful."

Professor Lunec's research team now has a license agreement with Randox Laboratories, Northern Ireland, who want to use their antibodies as part of a protein chip – similar to a DNA chip but one looking at proteins in blood – in order to diagnose cardiovascular disease. ☛



Tessa Greenhalgh (left) at a group presentation on access to HIV drugs in South Africa

## Learning Through Research Located In The Real World

► For the last three years, a special study module has been developed at Warwick Medical School that aims to give those who take it new research skills and involvement in research in the real world.

This module, Local Voices on Global Health Issues, focuses on applied medical anthropology and issues in global health policy and practice and is linked to research projects and settings that Gillian Hundt, Professor of Social Sciences in Health, has worked in with others at Warwick.

It aims to link research and teaching, and the students carry out bibliographic research on topics that are being worked up for new research projects or for organisations. They learn to use a bibliographic database such as Endnote and spend time using specialised literature databases as well as finding literature at the

Library of the London School of Hygiene and Tropical Medicine.

Topics have included:

- Young People Coping with Violence and Prolonged Conflict in the Middle East
- Risk Factors of Stroke in Southern Africa
- Heroin Use
- Sex Tourism and HIV in Kenya and Tanzania
- Private Public Partnerships in Primary Health Care in Remote Rural Areas of the North Western Frontier Province of Pakistan
- Health and Human Rights.

There is an opportunity to pursue elective placements in one of these settings using the networks of the staff who teach on the module.

Last year the students prepared background papers on Drug Supply Issues in Tanzania for the group D3 – Drugs for the

Third World – who were gathering data as a first step to launching a project to address drug supply problems to rural areas of the country.

These papers were not only marked as module assessments but were submitted to D3, discussed at a meeting at St George's House, Windsor Castle, and now form part of the database of this group. Boniface Fundafunda, then working with ECHO but subsequently with UNICEF in Copenhagen, advised the students on topics and sources and was very impressed by their contributions, as was D3 founder, Jill Turner.

There is a similar SSM at Leicester in International Health and Development, offered in collaboration with Skillshare. Gillian taught the session on Gender and Development last year and subsequently one of the

Leicester students, Tessa Greenhalgh, has elected to do an intercalated BSc on Gender and Development based at the Institute of Health at Warwick, co-supervised by Gillian and Dr Maria Stuttaford. She is auditing courses on Research Methods in the Field and on Gender and Development and will be embarking on a project in the Limpopo province of South Africa on Traditional Beer Brewing: Production, Sale and Consumption.

This is a topic of research that has emerged from the findings of the Southern Africa Stroke Prevention Initiative which is funded by the Wellcome Trust and led by Margaret Thorogood, the Professor of Epidemiology at Warwick. Other co-applicants are Gillian Hundt, and colleagues at the University of Witwatersrand. ☺



# Who Cares?

► Sometimes as a medical student you meet patients who you always remember because of something important they taught you, whether that be a physical sign or something else about their life that strikes you. I met such a patient on an orthopaedic attachment at the Coventry and Warwick Hospital.

I was looking for a portfolio case and asked the SHO if there were any patients on the ward who had a straightforward fractured neck of femur for a case study. He directed me to Mrs F, a very charming 90-year-old who was lying in bed looking very small and fragile.

I introduced myself and was keen to try and get down to the nitty gritty of how this hip fracture occurred. But Mrs F didn't want to talk about the pain in her hip. All she wanted to tell me about was the death of her husband a week ago.

I persevered a bit further to

get a history, but when Mrs F began to cry for no apparent reason I knew I should shut up and listen to her story.

She had been married for 60 years and had adored her husband. He had been very ill for sometime with cancer and she had tirelessly nursed him through it, hardly noticing the increasing pain in her hip. She was his main carer and although she had some help, she had to lift him when there was no one else to do it.

She was worried now her husband was gone how she would manage financially when she no longer had attendance allowance, and how she would cope without the carers who went in to help her husband (and her) during the last years of his life. Mrs F was acutely bereaved and understandably did not know how she was going to face what was left of her future alone. The intricacies of fractured neck of femurs suddenly

became a bit irrelevant.

When I got home I wondered what would happen to this lovely old lady. The most likely result was that she would be discharged back into the community, become isolated and end up back in hospital sooner or later. I realised that this lady had a limited life expectancy. But didn't it matter how she spent those last few months or years of her life and whether she would die suffering?

I felt a bit helpless when I spoke to her as probably the junior medical staff would when they tried to discharge her. I wondered if I had done any good by sitting down with her and taking time to listen and allow her to voice her anxieties. In fact, as medical students we probably do a lot of good in just being there to listen and explore things that are important to patients during an emotional time in a harassed NHS.

I concluded from this experi-

ence that awareness of bereavement in the elderly is really important and is sometimes brushed under the carpet in a way that it is not for younger people. Why do we think that elderly people will find it easier to accept the death of loved ones, especially when they have been with that person for so many years? Good discharge planning and more support for recently bereaved elderly people in the community could be so beneficial to patients like Mrs F, as well as cutting the work load and saving money for the NHS.

I don't know what happened to Mrs F, but I know there will be a lot of patients like her that I will meet in the future. I would like to try to refer them to the right people to support the elderly who are recently bereaved and isolated – if those people even exist.

• *Philippa Turner, in her 5th year, talking to Parastou Alizadeh.* ☺

## Cricketing Triumph

► The Medics' cricket team has enjoyed a very successful season. For the first time in three years, the team managed to finish 'not at the bottom' of the medics' cricket league. In fact, consistency throughout the season made it possible for the medics' team to finish in a very creditable mid-table position (our highest position since the league started).

As well as performing well in the national scene, medics' team also

did themselves proud in the 'Inter Departmental Cricket Tournament' at the University of Leicester. The annual eight-a-side tournament saw the medics reach the final for the very first time. Only one loss in the group stages and a narrow defeat in the final capped a very successful season.

*Krishna Kasaraneni*

• See Page 8 for news and pictures of the staff-student cricket match.

# Relevance of Medical Humanities

► IWMS students Nanda Bhat, Susan Burslem, Nicola Felton and Tabitha Parsons attended the First Annual Conference of the National Association for Medical Humanities at Durham University in July. While they would have liked more emphasis on the application of humanities to clinical practice and were sorry to see so few consultants represented, on the whole it was a stimulating experience, as extracts from their report show:

The exact nature of medical humanities and its relevance to both medical education and clinical practice formed the main focus of debate throughout the conference. We felt that medical humanities encompasses a wide variety of subjects ranging from history,

philosophy and anthropology, to art, literature and music. Their relevance to clinical practice lies with their ability to promote a greater understanding of the basis of medical practice, increase empathy and enhance clinical judgement and communication skills.

Another prevailing theme was how humanities subjects should be included in the medical curriculum and how they should be taught and assessed. In particular, much discussion focused on assessment processes and the problems inherent in quantifiably measuring the intended outcome – a well-rounded health care practitioner.

Other particularly interesting items covered during the course of the conference included a comparison between linear time

and circular time, and the relationship of these phenomena to medical care; the relationship between Ibsen's "The Wild Duck" and the emotional responses of a young female patient with chronic renal failure; and the recent Body World exhibition by Gunther von Hagens, the latter provoking a heated debate on the ethics of consent.

In conclusion we felt that the conference was a very beneficial learning experience. It enabled us to consider in more depth what medical humanities means to us, and reflect upon how it will contribute to our future development as medical students and young doctors.

Our thanks to Dr Lazarus for organising it and the Medical School for funding us. ☺



# International Student Congress

► In June three University of Leicester medical students went to the International Student Congress in Groningen, Holland, where they presented work completed as part of an intercalated BSc. One of them, Amit Shab, won a first prize of 1,800 euros for the best presentation. He has subsequently been awarded a first-class intercalated BSc degree.

Here Amit Shab, Ronak Patel and Sandeep Geeranavar give some of the highlights of their experiences.

**Amit Shab:** "Thursday was the main day of the conference and I was due to be the closing presenter, which made me more nervous as I had to face an audience that had spent all day listening to people talking. To ease me in, I pretended that I was standing in the front of LT1 in the MSB and that I was giving another of my announcements for MEDSOCI. A little humour slipped out during my presentation, but it was well received and the ten minutes went by quickly.

"As I stood at the front waiting for questions from the audience, I felt a sense of satisfaction and I knew that I had given it my best. The mad rush to put together a presentation and the stress of actually giving it were all worth it, as I managed to win the best presentation award. In some

strange way I felt like a celebrity, as so many Groningen and international students approached me to congratulate and talk to me. It was a great moment.

"This was a truly positive experience. If future intercalated BSc students have the opportunity to take part in something like this, I would highly recommend it. In fact, I would like the Medical School to push the intercalated BSc more, as I feel it is, unfortunately, understated in this country."

**Ronak Patel:** "I can vouch for all of us and say that the conference in Groningen was an absolutely excellent experience. It was extremely well organised and run, and the emphasis of: 'by the students, for the students' was well maintained by all.

"What I really enjoyed about the conference was this student-centred approach which was greatly emphasised by the doctors and professors. Equally interesting was the active participation of all students involved, exemplified by the question and answer opportunities after each presentation. I have never experienced other students showing such a keen interest in other people's projects, and actually asking quite difficult scientific questions. It seems that in Europe and further afield that

active participation in such events is highly encouraged.

"I feel that the conference provided an excellent opportunity to learn something about other cultures and gain an insight into how medicine is developing in other countries."

**Sandeep Geeranavar:** "In previous years the conference was only open to students carrying out research in the Netherlands. To mark their 10th anniversary, the organisers decided to invite students from all over the world to participate and share their work.

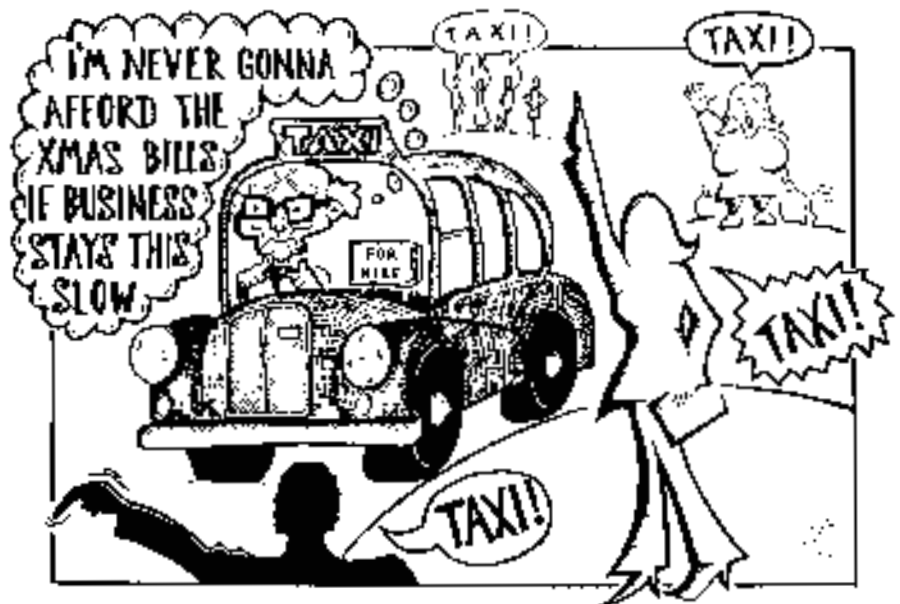
"The conference was a tremendous success, and a great deal of credit and gratitude is due to the medical students of Groningen University whose organisation, and hard work made it a welcoming and enjoyable experience for us. We not only gained experience presenting our research to our peers, but also learnt a great deal from people from a variety of backgrounds.

"We would also like to thank the Leicester Medical School for informing us of the conference and providing us with an opportunity to share our work with other students from around the world. A thoroughly rewarding experience which I would highly recommend to future BSc students." ☺



## DANGERS OF BAD EYESIGHT

► As many as 2.5 million adults in the UK are putting themselves and others at risk by deliberately ignoring the fact that they have bad eyesight. Most do so largely because of outdated information about contact lenses and preconceived ideas about glasses, a study by Dr June McNicholas, senior research psychologist at the University of Warwick, concluded. Amongst them were accountants, architects, nurses, dentists and, incredibly, a taxi driver. Indeed, 65% of those who failed also drive cars.





# WARWICK RECEIVES £5MILLION AWARD

► University of Warwick has been awarded £5 Million from EPSRC (Engineering and Physical Sciences Research Council) for a new Life-Sciences Doctoral Training Centre set to educate a new breed of scientists. The funds secure 50 doctoral student projects on a new multidisciplinary programme that will produce a new generation of life science researchers armed with an in depth understanding of how mathematics and computer tech-

nology can advance their research. The growth of data about molecules and cells means that biology is an increasingly complex science. Scientists who can use the latest technology to mine the data and answer difficult questions about biological function are scarce. The new Doctoral Training Centre in Molecular Organisation and Assembly in Cells (MOAC) will fund the 50 PhD projects over five years, with eight positions available in 2003.



## CARDIOLOGY CONFERENCE SUCCESS

► Nashat Qamar won an award for Young Investigator of the Year from the European Society of Cardiology at a cardiology conference he attended in Vienna recently. The prize includes 500 euros. Writing to thank Dr David Heney for allowing him to take time off from Paediatrics to attend, Nashat said: "I am delighted to be awarded this prize, and I would like to thank you for making it possible for me to attend. It was a very interesting experience, and has re-kindled my interest in Cardiology."

## PANDEMICS AND CONTROL

► Professor Karl Nicholson, of the Department of Infection, Immunity and Inflammation at the University of Leicester, was invited to speak at the "Workshop of a Clinical Trial Plan for Pandemic Influenza Vaccines" at the US National Institute of Health. His talk was entitled:

Recent Vaccine Experience with Novel Antigens. Professor Nicholson, who is a non-Executive Member of the Board of the Health Protection Agency, was also invited by the Taiwan authorities to attend the 2003 Taiwan International Public Health Workshop in October.

## DISTINCTIONS

### University of Leicester:

- Dr Brian Billups (Cell Physiology and Pharmacology) has been awarded a Royal Society University Fellowship for five years from September 2003
- Professor Robin Fraser (General Practice) has been invited to serve as the Honorary Research adviser to the Hong Kong College of Family Physicians
- Professor Clive Hollin (Psychiatry) has been cited by the Independent on Sunday as among the ten leading forensic psychologists in Britain based on information provided by the British Psychological Society.

### University of Warwick

- Professor Donald Singer, Professor of Clinical Pharmacology in the Medical School, was made an Hon Fellow of the European Federation of Internal Medicine in September 2003.

## BREAST CANCER MANNEQUIN

► Researchers at the University of Warwick have launched a unique, highly accurate, breast cancer mannequin that, for the first time, will give women learning how to spot breast lumps a training aid that can closely mimic what a range of breast lumps actually look and feel like. Three highly motivated disability nurses approached University of Warwick plastics engineer Dr Nick Tucker to help

them create a teaching aid that would assist them in teaching breast cancer awareness and self inspection to people with learning difficulties. The final result is something that will be of great assistance to all women. The mannequin consists of a fiberglass torso, which can be fitted with four different interchangeable types of breast implants, all containing different tissue anomalies (lumps).



# WHAT AN END!

► The script couldn't be written any better. The final staff-student cricket match of the season, went down to the last ball, and provided more ups and downs than the summer series between England and South Africa. Well, almost! The match started with the staff team losing the toss and asking to bat. They scored at a good run rate and managed to score 127 off their 20 overs.

Highlights of the innings included James Stephenson's excellent 60 not out and Dan Soobratthy effectively ending his stay in the medical school by bowling Prof. Lauder out. The students' reply started off slow and steady, and towards the end they were left to score seven runs off the last over, and then two to score off the last ball. The rest, as they say, is history!



# SEQUEL TO BEST-SELLER BY UNIVERSITY NOVELIST

► A sequel to the best-selling children's novel, *The Fire Within*, by Chris d'Lacey, who works in the University of Leicester Department of Medical and Social Care Education, was published in October. *Icerefire* is a story for readers of all ages from nine upwards. Interwoven with dragon lore and Arctic legend, it is set entirely in the fictional London suburb of Scrubble! The novel was Book of the Month in the major Australian bookstore Whitcoull's, Angus and Robertson. Chris has published 19 other children's books, one of which, *Fly, Cherokee, Fly*, was highly commended for the Carnegie Medal. *Icerefire* is his first novel to be published in hardback. He commented: "*Icerefire*, like its predecessor *The Fire Within*, can be read on several different levels. There is mystery here, intrigue, escapism, and love – plus the odd polar bear, dragon and, erm, hedgehog..."



# FEMALE DOCTORS BREAK BAD NEWS BEST

► Research by L Tipper (Coventry University), S Bonas (University of Leicester) J Fisher and M Barnett (University of Warwick) found that female doctors break bad news to patients better than their male counterparts. Both verbal and non verbal behaviour of doctors were observed while breaking bad news by 32 male and 12 female doctors. Consulta-

tions were videotaped, with actors playing the patients. Female doctors had superior communications compared to male doctors, using more 'patient-centred' techniques than their male colleagues. It is suggested that male doctors may benefit from being offered further communication skills training in breaking bad news.

### LWMS News:

Copy deadline for next edition of LWMS News – Friday 30 January 2004.

We welcome your letters, comments, news and information. Please send to:

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