UK DermSoc Newsletter

Dear Members,

We are this year’s UK DermSoc Representatives and our role is to promote, support and co-ordinate DermSoc groups nationally.

Currently there are 17 DermSocs in operation around the country and we hope to see the remaining medical schools set up societies in the forthcoming year!

Join the official Facebook group at:
http://www.facebook.com/#!/groups/dermsocuk/
which aims to improve inter-university communication and promote discussion on upcoming Dermatology opportunities relevant to medical students.

DermSoc National Day

The third National DermSoc meeting will be held on Monday 19th January 2015 at the British Association of Dermatologists, London. The packed programme looks at the link between dermatology and other specialties. We have an exciting range of speakers including the highly esteemed Dr Susan Burge (author of the Oxford Handbook of Medical Dermatology and OBE for services to dermatology) and Professor Roderick Hay (Chairman of the Internation Foundation for Dermatology). The morning is a useful and informative CV boosting section featuring Professor Eugene Healy (Director of Clinical Academic Training and Professor of Dermatology at Southampton University) speaking to us about clinical academic training at Foundation level and beyond. Tickets for the event sold out very quickly, so add yourself to the DermSoc UK Facebook group where we will first advertise the next event.
DermSchool 2015

Registration for DermSchool will open on 26th January 2015. DermSchool is a popular 1 day course, aimed at medical students and foundation year doctors who are interested in pursuing a career in dermatology. The day involves a series of talks and a practical session, as well as a chance to submit an abstract for consideration for the poster presentation. This year the 7th Annual DermSchool will take place at Manchester Central on Monday 6th June 2015. Places fill up very quickly and people who have not attended before will be prioritised. Don’t miss it! More information can be found on the BAD website.

Imperial College Careers Talk

The Imperial College Dermatology Society careers talk held on Monday 10th November was an informative and inspiring evening for those thinking about dermatology as a possible profession. The evening was lead by consultant dermatologists: Dr Alam (consultant at West Middlesex hospital) and Dr Chan (consultant at St Mary’s hospital). They spoke about their experiences, advice and allowed plenty of time for questions in a relaxed atmosphere. We hope to organise more discussions, such as our career talk in the future.
Spotlight on Oxford

In October, Oxford DermSoc played host to the esteemed Professor Ryan, who delivered a fantastic speech about the importance of Community Dermatology throughout the developing world. Entitled “Global Needs for Skin Care: from Stem Cells to Caring”, Professor Ryan touched upon the important work carried out across the globe by various centres and organisations that he has been involved with throughout his illustrious career.

Professor Ryan brought with him a wealth of experience and a gargantuan library of photos of the most incredible cases he has seen over the years. In contrast to the normal presentations of eczema, psoriasis and urticaria seen in the General Dermatology clinics here in Oxford, Professor Ryan showcased some extraordinary photos of elephantiasis and leprosy, conditions a dermatologist may never encounter here in the UK. It was truly a privilege to listen to him during his whistle-stop tour of this incredible and much under-represented field of Dermatology. It was also extremely enlightening to hear about some of the highly effective alternative and complementary medicine strategies employed by some Community Dermatology centres around the world. For example, through a combination of skin care, yoga exercises, and manual lymph drainage, one centre in India was able to achieve highly significant morbidity reduction for lymphatic filariasis (elephantiasis) patients. Such treatments are low cost and require little by way of medication, allowing patients to return home and continue to manage their own care, greatly improving their quality of life.

The evening was a great success and we would like to give our thanks to the MDU and Wesleyan for kindly sponsoring the event. We would also like to thank the British Association of Dermatologists for providing us with copies of their Dermatology Handbook for students, which as you can see were well received by the attendees!

Oxford DermSoc Committee

If you would like to feature in the next newsletter send your DermSoc articles, updates and photographs to dermsocnational@gmail.com.

For more information about dermatology and The BAD visit http://www.bad.org.uk.
Spotlight: Dermatology Elective

Natasha Lee (University of Leeds) who chose to undertake an elective at Waikato hospital, North Island, New Zealand.

I chose to spend the whole of my elective in a single dermatology department in New Zealand. I chose New Zealand for a number of reasons; the outstanding Dermnet.NZ website is run though this department, it is the country with the highest incidence of malignant melanoma and it is a corner of the world have always wanted to visit.

The timetable for the 6 weeks was very varied. Every day there were opportunities to sit in various general or specialist clinics and help out in minor operations lists. I was also fortunate to be allowed to perform some wide local excisions and biopsies under supervision. Once weekly there was a histopathology meeting/learning session with the registrars, which was very educational. I also had the opportunity to visit more rural clinics in the more northern parts of New Zealand, where more Maori people would attend. It was interesting to see how their dermatological health needs differed.

Most importantly, New Zealand is such a beautiful country to travel in. The scenery is breathtaking, the people are very friendly and a safe place to travel around even if you are alone – which I was. I would definitely recommend New Zealand as a place to visit/do an elective.

DermSoc National Fundraising Campaign

On Thursday 4th December, the University of Birmingham Dermsoc treated the medical school to the bake sale to end all bake sales! The Christmas-themed event treated students and staff alike to brownies, yule logs and all sorts of cakes donated by Dermsoc committee members. We managed to raise £120 for the British Skin Foundation’s 'It Takes Seven' campaign. Skin cancer kills seven people in the UK every day and the campaign aims to have fundraisers work in teams of seven to organise events and activities. It just so happened that our committee is that very number, and I’d like to thank every member for their hard work to make the sale such a success. We would love to encourage other Dermsocs around the country to raise money for this campaign.

Monty Lyman (Birmingham Dermsoc President)
Education Section: Topical Corticosteroids (written by Dr Amiee Vyas)

Topical corticosteroids are commonly used for symptom relief in the treatment of inflammatory dermatological conditions, including eczema and contact dermatitis, usually in combination with emollients.

Case study: The use of topical corticosteroids in the treatment of allergic reactions

A 45-year-old female cleaner attended the GP surgery with a few itchy and erythematous lesions on both ankles of unknown origin. The papules were initially presumed to be insect bites which were primarily treated with Betamethasone Valerate (steroid cream) and Loratidine (oral anti-histamine).

Two days later, the patient re-attended with worsening pruritus and pain. On inspection the previously noted small lesions were no longer identifiable. There was a clearly demarcated, shiny, and oedematous rash with spreading erythema from toes to mid shin bilaterally. Both ankles were also exquisitely tender and warm on palpation.

The patient was subsequently referred to dermatology and a diagnosis of contact dermatitis to cleaning products was made, which was successfully treated with Dermovate ointment. The patient has since undergone patch testing for to assess any potential allergic reaction to components of cleaning products for which the results are pending.

Now Test Your Knowledge (Page 6)

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<tr>
<th>Mild</th>
<th>Hydrocortisone 0.1–2.5%</th>
<th>Mild with antimicrobials: Canesten HC, Daktacort and Fucidin H</th>
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<tr>
<td>Moderate</td>
<td>Betnovate –RD, Eumovate</td>
<td>Moderate with antimicrobials: Trimovate, Alphaderm, Calmurid HC</td>
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<td>Potent</td>
<td>Beclometasone dipropionate 0.025%, Betamethasone valerate 0.1%, Betnovate, Mometasone furoate 0.1%</td>
<td>Potent with antimicrobials: Aurecort, Betamethasone and clioquinol, Betamethason and neomycin, Fucibet</td>
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<tr>
<td>Very Potent</td>
<td>Dermovate, Clarelux, Etrivex, Nerisone Forte</td>
<td>Very potent with antimicrobials: Clobetasol with neomycin and nystatin</td>
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Test Your Knowledge (written by Anna Ascott and Dr Ketaki Bhate)

Q1: What type of hypersensitivity is contact dermatitis? (Options- Type I, II, III, IV)
Q2: If this has happened before, what would you ask in the history to make certain the diagnosis of an occupational dermatitis?
Q3: What advice would you give the patient (which is also the most important part of the management)?
Q4: What would you prescribe the patient to manage symptoms at home?

Your National DermSoc UK Committee

Natasha Lee, medical student rep. A fifth year medic at the University of Leeds. “If people are asked to picture an organ, the skin is often forgotten, but it is such a fascinating part of the body! A career in dermatology offers a medical/surgical mix and brings you into contact with patients of all ages which is what I hope to have from a career in medicine.”

Anna Ascott, medical student rep. A fourth year medic at Barts and The London. “I’ve found skin fascinating for as long as I can remember, and this has continued through medical school. Dermatology is relevant to many different specialties, and dermatological problems are common. As a career there are so many different opportunities.”

Amiee Vyas, junior doctor rep. An FY2 in the University Hospitals of Leicester Trust, who graduated from King’s College London. “Clinic-based medicine is definitely the route for me. Dermatology encompasses all of my career hopes: continuity of care and exposure to a wide patient demographic, with research and surgical opportunities in this setting.”

Fangyi Xie, junior doctor rep. An FY2 in Oxford Deanery, who graduated from University of Cambridge. “I am interested in Dermatology because of the huge variety of medical conditions you encounter, and there is also the scope for surgery.”

Newsletter produced by Anna Ascott, Natasha Lee, Amiee Vyas, Fangyi Xie and Ketaki Bhate