



@BADDermSoc



UK DermSoc Newsletter

Affiliated with the British Association of Dermatologists

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Dear DermSoc Members,

Welcome to the eighth edition of the UK DermSoc newsletter. Many thanks to all of you who have participated in our events throughout the 2016. In this newsletter we will bring you an update from our latest DermSoc day which happened this October at Willan House in London. We shall also introduce some new faces on the committee and hear from events held by DermSocs across the UK.

If you are involved with or planning to set up a DermSoc at your medical school for the upcoming year, do get in contact with us at: dermsocnational@gmail.com

This year we are hoping to help DermSocs to link up with and advertise their events to other local dermsocs across the UK. We are also hoping to increase the dermatology community on social networks for aspiring dermatologists. You can do so by joining both our [facebook](#) group and also by joining in on twitter @[BADDermSoc](#)

Meet the committee

Dr Bernard Ho: *junior doctor rep.*

I'm a CT2 in London and I'm interested in dermatology because of the diagnostic process that is still very much based on history, examinations and focused investigations. It's a specialty that has something for everyone, which makes it even more enjoyable. I'm in charge of organizing DermSocs in London and Brighton; so do get in touch via the email above.



Monty Lyman: medical student rep.

I'm between years 4 and 5 at Birmingham, and am currently intercalating in Immunology at Oxford. Variety is one of the most attractive aspects of Dermatology. The skin is susceptible to the greatest number of diseases of any organ, some of which impact severely on quality of life and some of which are life-threatening. It's a dynamic specialty and there is a great opportunity for research. I'll be coordinating DermSocs in the West Midlands, the West Country (inc. Southampton) and Wales.



Dr Katie Farquhar: junior doctor rep.

Hello, My name is Katie and I am the new junior doctor representative on the committee. I am an academic foundation year two doctor based in Edinburgh. I enjoy the mix of medicine and surgery available in a dermatological career, and how the accessibility of the skin lends itself to research. I always enjoy how DermSoc brings together like-minded people from across the UK and I look forward to meeting you at our events. In particular I shall be coordinating DermSocs in Scotland, Northern Ireland and the North of England, so please get in touch if I can be of assistance.



Sophia Haywood: medical student rep.

I'm Sophia, a fourth year medical student at the University of East Anglia. It's great to be on the DermSoc National committee and in a position to encourage others about the best medical speciality! I love dermatology because it's general and varied and also skin conditions can have a huge psychosocial impact on patients, so dermatologists have the opportunity and responsibility to treat patients in a holistic manner. This can allow dermatologists to develop a long-term fulfilling relationship with patients. I'm coordinating DermSocs in the East of England, including the East Midlands.



DermSoc National Day 26th October 2016

Another successful National Dermsoc Day was hosted at Willan House on 26th October 2016. A great variety of medical students and junior doctors attended from all over the UK.

There were a variety of talks beginning with a very informative guide from two of our committee, Katie and Bernard, on how best to prepare an application into Dermatology. These were followed by two further talks on the UK Dermatology Clinical Trials Network (UK DCTN) and the Centre of Evidence Based Dermatology (CEBD) – a fascinating insight into the ever-evolving world of dermatology research.

After a networking lunch, we were treated to an Art History talk from Dr Mechthild Fend from UCL on the depictions of skin. This was a captivating look into dermatology from a different perspective. There were further talks from Dr Tom Tull and Dr Chester Lai on skin infections and skin cancer respectively. Before tea, the British Skin Foundation shared with us some of the work they do and how DermSocs can help to raise money.

The day finished with a talk on acne from Dr Ketaki Bhate and four presentations on electives from John Lee, Matthew Nicol, Olivia Kunde and Monty Lyman.

We received very positive feedback and thank all who attended and engaged with the event to make a fantastic day. Many thanks also, as always, to the BAD for hosting us and supporting this event.

The next National Day is booked for Thursday 30th March 2017.

We hope to see you there!



Highlights - DermSoc Events from across the UK

Nottingham DermSoc

Chanel Tobinska, 4th year; Constance Fearnley, 5th year;
Nicole Cianci, 4th year; Hannah Igoe 4th year; Sofia Labbouz F1



As medical students at Nottingham University we have little exposure to dermatology within our medical placements, it is limited to 2 weeks during 4th year. Therefore as a society we aim to widen access to dermatology and encourage students to become involved and learn more about the broad variety of experiences that dermatology offers. Another core belief of Nottingham DermSoc is that the inter-professional nature of dermatology is underemphasized to all professions involved. In fact, whilst inter-professional learning initiatives have been undertaken by the university course coordinators themselves, they have never been undertaken by medical societies. This made us really keen to organize an event where this would be possible, as the example of the multi-disciplinary team approach within dermatology.



On Wednesday 16th November we hosted an evening with a panel of medical experts in dermatology, including researchers, a GP with a special interest, dermatology consultants and dermatology specialist nurses. The event was aimed at any healthcare students who perhaps wanted to know more about dermatology and ask questions in a relaxed, friendly environment. This event was attended by 15 students, including student nurses, medical students (years 1-5) and junior doctors.

In order to organize this event we all met as a society to discuss our aims of the event and ways in which we could achieve this. We emailed a variety of specialists who we thought would be interested to speak on the night and who would appeal to lots of students and junior doctors. We then booked a room appropriate for the event, for example a room of the appropriate size and setup that included a projector and a screen. It was then down to the most important part of creating a successful event – advertising. We advertised through word of mouth, social media (Facebook, Instagram), university email and flyers, making sure we contacted nurses and biomedical science students as well. During the summer of 2016 we secured funding from Nottingham University's students union. This allowed us to have pizza, drinks and snacks at the events to make the evening even more enjoyable. Once the speakers confirmed their attendance, as a society we came up with questions to start off the Q&A session with the panel of dermatology specialists. We hoped this would get the conversation started and provoke further questions from the audience.

To thank the speakers for giving up their time, we organized thank you gifts. We sent out feedback forms following the event and received lots of positive feedback. As the event was attended by two nursing students it allowed us to

talk to them and see if they would be interested in becoming a member of the committee, allowing us to attract further members which are so important within the multi-disciplinary team. All attendees received certificates and further information about the event.

We were really pleased with the turnout of our inter-professional dermatology careers evening, there was lots of active discussion between the panel and our students and plenty of one-on-one networking over food and drink. Moreover, the event also involved a very informative presentation by Dr. Simpson from Centre of Evidence Based Dermatology, which gave us plenty of ideas on how to stay up to date with dermatology news and get engaged in dermatology research. With new student nursing and junior doctor recruits, we as a committee hope that in the future events we will be able to reach out to more and more (student or qualified) doctors, nurses, and researchers, and that the number of attendees will continue to increase and dermatology will become a profession that more and more people know about.

Birmingham DermSoc



On Monday 14th November Birmingham DermSoc was delighted to welcome Dr James Halpern for our first event of the year, 'An evening of Paediatric Dermatology'. We teamed up with PONGSoc (Paediatric Obstetric Neonatal Gynaecology society) to offer something for all those interested in a career in Paediatrics, Dermatology or for those simply wanting revision. Dr Halpern is a Dermatologist with a specialist interest in Paediatric Dermatology, running paediatric clinics and undertaking research in the area. He shared his expertise in the field, presenting several cases from commonly seen conditions such as eczema and acne, to rarer presentations including congenital ichthyosiform erythroderma. He also discussed his unique career path, offering advice for

anyone wishing to pursue a career in the speciality. After the talk we asked further questions and discussed the future of dermatology. The event was very popular with over 70 medical students attending. We look forward to our next guest speaker event!



DermSoc took this event as our first opportunity to raise some money as part of the British Skin Foundation's 'Big Birthday Bake'. We went on to hold a second bake sale in our Medical School with all members of the committee baking delicious festive treats for the event. Over the two bake sales we raised an impressive £112.31 for BSF!

This term we have also started a Dermatology Journal Club; this is aimed at those interested in Dermatology, as well as students from medical-related courses in all year groups to improve literature review and critical appraisal skills. Dr Amy Livesey, an academic FY2 based at QEHB, has kindly supported us in doing this, leading our first journal club discussion. Everyone who



attended found it very beneficial and we were all able to take away skills to use when reading papers in the future. We are really looking forward to expanding our Journal Club with more events next year.

Elective Prize-winner Report

Waikato Hospital, Hamilton, New Zealand

Matthew Nicol

Queen's University Belfast

I organised my elective in Waikato Hospital in Hamilton, New Zealand hoping to gain experience of a variety of skin conditions as well as learning about how New Zealand's healthcare system deals with these conditions. I was also looking forward to being able to assist with a research project in the department into dermatoscopic attachments for smartphones.



I spent 6 weeks on placement in the dermatology department and spent half of my time in clinics with each of the 4 consultants, with the other half set aside for project work. I thoroughly enjoyed the time I spent in clinic and the varied and diverse nature of the conditions and patients that presented.

I was surprised to learn during my first week that two thirds of New Zealanders will develop skin cancer and New Zealand has the highest rate of melanomas in the world. There were several reasons for this; a climate with greater

UV exposure, a large number of people with outdoor occupations and a lack of awareness of the risks of excessive sun exposure in the past. I found that this really demonstrated to me the importance of public awareness of the risks of excessive sun exposure and it was interesting to see how the healthcare system managed such a large burden of disease.

The dermatology department at Waikato Hospital made much greater use of teledermatology than I had seen in either of the two hospitals in Belfast where I had undertaken dermatology placements through my time at Queen's University. Many patients had images taken offsite by experienced photographers and reviewed on a Friday morning in the Virtual Lesion Clinic (VLC). This allowed the dermatologist to review dozens of patients in one session, many of whom it was decided did not need an appointment, saving time for the dermatologist as well as for the patient while also reducing the distance patients need to travel if they can be photographed closer to home. The VLC also proved to be an excellent teaching opportunity allowing students to see many lesions in a short period of time, discuss the relevant history and characteristic features of each lesion and how the dermatologist would manage each.

While on my elective I worked on a project to evaluate the use of various smartphone attachments to take dermatoscopic images and to assess if an accurate diagnosis could be made by a dermatologist based on the dermatoscopic images alone. The devices ranged in cost from around US\$80 to over US\$500. If accurate diagnoses can be made with the low cost devices then they could potentially be purchased by GPs to assist in making referrals in the future. My role involved compiling the images taken from nearly 100 patients with each of the devices to produce an online survey that would be sent to dermatologists for assessment as well as completing the collection of histology reports. I really enjoyed getting involved with a research project and found that I learnt not only about the ins and outs of carrying out research, but also gained massively from seeing hundreds of images and comparing them to histology reports. It was fascinating to see the range of different ways that each condition can present, but also to see how benign and malignant conditions can often appear very similar.



Dermatoscopic attachments for the iPhone and iPod touch under investigation

Finally I would like to thank Honorary Associate Professor Amanda Oakley as well as everyone else in the dermatology department at Waikato Hospital for helping to organise such an enjoyable and interesting elective, and the British Association of Dermatologists for their generous grant towards my elective.

Dates to Save in your Diary

DermSoc National Day

Thursday 30 March 2017, Willan House, London.

The only national dermatology day for medical students and junior doctors! We welcome students involved with or setting up DermSocs at their medical school.

Held at the British Association of Dermatologists, the day will include:

- Interesting talks by senior dermatologists - useful for revision and general interest!
- Tips and tricks on how to get into dermatology
- A chance to network with likeminded students and doctors

A sign-up form will be advertised online from February 2017. The link will be advertised on the BAD website, Twitter @BADDERMSoc and publicised to individual DermSocs.

9th Annual DermSchool

Monday 3 July 2017, ACC Liverpool

This free one-day meeting is aimed at medical students and Foundation Year doctors who are interested in pursuing a career in dermatology and is hosted annually by the BAD. There shall be an opportunity to submit abstracts for presentation. Sign-up shall be advertised on the BAD website.

BSF Bake Sale

January 2017

If you have hosted a bake sale to raise money for the BSF, please let us know how it went. We shall be looking to crown the DermSoc which raised the most money as our British Skin Foundation bake-off champion in early 2017!

Our Next Newsletter

Spring 2017

Please keep us updated with your events. If your DermSoc would like the opportunity to feature in our next newsletter please get in touch! We are looking for updates on events to help inspire other DermSocs across the UK.

