

DermSoc UK Newsletter

Affiliated with the British Association of Dermatologists



Autumn 2019, Volume 1, Issue 12

Dear DermSoc Members,

Welcome to the 12th Edition of the DermSoc UK Newsletter. This is an exciting time in Dermatology with novel advancements and increasing data in a variety of areas including skin microbiota, melanoma immunotherapy and the use of biologic agents for psoriasis. We have also heard about fantastic events being held regionally by societies across the UK, and it is always great to hear about the development of new societies. This issue of the newsletter reviews our last DermSoc National day in March 2019, news from local DermSocs and a summary of our upcoming events. We are always keen to hear your news – if you are interested in highlighting the work of your DermSoc for the next newsletter, please get in touch!



Group "DermSoc UK"



@BADDermSoc



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@BADDermSoc

Welcome to our new committee members!

We are delighted to welcome new committee members...

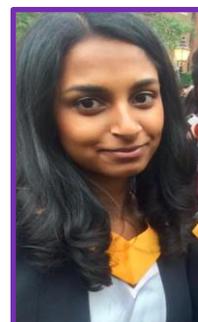


Maria Charalambides: Medical Student Representative

I am a fifth-year medical student at the University of Birmingham and excited to be on the National DermSoc committee! I feel privileged to be part of such a wonderful team and I look forward to another successful DermSoc year. We aim to coordinate as many opportunities for you all as possible, with the ongoing and invaluable support of the British Association of Dermatologists. I hope to meet many of you at our events and hear about the fantastic work of all the DermSocs. Please do get in touch with us if you have any questions or suggestions, we are always happy to help!

Sara Selvendran: Junior Doctor Representative

I am an academic foundation doctor in Southampton with a research block in Dermatology. I'm really excited to join the DermSchool National Sub-Committee and work with the team to continue to inspire, organise and deliver events for students and doctors in the upcoming year! Please do not hesitate to get in touch if you have any comments, suggestions, questions or ideas!



Giulia Rinaldi: Junior Doctor Representative

Hello and very excited to meet all of you DermSoc members! I am an academic foundation doctor at St.Thomas' Hospital in London and will be meeting some of you very soon at the National DermSoc day. This year we want to work hard to bring DermSocs across the country together and even build some friendly competition through Battle of the DermSocs by raising money for the British Skin Foundation! If any of you have any suggestions for the upcoming National DermSoc days please feel free to let us know either via email or in person at the events.



DermSocs across the UK

Can't see your medical school? Your university might have an inactive DermSoc that we haven't heard from in a while, or has never had one before.

If you have a new DermSoc committee, please get in touch with us with updated contact details at dermsocnational@gmail.com. If you would be interested in setting up a new DermSoc at your university, let us know – we can check if there has been one before, and give you some tips on getting started.

Barts London

Exeter

Liverpool

Sheffield

Birmingham

Hull & York

Manchester

St George's

Bristol

Imperial College London

Newcastle

UEA (East Anglia)

Cambridge

King's College London

Nottingham

UCL

Cardiff

Leeds

Oxford

Edinburgh

Leicester

Queen's Belfast

Shout out to a new DermSoc: Hull York Medical School

Blessing Fabowale-Makinde

The HYMS Dermatology Society (DermSoc) is a student-led society based at the Hull York Medical School connecting medical students and doctors who have a passion for dermatology. We have just been set up this year and our society aims to promote the dermatology as a speciality within the student body providing specialist lectures, journal clubs, CV building events, opportunities receive mentorship and research with leading dermatologists in the region and more. So far we have hosted a stall at the HYMS Freshers Luncheon, have heard a talk on unique cases given by Professor Shernaz Walton, and also an F1 doctor who will be talking about their experience of dermatology in the Bahamas on their elective in late October/November. We are currently trying to organise a careers/CV building event in December and also a number of fundraising events. In addition, we support charitable organisations and research into skin diseases, which is why our chosen charity this year is the British Skin Foundation. Since 1996 they have supported 400 projects researching developments into skin disease and they also raise awareness of skin disease in the community and educate the public about a variety conditions.



Regional news: Birmingham DermSoc

Maria Charalambides & Rachele Schofield



Originally a small DermSoc, we are now gaining momentum and attracting much interest across the medical school and campus. We aim to not only engage with those interested in Dermatology as a career, but also students who have a wider interest in skin or would like valuable exam guidance. We would like to help contribute to the British Skin Foundation's mission of raising awareness of skin diseases and so, we are committed to skin education, promotion and reducing any stigma associated with skin diseases.

We supplement undergraduate dermatology teaching with specialist lectures, delivered by enthusiastic Dermatology trainees, journal clubs and mock OSCE revision sessions, assessed by Dermatologists. We also organise careers talks and taster days, elective and intercalation information evenings, as well as practical sessions for suturing, punch biopsies and dermoscopy. Given the link between stress and skin, and the fast growing field of Psychodermatology, we will also be collaborating with other societies, including MindfulnessSoc, to help promote skin, mind and wellness in a holistic manner.

Alongside dermatology education, we are a member of 'Battle of the DermSocs' and hope to keep raising money for the British Skin Foundation with fundraising events throughout the year. We aim to engage with the National DermSoc events as much as possible; our committee members attend the annual National DermSoc lecture days and we encourage attendance amongst our society members. We also help promote the annual DermSchool, which always promises to be a fantastic day!

We would like to thank the National DermSoc committee and the British Association of Dermatologists for all their great work and for providing the UK DermSocs with inspiration and support. We are excited to keep working alongside all the UK DermSocs and help the Derm community continue to grow!



DermSoc National Day – 28th March 2019 *Dr Bella Plumptre*

Our first DermSoc National Day of the year was held on 28th March 2019 at the British Association of Dermatologists headquarters in London. We had our fastest ever response from medical students and junior doctors to sign up for places, which mirrors the enthusiasm shown by attendees on the day.

The day started with a fantastic analysis of emerging systemic eczema therapies from Professor Carsten Flohr from the St John's Institute of Dermatology. Next, as part of our 'how-to' series, we had Dr Emily Welch give great practical advice on how to do an audit in dermatology. Dr Kate Jordan followed, with a brilliant whistle-stop tour of how to make the most of medical school, including how to approach a literature review. Committee member Dr Bella Plumptre then gave a break-down of the early training routes to dermatology, including the foundation program, academic opportunities and the new internal medicine training pathway.

After lunch, our 'how-to' series was rounded off by Dr Alexandra Paolino, who shared with us invaluable tips on getting into dermatology. Following this, we switched to a more clinical focus, with Dr Padma Mohandas taking us through some excellent on-call paediatric dermatology cases. Specialist Nurse Katie Plevy then shared with us some amazing insights into her work at Great Ormond Street Hospital in the care of children with epidermolysis bullosa. We next learned about hidradenitis suppurativa from expert Dr John Ingram, who kindly travelled all the way from Cardiff. Dr Clive Archer from St John's taught us to recognise different presentations of skin disease in different skin types. The day rounded off with Dr Anusha Panthagani sharing her experiences about clinical teaching fellowships.

Overall, the day had a huge variety of clinical, research and careers advice talks which brought something for all attendees – whether medical student, foundation doctor or core medical trainee. We are so grateful to all our speakers for giving up their time to share their expertise with us, and hope attendees enjoyed the opportunity to learn and network with other like-minded individuals.

The next DermSoc National day is to take place on 10th October 2019 and promises a jam-packed programme of varied speakers. The following National Day will take place in March 2020 – the programme always offers something different – don't hesitate to come back even if you've been before. Registration details will be available through our Facebook page and the BAD website.



Foundation Doctors' Masterclass in Dermatology June 2019 – Attendee's Perspective *Ling Li*



I remember sitting by the window on a warm June's day, breeze wandering through an open balcony of Willan House in central London (the home of the British Association of Dermatology), waiting for the inaugural Foundation Doctors Masterclass in Dermatology to begin.

The morning consisted of a gentle introduction into the basics of skin disease, an overview of common dermatoses and their indications for referring to secondary care, practical advice on prescribing and skin emergencies to be aware of. Clear verbal presentation was accompanied by excellent visual aids and a true enthusiasm for medical education. It was evident that no matter our future specialty, what we learnt would be widely applicable across many medical fields.



Lunch was an excellent opportunity to socialise and network with other like-minded Foundation doctors. Top efforts were made by those commuting from further afield some from as far as Scotland to make it a truly national event. Some delegates were also pleasantly surprised to be unexpectedly reunited with old university friends! A great effort was made by the organising committee to make the day as national as possible and this was reflected in the base hospitals at which the speakers and BAD organisers had come from.

Workshops were the mainstay of the afternoon, which were an entertaining and interactive way of putting the morning's theory into practice. Booklets provided in full colour for each delegate contained images and cases to work through in small groups, with collective discussion in each subgroup led by an enthusiastic tutor. Questions were welcomed and the atmosphere was highly supportive and one of learning where no query or suggestion was made to feel silly or unwarranted. There was also a highly practical element to these workshops, as clinical equipment and mock prescription pads were at our disposal to practise with.



Finally, to bring out our competitive side, an interactive smartphone quiz tested our knowledge gained from the day with prizes for those who had the fastest (and most accurate!) fingers. In summary, the first ever Foundation Doctors Masterclass in Dermatology was a day well worth attending and something I would highly encourage future Foundation trainees to attend, whether that is to further enhance your pre-existing enthusiasm for the specialty or as a taster opportunity to broaden your horizons and be inspired by fellow like-minded individuals.

Developing and demonstrating an interest in dermatology throughout Foundation Training *Dr Lauren Passby*

My decision to pursue a career in dermatology was settled long-after I had chosen my foundation jobs. Though I have not had a rotation in dermatology during my foundation training, and will not do so during my Internal Medicine Training either – this is not uncommon. There are countless opportunities, however, to demonstrate commitment to specialty and generally improve one's CV during foundation training.

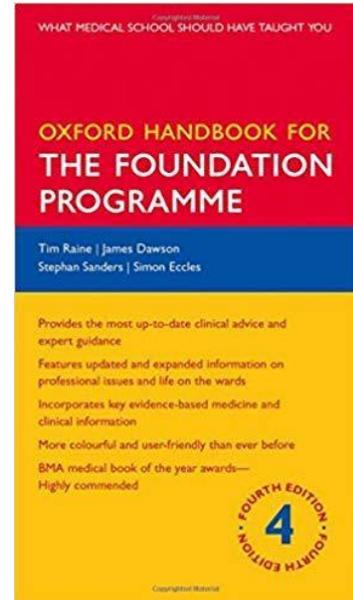
As an academic foundation trainee I have completed a four-month research project focussed on biomarkers of disease progression and relapse in melanoma. Again, academic foundation training is not the norm and I have found opportunities outside of this to further my interest in dermatology.

Arranging a taster week with my local dermatology department allowed for me to quite literally “get a taste” of tertiary level dermatology. It felt a lot like being a medical student, though this opportunity has subsequently opened doors to become involved in departmental audits and presentations.

The skin is oft described as a window into the body, given its ability to visually demonstrate the absence or presence of many illnesses. Throughout my surgical and medical rotations primary skin pathology, and skin pathology secondary to systemic disease, is encountered on a very regular basis. Interesting cases foster discussions with dermatology, or wider MDT groups, which can form the basis of formal Supervised Learning Events. Presenting interesting cases at departmental meetings/journal clubs completes the Developing the Clinical Teacher requirement of F1/F2, whilst demonstrating an ongoing interest in Dermatology.

Though access to study leave in F1 is largely non-existent, time is afforded during F2 to attend courses/conferences (though funding is often limited). I used this time to attend DermSchool, which was a great introduction to hands-on skills used in dermatology, and a great networking opportunity.

My concluding message is: don't panic! Foundation/SHO rotations in dermatology are notoriously hard to come across. Given the common nature of dermatological conditions, there is ample opportunity to scout out interesting cases across numerous specialties, and tailor these learning events to your advantage. Reaching out to local dermatology departments and expressing your interest will help open the door to opportunities, even without the luxury of a four month rotation in their department.



Hot Topic: Advances in treating melanoma *Maria Charalambides*

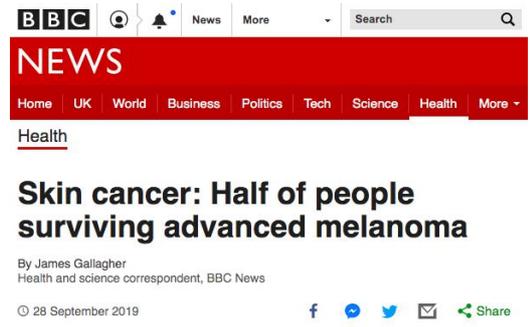
Melanoma is the fifth most common cancer in the UK and kills around 2,300 people each year. Research has focused on developing effective treatments for melanoma and it seems there has been a 2019 breakthrough!

Results from the 'Checkmate 067' trial, published in the *New England Journal of Medicine*, the longest phase three trial follow-up for checkpoint inhibitor combination therapy, have shown some pivotal results in the field of melanoma treatment.

The trial included 945 patients with advanced melanoma randomised into three groups: 314 patients received nivolumab plus ipilimumab; 316 patients received nivolumab plus a placebo; and 315 patients received ipilimumab plus placebo.

This study showed that the five-year overall survival rate for nivolumab plus ipilimumab was 52%, of which 74% of patients were treatment-free after five years. In comparison, the overall survival rates were 44%, and 26% for nivolumab and ipilimumab, respectively.

To highlight how much treatment has advanced, 10 years ago, only 1 in 20 patients with advanced melanoma survived for five years, with the majority living between 6-9 months. Now, 52% can live for at least five years. This study emphasises the importance of research in propelling clinical medicine forwards to fulfil the goal of improving patient quality of life.



Battle of the DermSocs 2019-2020 *Giulia Rinaldi*

Get ready to battle it out with other DermSocs across the U.K. to see who can raise the most charity money for the British Skin Foundation! It is the perfect chance to win a national prize that can make a positive impact to the dermatology world. Do you have what it takes to beat last years' winning total of £3318? Barts, Birmingham, Cambridge, UCL and St.George's have already started! The deadline is the 8th of June 2020. The 3 winning teams will get to attend an award ceremony at the BAD in London.

Sign up here to get started: https://www.britishskinfoundation.org.uk/Pages/Category/battle-of-the-dermsocs?fbclid=IwAR3nADYFhZmrnF1cr0_xRvoitaaAEHX3sBm5IRP7KaVw2is2OabtIdYuzBY



Dates for your Diary

Northern DermSoc Conference

Thursday 7th November 2019

Samuel Alexander Building, University of Manchester

Manchester, Leeds & Liverpool DermSocs have teamed up to organise this dermatology packed evening set in Manchester. The evening will involve food, networking and a heated debate on “Skin surgery should be left to proper surgeons”. Find out more at: <https://www.facebook.com/events/551471982269760/>

DermSoc National Day

Thursday 26th March 2020

Willan House, 4 Fitzroy Square, London, W1T 5HQ

Our next DermSoc National day will take place in March 2020. As ever, this is a free one-day teaching event held at the British Association of Dermatologists head office in London. The event has a range of high-profile speakers discussing everything from opportunities in dermatology, key topics, new research and career advice. It is a great day to meet and network with like-minded people who are interested in dermatology. Like our Facebook page for updates about registering for this event!

12th Annual DermSchool 2020

Monday 6th July 2020

Manchester Central, Manchester

DermSchool is an annual event aimed at medical students and junior doctors. This year, DermSchool will be hosted on the 6th of July in Manchester. There is the opportunity to submit abstracts for posters. There is also the opportunity to apply for a travel bursary to help with the cost of attending. Registration will open in February 2020. Please register your interest with Conference@bad.org.uk.



This newsletter was compiled by the DermSoc National Committee: Dr Olivia Cohen, Miss Maria Charalambides, Dr Giulia Rinaldi and Dr Sara Selvendran, with special thanks to Dr Ketaki Bhate.