

9TH OCTOBER 2018



# #stemlynsLIVE

St Emlyn's, even  
better in real life!

The guide

**St Emlyn's**

9th October 2018  
[stemlynsconference.com](http://stemlynsconference.com)  
#IloveVCR





History

# St Emlyn's

St Emlyn's is a virtual hospital created in the mythical city of Virchester. The name came from the local teaching for Senior Trainees in Emergency Medicine (STEM). This was transformed into St Emlyn's by Prof. Kevin Mackway Jones.

The concept was taken into the world of #FOAMed in 2012 by a team led by Prof. Simon Carley and Prof. Rick Body. It has had millions of downloads and visits and is read across the planet.

[Read more here](#)



About this conference

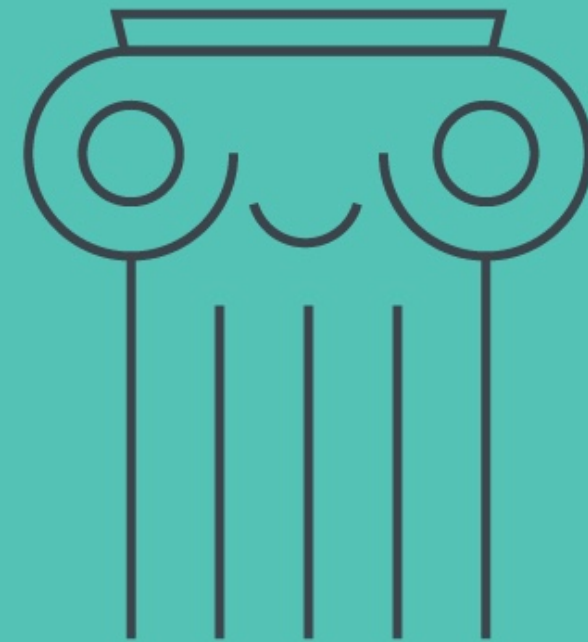
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# The programme

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Welcome to #stemlynsLIVE. We are delighted you're here in Manchester (or Virchester as we will call it for the rest of the day) to learn, share, laugh, cry, argue and debate the way that we manage our patients and how we manage ourselves.

The St Emlyn's philosophy is based on exploring 4 areas of our practice. These are clinical excellence, evidence-based medicine, well-being, and the philosophy of emergency medicine. We believe that understanding and developing these 4 pillars of our practice is essential to delivering a high quality and sustainable balance to our patients and to ourselves. This conference is our opportunity to share and develop these 4 pillars to a wider audience.



A conference built on four pillars (look how happy they are about it too).

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# Morning

## THEMES

1. Get to know the team and delegates.
2. What's the evidence for resuscitation and what should we change now?
3. How do we develop and work with teams to optimise resuscitation in the resus room and in prehospital care.
4. Rapid updates on the uncommon but deadly resus room emergencies.

Theme	Time	Topic	Speaker
Networking	0830-0900	Networking	All
Welcome	0900-0910	Welcome	All
KEYNOTE 1	0910-0940	Over the Rainbow: Reflections on EM in Oz	Natalie May
	0940-1005	Beyond ALS	Salim Rezaie
	1005-1030	Performance psychology in the resus room.	Ashley Liebig
Coffee am			
	1050-1115	The future of ED diagnostics	Rick Body
	1115-1140	Cutting edge evidence in resuscitation	Simon Carley
	1140-1205	Aortic Emergencies	George Willis
	1205-1230	GI Emergencies	Chris Gray

The morning session brings our first Keynote speaker as Natalie May tells us about her learning journey between the UK and Australia. We then focus on complex resuscitation cases in the ED.

# Lunch and the Learning Market

## THEMES

- 1. Choose your own adventure.
- 2. Highlighting common resus problems in Virchester.
- 3. Practical sessions with expert instructors.
- 4. You decide where to spend your time. Whether it's 60 minutes with one, or a short spell at every stall, you choose where to spend your time and energy.

Theme	Time	Topic	Speakers
LUNCH  PLUS the marketplace.  Choose your own resus adventure over an extended lunch.	1230-1345	The Marketplace is a series of stands/stalls that you can visit for small group education experiences.  Toxicology HIV/GUM Airway management Airway emergencies Major haemorrhage management Paediatric surgical emergencies	Gareth Roberts Ross Fisher Alan Grayson Natalie May Clare Richmond Simon Carley Janos Baombe + guests

The marketplace concept is where we set up a series of stalls that focus on specific areas of resuscitation practice.

We are anticipating stands on the following, but keep an eye out as there may be more than this on the day

# Afternoon

## THEMES

1. OK, we'll be honest. We don't really like the word wellbeing. What we need are real solutions and real stories to improve our working lives. Iain will lead a very experienced team in that discussion.
2. Some people don't like the word 'resuscitator' either, but should we? Does it exist in the UK and if so what does it look like?
3. Are we the best in the world? Probably not. There is so much we can learn from our international colleagues.
4. Nat May returns from Sydney to highlight lessons learned from a travelling resuscitator. Kat Evans tells us what we can learn from South Africa (it's a lot).

Theme	Time	Topic	Speaker
KEYNOTE 2	1345-1415	Training for excellence	Clare Richmond
Wellbeing	1415-1515	A practical and realistic approach to sustainable careers in EM/CC.	Iain Beardsell Ross Fisher Laura Howard Janos Baombe Alan Grayson
Coffee pm	1515-1535		
	1535-1600	The UK resuscitator	Dan Horner
	1600-1625	Resuscitation lessons from Cape Town	Kat Evans
	1625-1650	Beyond ATLS	Alan Grayson
Summary and thanks	1650-1720	What have we learned?	All

The afternoon session introduces our second keynote speaker: Clare Richmond from Sydney HEMS. on a session linking evidence, resuscitation, human factors and the pragmatism needed for those of us involved in making time-critical, but life-threatening decisions

The afternoon takes on the wider lived experience of emergency medicine and critical care. How do we look after ourselves so that we can look after our colleagues and patients.



# Evening

As a boutique conference we've not planned a big dinner, as we know that many will have to travel. However, we will be organising meals out in Manchester with the faculty. If you want to join us then sign up on the day at the conference (or email us in advance).

After dinner we will regroup in one of Manchester's infamous Karaoke bars for a night of #FOAMaoke (self paying).

<i>Dinner options</i>		<i>Small group bookings to local restaurants with faculty members</i>	<i>Gareth Roberts organising</i>
<i>Foamaoke</i>		<i>FOAMaoke highly likely in late bar somewhere in Manchester</i>	<i>All</i>





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# Keynote Speakers

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We are delighted to bring two internationally acclaimed clinicians and educators to St Emlyn's LIVE.

We are honored to welcome them to #Virchester.



Even Neo got off  
his computer every  
now and then!

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## KEYNOTE SPEAKER

Clare Richmond - PHARM specialist with Sydney HEMS - clinical, education and aeromedical control, and an Emergency Physician at Royal Prince Alfred Hospital. I'm coming to Manchester to learn along side some of the most inspiring medical educators I know, to share some of my experiences as a medical educator, to give and receive feedback, to develop my skills and learn some new ones. It helps that the team on the teaching course are my friends and pretty cool people to hang out with, and so are the clinicians they attract to their courses.

I'm hoping to inspire participants to think about how they think, how they teach and how even the craziest day on the emergency department or pre hospital world can be a place to learn new skills and behaviours through deliberately trying to be better. Simulation based education, human factors and exploring the perspective others in education and mentorship are where my interest in medical education has been founded. I want to continue having learning conversations with about patient care, clinical management, logistics, systems and human interactions. Learning new skills can be challenging,

You can find her on twitter as @drclarebear





## KEYNOTE SPEAKER

Natalie May, MBChB, MPHe, MSc, PGCert Medical Education, FRCER, FACER is section lead for paediatrics, medical education and an editorial board member at St Emlyn's.

She is a specialist in Emergency Medicine (Australia) and a Specialist in Emergency Medicine with Paediatric Emergency Medicine (UK).

She works as Staff Specialist in Prehospital and Retrieval Medicine with the Ambulance Service of New South Wales (aka Sydney HEMS). She also works as a Staff Specialist, Emergency Medicine, St George Hospital (South Eastern Sydney Local Health District). Her research interests include medical education, particularly feedback; gender inequity in healthcare; paediatric emergency medicine.

She is an internationally acclaimed speaker and educator.

She trained in #Virchester.

You can find her on twitter as @\_NMay





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# Session speakers

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Our session speakers comprise some of the best medical educators from across the globe. From the UK, Australia, America and South Africa we are delighted to welcome them here.



**Virchester's finest  
visit Manchester  
this October**



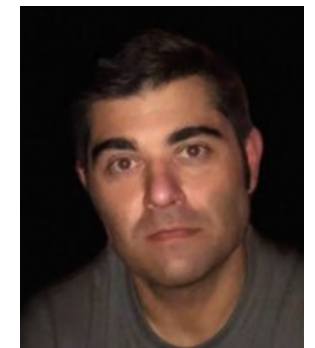
Ashley Liebig is a retrieval and prehospital expert from Life Star in Texas. She is internationally regarded as an inspirational clinician and speaker. Her work on the psychology and processes around resus care give incredible insights into how we can perform better as individuals and as teams.

George Willis is an emergency physician at the University of Maryland, Baltimore. George has an incredible skill at educating colleagues on the sick and the scary. We are lucky to have him here in Manchester talking on high-end critical care cases in the ED.



Kat Evans works as an emergency physician at Mitchells Plain hospital in Cape Town. Her expertise in managing some of the sickest and most challenging patients (and shifts) is beyond measure. Kat will be sharing her lessons on managing some of the incredibly difficult cases seen in a South African ED.

Salim Rezaie has inspired us all to be better clinicians and educators. He runs the REBEL-EM website and blog and is sought across the world as an inspirational speaker and educator. He has a particular interest in complex resuscitation problems and will be sharing those thoughts around ALS management at the conference.



Ross Fisher is a paediatric surgeon from Sheffield. He is world-renowned as a master of presentations and communication, but don't forget his expertise as a surgeon and the lead for the UK TARNlet paediatric trauma research group. Ross will be sharing his clinical skills at the conference (no doubt with some excellent presentation skills on display too).

Dan Horner is the Royal College Faculty Professor of Emergency Medicine. He too works in Virchester (at the 'other' place) as an emergency physician and critical care physician. He has established himself as an expert in thromboembolic disease. He is also a superb educator who will share his insights into career development, the UK resuscitationist and the scary side of VTE management



Chris Gray is an emergency medicine and critical care trainee here in Manchester. He is a regular author on the St Emlyn's blog alongside trying to train in pretty much all the related specialities at the same time. He will be bringing us up to speed on the most challenging GI emergencies that we face in the resus

Alan Grayson is an emergency physician in Manchester, but as he will no doubt tell you, he comes from the other side of the Pennines (Yorkshire). Alan has a reputation for driving evidence into practice by never remaining complacent with the status quo. He will be shining his EBM powered sceptical light on trauma management at the conference



Janos Baombe is an emergency physician in Manchester. He has developed a real understanding of the effects of global health and global disease on UK emergency medicine practice. He will be joining the marketplace to bring us all up to date (monkeypox anyone?)

Gareth Roberts is an emergency physician in Manchester. Gareth will be joining the marketplace to help us understand GUM/HIV issues in the ED. This is more than just emergency care and is a great example of how our work can improve public health and education too.





Iain Beardsell is an emergency medicine consultant in Southampton. He is also a consultant in Pre-Hospital care. He is the section lead for podcasts with St Emlyn's. Iain has spoken on clinical, philosophical and personal topics across the globe. He will be leading the wellbeing session.

Laura Howard is an emergency physician and PhD candidate in Manchester. She is currently researching major trauma triage, but is also widely regarded as a speaker and researcher on staff support and development. She will be joining the wellness panel.



Simon Carley is Professor of Emergency Medicine in Manchester and is co-creator of the St Emlyn's blog and podcast. He is creator, webmaster and co-founder of the St Emlyn's blog and podcast.

Rick Body is Professor of Emergency Medicine in Manchester, a research guru, all round nice guy, family man and superstar. He is co-creator of the St Emlyn's blog and podcast.



You. Maybe we should not have left you until last, but we do really want to hear from you. We hope to make the sessions interesting and engaging and to get you to discuss them amongst yourselves and with the faculty. We've built time into the day to do this such as the market place and round up session at the end of the day.





# What next?

We designed this conference to be one that people could go away from with ideas and plans to change their world. Maybe it's new clinical information, maybe a skill, maybe an idea or a commitment to help yourself, your friends and family.

Whatever it is, we hope that you can make it happen.

Safe travels from the St Emlyn's team

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# Thanks

*Thanks for being here.*

*Thanks for sharing what you know.*

*Thanks for listening.*

*Thanks for looking after your colleagues*

*Thanks for looking after your patients.*

*Thanks for looking after your family and friends.*

*Thanks for trying to be the best you can be.*

*Thanks for everything that you do.*

*Thanks from St Emlyn's*