

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

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# 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

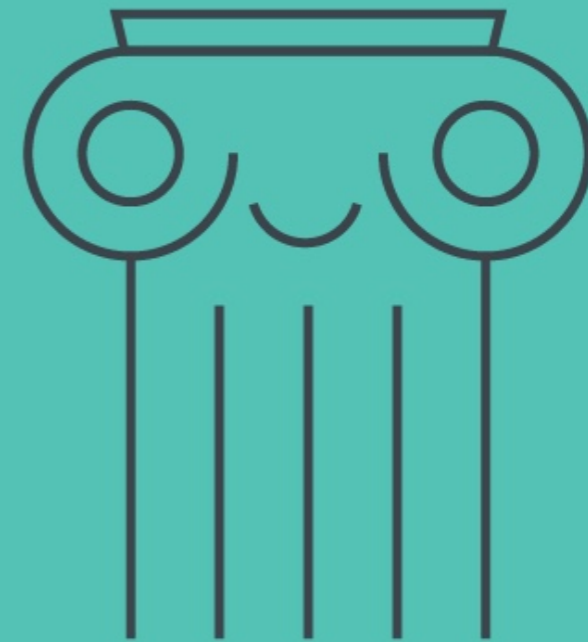
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# The programme

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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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# Practical Stuff

### BEING HERE

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1. **Wear whatever you like**
2. **The Wifi network is thestudio.. and the password is customerfirst**
3. **The hashtag for social media is #stemlynsLIVE**
4. **Babies are welcome at the venue, but please let us know in advance so we can plan. We have checked and they don't have specific baby changing or feeding rooms on site.**
5. **We will be live streaming the conference on the internet so you should be able to follow the conference on your laptop/phone even if you need to leave the main room (goods of technology permitting).**
6. **Sadly the venue does not allow dogs.**

We want the conference to be small, friendly and interactive. We've chosen a venue that should encourage that and we really hope you enjoy it.

If you have specific needs or requests then please just ask us and we will try our very best to help you.

Many of you are staying for the teaching course on Wednesday to Friday and we expect you will be staying overnight in Manchester. Gareth Roberts will talk on the day about organising restaurant bookings in Manchester if you want to join your fellow delegates and faculty members. This model has worked really well in past conferences and we are keen to try this bespoke and interactive social plan. More details on the day.

# 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	In Pursuit of Excellence	Natalie May
	0940-1005	Beyond ALS	Salim Rezaie
	1005-1030	Performance Psychology in the Resus Room.	Ashley Liebig
Coffee am	1030-1050		
	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 introduces our first keynote speaker Natalie May, who has flown back from Sydney to rejoin us here in Virchester to speak about what excellence is, and how we can try to achieve it. Other talks focus on the interface between evidence, resuscitation, human factors and the pragmatism needed for those of us involved in making time-critical, but life-threatening decisions.

# 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	Facilitators
<i>LUNCH</i> <i>PLUS the marketplace.</i> <i>Choose your own resus adventure over an extended lunch.</i>	1230-1345	<i>The Marketplace is a series of stands/stalls that you can visit for small group education experiences.</i>  <i>Toxicology</i> <i>HIV/GUM/ID</i> <i>Airway management</i> <i>Airway emergencies</i> <i>Major haemorrhage management</i> <i>Paediatric surgical emergencies</i>	<i>Gareth Roberts</i> <i>Ross Fisher</i> <i>Alan Grayson</i> <i>Natalie May</i> <i>Clare Richmond</i> <i>Simon Carley</i> <i>Janos Baombe</i> <i>Chris Gray</i> <i>Ashley Liebig</i>

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

A provisional list of stands is above, but keep an eye out as there may be more 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. Our second keynote speaker, Clare Richmond from Sydney HEMS gives us her insights into lessons learnt from her extensive retrieval medicine experience.
3. Some people don't like the word 'resuscitatorist' either, but should we? Does it exist in the UK and if so what does it look like?
4. Are we the best in the world? Probably not. There is so much we can learn from our international colleagues. Kat Evans tells us what we can learn from South Africa (it's a lot).

Theme	Time	Topic	Speaker
Wellbeing	1345-1445	A practical and realistic approach to sustainable careers in EM/CC. Not a moan-in!	Iain Beardsell Ross Fisher Laura Howard Janos Baombe Alan Grayson
KEYNOTE 2	1445-1515	Six Minutes to Sixteen Hours: The Journey That Matters	Clare Richmond
Coffee pm	1515-1535		
	1535-1600	The UK Resuscitationist?	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 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.

More resus pearls follow before we finish off with a group learning discussion and clarification of learning points. We really want you to go away from this conference with tangible, actionable learning outcomes.

# 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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# Speakers

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We've brought together a collection of speakers from across the globe. All are acclaimed clinicians and educators in their field whom you've probably seen or even met online.

We are delighted to bring them together in one place to share, learn and teach. Social media is good, but it's no substitute for real life, real people and real learning.



Even Neo got off  
his computer every  
now and then!

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**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).

**Iain Beardsell** is an emergency physician, trauma team leader and prehospital physician from Southampton. Iain leads on the St Emlyn's podcasts and has a range of expertise including his research work and the psychosocial aspects of life as an EM clinician. Iain will be leading the wellbeing discussions.



**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 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 room.

**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?).



**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.



**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.



**Simon Carley** is Professor of Emergency Medicine in Manchester and is co-creator 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.

**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 marketplace, coffee breaks and summary sessions, but don't stop there. Tweet us, talk to us, share online and in person. We want to hear your voice too.



## 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 alongside 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 prehospital 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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# 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*