

# Higher Speciality Trainee Regional Training Programme 2025-2026

**TPD: Dr M. Hemavathi**

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<u>Date</u>	<u>(F2F / Virtual)</u> <u>Host Department</u> <u>Lead Consultant</u>	<u>Organising</u> <u>trainee</u>	<u>Theme of the</u> <u>day</u>	<u>Topics</u>
29/08/2025	(F2F) Luton & Dunstable Dr Hemavathi Muniswamy	Dr Ateeq Ur-Rahman	ST4 Induction Day	Trainee rep introduction How to lead a night shift Communication skills as a shop floor lead Management of a day to day busy department ( Mgt as well as clinical)
19/09/2025	(Virtual) Lister Dr Elizabeth Turner	Dr Lorna Surgenor	Musculoskeletal day	WOUND MANAGEMENT in ED and dressings Ankle and Knee Soft tissue injuries Shoulder Pain ( non-traumatic and Traumatic) Common Fractures and dislocations - Lower limb Common Fractures and dislocations - Upper limb Nerve blocks ( not FICB) in ED <b>Discuss an Injury article ( Peer reviewed journal paper)</b>
17/10/2025	Mock OSCE (F2F) Dr Dhakshini Sathasviam & Dr Sarah Hazleman	Dr Afifa Saulat & Dr Charlotte Grant	OSCE (AM) Cancer complications (PM)	Mock OSCE (AM) PM: Presentations of undiagnosed cancer: Complications related to local tumour progression <b>Complaint answering</b>
31/10/2025	Simulation West Suffolk Dr Iqteder Uddin	Dr Callum Gandolfi	Regional Simulation Day	Triage, Majax Table top, CBRN, Conflict resolution - Sim based Dealing with the media - Lecture based and Demo
31/10/2025	Simulation Watford Dr Gavin Wilson	Dr Muhammad Shoaib Umar	Regional Simulation Day	Leadership day

21/11/2025	(Virtual) JPH Dr Jim Crawford	Dr Biruthvi Vignarajah	Surgical day	Ano-rectal abscesses, Haemorrhoids and Anal fissure Cholecystitis, Pancreatitis, Cholangitis, Biliary colic Diverticular disease, Lower GI bleed, ischaemic bowel and volvulus Breast Abscess Constipation and Bowel obstruction incl Intussusception Imaging for abdo pain <b>Frequent attenders in ED</b> <b>Surgical SDEC and ED</b> <b>Surgical condition - relevant to EM (Journal article)</b> <b>How to run a clinical governance session</b>
19/12/2025	(Virtual) Bedford Dr Richard Austin	Dr Jubril Eneye Sailu	Urology Day	Epididymo-orchitis and Prostatitis Loin pain and Renal stone diseases Haematuria and Retention Torsion, phimosis, Paraphimosis and Priapism Dysuria and Pyelonephritis <b>Urology SDEC condition in ED</b> <b>Understanding of statistics which is discussed in research article</b> <b>Urology condition - relevant to EM (Journal article)</b> <b>Measurements in QIP</b>
23/01/2026	(F2F) CUH Dr Dhakshini Sathasviam & Dr Sarah Hazleman	Dr Duaa Maqbool	Regional Simulation Day	Making Safe Decisions Managing Peri Arrest and Life threatening situations Major Trauma Scenarios Leading a Team Debrief
23/01/2026	(F2F) Peterborough Dr Alastair Jones	Dr Efthymios Kazantidis	Regional Simulation Day	Triage, Majax Table top, CBRN, Conflict resolution - Sim based Dealing with the media - Lecture based and Demo
30/01/2026	MOCK OSCE (F2F) Basildon Dr Lokesh Narayanaswamy	Dr Kareem Eldereiny Dr Akhimien Dantiss Ahmed	OSCE (AM) Safeguarding paeds (PM)	Mock OSCE (AM) PM: Roles of other systems in protecting children Mental Illness in children <b>QIP Presentation</b>

20/02/2026	(Virtual) N&N Dr Francoise Sheppard	Dr Sebastian Locke	Hepatology Day	Alcohol related liver disease including withdrawal Functional Bowel disorders Haematemesis and Malena Inflammatory bowel disease Cirrhosis and Hepatitis <b>Hepatology condition - relevant to EM (Journal article)</b> <b>Coroner's court –how to write a report, how to pre</b>
20/03/2026	(Virtual) Ipswich Dr Alexandra Newman	Dr Shuail Noor	Maxfax And Ophthalmology day	Dental pain, abscess Avulsed/Fractured teeth and Post extraction complications Facial bone injuries and TMJ dislocation Diplopia, Painful eye, red eye and sudden visual loss Orbital, Per-orbital cellulitis & eye trauma Ophthalmia Neonatorum and Inflammatory eye disease <b>QIP Presentation</b>
24/04/2026	MOCK OSCE (F2F) Harlow Dr Kashif Malik	Dr Sri Rohen Theva Manoharam & Dr Akeem Adisa	Mock OSCE (AM) PM: Care of dying pt in ED	Mock OSCE (AM) PM: : Advanced care planning and Anticipatory medications, Psychosocial concerns and the Dying patient, Pain management and physical symptoms other than pain)
15/05/2026	(Virtual) Colchester Dr Daniel Stanciu	Dr Hassan Nassar	Renal day (AM) Toxicology (PM)	Electrolyte disorders Oliguria and AKI Drugs and the kidney and Fluid balance disorders Renal replacement therapy  Toxicology Medication Overdose and Accidental poisoning Poisoning - Cyanide, Organophosphorous and CO Toxidromes incl antidotes Batteries and household chemicals Poisonous plants Drug related hyperthermia  <b>Renal or toxicology (EM relevant) Journal Club</b>

29/05/2026	(F2F) Luton Dr Leigh Bissett & Dr Aamir Tarique	Dr Rianna Pacelli	Regional Simulation Day	Normal Deliveries Difficult deliveries Neonatal resus PV foreign bodies
29/05/2026	(F2F) Southend Dr Ajantha Kurukulasuriya	Dr Rajin Maahi	Regional Simulation Day	Complaints and Inquest Litigation Serious incidents Professional misconduct
19/06/2026	(Virtual) Chelmsford Dr Stephen Hughes	Dr Reece Hustwitt	Neurology	Weakness and Paralysis Tumours involving Brain and Spinal Cord VP shunts GBS, MS, Myasthenia and Parkinsons Epilepsy and Non epileptic attack disorder <b>How to write a business case</b>
17/07/2026	(Virtual) Dr Hemavathi Muniswamy	HST Trainee Reps	Trainee Celebration Day	Trainee Celebration Day Topic 1-6 Presentation day - 10 topics of 15 mins each Topic 7 Trainee rep presentation on year's RTD and recommendations for upcoming year Topic 8 Feedback from ARCP