



Higher Speciality Trainee Regional Training Programme 2026-2027

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<u>Date</u>	<u>Hosting Dept</u>	<u>Organising trainee</u>	<u>Lead Consultant</u>	<u>Theme of the day</u>	<u>Topics</u>	
28/08/2026	(F2F) Luton & Dunstable	Dr Lingadurai Lingapandi	Dr M.Hemavathi	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)	
18/09/2026	(Virtual) Lister	Dr Sushma Patil	Dr Elizabeth Turner	Vascular and Plastics day (AM) Safeguarding in ED	Acute Limb Ischaemia and Critical limb Ischaemia Aortic Aneurysmal Disease DVT Plastics emergency in ED Safeguarding Adult presentations in ED Conditions presenting as a symptom of psychological distress in children Discuss an Psychiatric illness article (Peer reviewed journal paper)	
16/10/2026	Mock OSCE (F2F) Harlow	Dr Mariam Ramzan and Dr Shivani Gupta	Dr Kashif Malik	OSCE (AM) Management (PM)	Mock OSCE (AM)	PM: Stakeholder Analysis QIP
30/10/2026	Simulation West Suffolk	Dr Shubhendu Kulshreshtha	Dr Iqteder Uddin	Simulation Day	Triage, Majax Table top, CBRN, Conflict resolution - Sim based Dealing with the media - Lecture based and Demo	
30/10/2026	Simulation Watford	Dr Mohammad Ibrahim	Dr Gavin Wilson	Simulation Day	Leadership day	
27/11/2026	(Virtual) James Paget	Dr Douglas Andrew	Dr Jim Crawford	ENT day	Epiglottitis, Croup Glandular fever, Pharyngitis, tonsillitis & Quinsy Salivary gland diseases Vertigo, Meniere's, vestibular neuritis Epistaxis and Nasal Fractures Painful ear conditions Understanding of statistics which is discussed in research article Journal Club	

18/12/2025	(Virtual) Basildon	Dr Abigail Zeitlin	Dr Lokesh Narayaswamy	Respiratory Day	Asthma and COPD Pneumonia and Aspiration Haemoptysis and PE Pleural effusion and Pneumothorax RSI in ED Tracheostomy, Front of Neck Access, Respiratory condition - relevant to EM (Journal article)	
22/1/2027	(F2F) Peterborough	Dr Camilla Ramus	Dr Alastair Jones	Regional Simulation Day	Triage, Majax Table top, CBRN, Conflict resolution - Sim based Dealing with the media - Lecture based and Demo	
22/1/2027	(F2F) Cambridge	Dr Junaid Anvar	Dr Dhakshini Sathasviam/ Dr Sarah Hazleman	Regional Simulation Day	Making Safe Decisions Managing Peri Arrest and Life threatening situations Major Trauma Scenarios Leading a Team Debrief	
29/1/2027	PHEM DAY		Dr Karen Rhodes	Simulation Day	PHEM Simulation day	
19/2/2027	(Virtual) N&N	Dr Jemshad Koola Parambath	Dr Francoise Sheppard	O&G day	Ante-partum Haemorrhage and Bleeding in early pregnancy Ectopic Pregnancy and Hyperemesis Eclampsia and Pre-Eclampsia Heavy menstrual bleeding and Post menopausal bleeding Pelvic infection and Sepsis in and following pregnancy Rhesus D prophylaxis, trauma in pregnancy and OHSS (ovarian hypersimulation) Vaginal Discharges Job description and interviews---Management	
19/03/2027	(Virtual) Ipswich	Dr Sahithi Tirumala Sundarraaj	Dr Alexandra Newman	Psychiatry in ED	Aggressive or disturbed behaviour Alcohol and Substance misuse Acute Psychosis including bipolar and Schizophrenia Self harm and refusal of treatment Depression and eating disorders Personailty disorders and Somatic symptoms QIP Presentation	
16/4/2027	MOCK OSCE (F2F) Bedford	Dr Rebecca Rodrigues and Dr Brenda Zinyama	Dr Aditya Suresh	OSCE (AM) Management (PM)	Mock OSCE (AM)	PM: Writing a Business case

30/4/2027	(F2F) Luton	Dr Mervin Christo Chandra Babu	Dr Leigh Bisset / Dr Aamir Tarique	Regional Simulation Day	Normal Deliveries Difficult deliveries Neonatal resus PV foreign bodies
30/4/2027	(F2F) Southend		Dr Ajantha Kurukulasuriya	Regional Simulation Day	Complaints and Inquest Litigation Serious incidents Professional misconduct
21/5/2027	(Virtual) Colchester	Dr Keshmira Gill	Dr Daniel Stanciu	Frailty	Evaluation of Anaemia Dementia - Cognitive impairment Osteoporosis Mobility assessment - elderly Sickle Cell diseases and crisis Marrow Failure Transfusion reactions and DIC Research in ED
18/06/2027	(Virtual) Kings Lynn	Dr Abdallah Salem	Dr Mohamed Nasr	Pharmacy and dermatology in ED	Analgesics Non-pharmacological methods of pain management Sedation in ED Dermatological manifestations of systemic illness Eczema and Erythroderma Infections of skin and soft tissues Self-rostering in ED
16/07/2027	(Virtual)	HST Trainee Reps	Dr M. Hemavathi	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