

the magazine of the Hull York Medical School

# Pioneer

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## Bone detectives

Alice Roberts opens the new Palaeo Centre

# In pursuit of excellence



I am delighted to be able to tell you that we have recently appointed Dr David Pearson as our new Deputy Dean (Education), joining us in February from Leeds where he has

led on primary care based undergraduate medical education. David has plans to refresh the curriculum and forge new partnerships with a wider range of stakeholders including local authorities, industry, and new healthcare providers, while addressing issues of inequalities and sustainability in health care.

The first priority of HYMS is to ensure the highest standards of undergraduate medical education but, like other schools, we also aim for excellence in postgraduate education and research. So I am also delighted to report that our first Master's programme, in Human Evolution, has been approved, and our research programmes continue to expand, supported by significant new funding from the National Institute for Health Research, Wellcome Trust, British Heart Foundation, BBSRC and Yorkshire Cancer Research.

We are busy recruiting new senior academics at the moment, including two new professors (in neuroscience and mental health), three senior lecturers (in epidemiology, clinical trials, and primary care) and a lecturer in neuroimaging,

while also developing bids for University of York 50th anniversary chairs. Our neuroscience appointments build on partnerships with the York Neuroimaging Centre, the Centre for Hyperpolarisation in MRI, and colleagues in psychology, neurology and neurosurgery in York and Hull. Our mental health, primary care, epidemiology and trials appointments build on partnerships with mental health, public health, and primary care colleagues across the region.

So we are pursuing excellence and teaching our students in a cutting edge research environment. We are also developing the next generation of clinical academics, providing a range of research based student selected components, intercalated degrees, academic foundation posts, academic clinical fellowships, and clinical lectureships. Our students are responding and achieving the highest standards. At the recent HYMS prize-giving evening in Hull we awarded prizes to 23 students in 19 categories across all five years of the curriculum, and our 4th and 5th year students triumphed at the recent Yorkshire School of Paediatrics Annual Meeting in Sheffield, winning both the best student platform presentation and best poster presentation.

I'd like to take this opportunity to wish you all the best for Christmas and the New Year.

**Tony Kendrick**



Student **Fatima Ahsan** was a runner-up in the Higher Education Academy Subject Centre for Medicine, Dentistry and Veterinary Medicine Student Essay Competition.



Congratulations to **Dr Jean McKendree** who has been appointed Associate Dean for Assessment following the departure of Dr Gay Fagan, Head of Assessment, earlier in the year.



**Dr Francisco Rivero** who, in collaboration with the UCL Ear Institute, has been awarded £4,300 by Deafness Research UK to undertake a piece of research analysing auditory function.



Cover: HYMS Honorary Fellow, the television presenter and writer Alice Roberts at the PALAEO launch.

Photo by Ian Martindale

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# Researching our origins





Photo: Ian Martindale

**P**ALAEO, the Centre for Human Palaeoecology and Evolutionary Origins, a collaborative venture between eight University of York departments, had its inaugural conference on 18 October in the Berrick Saul Building on the York campus.

Some of the most important discoveries about human evolution have been made in medical schools, so with the official launch of the interdisciplinary PALAEO Centre, members of the Centre for Anatomical and Human Sciences at HYMS are following a long and distinguished tradition of coupling anatomy teaching with research into our ancient ancestors.

Speaking to a packed Bowland Auditorium that included academics, students and members of the public, HYMS anatomy professor Paul O'Higgins joined other high profile human origins researchers to showcase work in PALAEO.

Paul's talk focused on how high-tech imaging methods can be used to reveal the diets of extinct members of the human family tree.

This research, developed at HYMS and the Centre for Medical Engineering and Technology at the University of Hull over the past eight years, applies methods taken from engineering to examine how feeding influences stresses and strains in the bones of the skull.

These studies are done on CT scans, an imaging method well known to medics.

What is unusual about the scans used by Paul and his group is that they are of fossils rather than living people. By simulating the stresses and strains on fossil skulls, it is possible to link the different skull shapes seen in human

LEFT: Prof Paul O'Higgins with Alice Roberts at the PALAEO conference

Researchers from HYMS and the University of Hull have played a key role in an international project to find out more about when our earliest ancestors arrived in Europe.

The research focuses on a fragment of jawbone found in Kent's Cavern near Torquay in Devon in 1927. The bone was originally dated in Oxford in 1989 and was thought to be about 35,000 years old.

But in 2006, doubt was cast on the dating when it was established that modern glue had been used to conserve the bone after its discovery. Dr Flora Gröning, then a PhD student, and her supervisor, Paul O'Higgins, Professor of Anatomy at HYMS, worked with Michael Fagan, Professor of Medical and Biological Engineering, at the University of Hull, to produce a microCT Scan of the fragment.

The scan confirmed that the fragment had been assembled incorrectly, and enabled researchers to construct an accurate 3D model of the jawbone. This work enabled the team, led by the University of Oxford and the Natural History Museum, in London, to prove that the bone is significantly older than first thought – pushing back the arrival of modern humans into northwest Europe by between 10,000 and 13,000 years.

ancestors with the consumption of tough, hard or soft foods.

Showing the breadth of PALAEO, Paul's talk was followed by Oliver Craig from the Department of Archaeology who showed how food residues on pottery thousands of years old can provide direct evidence of what humans living at and before the dawn of farming ate.

Research into the origins and evolution of human diets is one of five themes within PALAEO.

The others, palaeoecology and biodiversity, health and disease in human evolution, palaeo-landscape and climate change, and origins of the human mind, were also the subject of

talks or discussion at the inaugural conference.

HYMS Honorary Fellow, the television presenter and writer Alice Roberts, concluded the PALAEO launch with an evening lecture on 'Origins of Us', the topic of her recent BBC Two series, which aired in October to nearly two million viewers.

In her talk, Alice described how hairless, sweaty humans are well suited to running long distances, even in hot environments.

She also revealed some of the secrets of television, including how, while being filmed running across the African savannah, a BBC researcher

had to spray her with water to simulate sweating.

A qualified doctor and anatomy teacher herself, Alice provided many good examples in her talk of how medical knowledge helps to understand the evolution of humans and our closest relatives.

As someone who also has a PhD in palaeopathology, the branch of archaeology that focuses on disease in the past, she also perfectly exemplifies how anatomists can work alongside researchers in many other disciplines to reconstruct our origins.

**Sarah Elton, Reader in Anatomy**

## PALAEO helps researchers to share ideas

PALAEO was conceived in 2006 as a collaboration between HYMS and the Departments of Archaeology and Biology at the University of York to train PhD students and early career researchers, funded by the European Union Marie Curie scheme.

It has now grown to include five other York departments - Chemistry, Environment, History, Sociology and Psychology.

Membership of PALAEO allows researchers such as Terry O'Connor, Archaeology, and Sarah Elton, HYMS (both pictured right) to share research ideas, collaboratively teach undergraduate and postgraduate students and co-supervise PhD students.



## In brief

- ▶ HYMS Dean Professor Tony Kendrick gave his inaugural lecture "Down at the Doctor's – How should GPs and their teams help people with mental health problems?" at Middleton Hall, the University of Hull, in November.

- ▶ Congratulations to Business Systems Project Lead Dan Parker who won this year's HYMS Christmas card competition with this picture of Warkworth bridge, in Northumberland.



- ▶ A visit to a Grimsby brothel by a 3rd year medical student on a clinical placement has sparked a BMA drive to stop human trafficking and improve health services for sex workers. You could have heard a pin drop at the BMA's 2010 ARM (Annual Representative Meeting) in Brighton when Elizabeth Lee, now a 4th year student at HYMS, described her experience of accompanying a drug centre community nurse on a visit to a brothel.

- ▶ Dr David Pearson, Director of Primary Care Education at Leeds University Medical School, is the new Deputy Dean (Education) at HYMS. He will begin in the New Year. He takes over from Professor David Blaney who left the post of Dean of the HYMS Undergraduate School in August.

- ▶ Senior members of HYMS staff attended a special lunch to thank Professor Ian Morris for the work he has done during his role as HYMS Associate Dean of Research. Professor Paul Kaye has taken over as Associate Dean for Research but Professor Morris will continue his lecturing work for HYMS on a part-time basis.

- ▶ Congratulations to Year 2 HYMS student Anne Wisdom from Lerwick who took part in the London Marathon to raise money for the Anthony Nolan Trust.

## ▶ Scarborough celebrates

The HYMS Student Liaison team in Scarborough recently held an event to celebrate the first five years of the medical school at Scarborough Hospital.

A welcoming speech was given by Dean of HYMS Tony Kendrick, with talks about Primary and Secondary Care from HYMS Directors of Clinical Study Mr Mark Laws and Dr Phil Perry.

Visitors had the opportunity to look round teaching facilities at the hospital and have a go at some of the activities which contribute to the students' experience, including clinical skills



HYMS Clinical Skills Facilitator Joanne Whitehead helps a visitor try out some teaching equipment at the recent HYMS five-year celebration open event at Scarborough Hospital

sessions, OSCEs (objective structured clinical examinations) and delivering a baby.

The evening event, which took place at

Scarborough Hospital's Health Education Centre, was coordinated by HYMS Scarborough Student Liaison Manager Ellie Tomlinson.

## How brain is affected by age

Research by biologists at HYMS and the University of York has revealed important new information about the way the brain is affected by age.

Working with scientists at the Peninsula College of Medicine and Dentistry in Plymouth, they have studied responses to stress in synapses – neuronal connections.

The researchers discovered that under stressful conditions, such as neuro-degeneration, resulting high energy forms of damaging oxygen cause synapses to grow excessively, potentially contributing to dysfunction. Such stresses occur during neuro-degenerative disease such as Alzheimer's and Parkinson's Disease.

The research, which was funded by the Medical Research Council and the Biotechnology and Biological Sciences Research Council, is published in the latest issue of the Proceedings of the National Academy of Sciences.

Co-author Dr Sean Sweeney, of the Department of Biology, said: "The findings have strong implications for neuronal function as brains age."

## Farewell Jane

HYMS said farewell to one of its founder members of staff, Dr Jane Adam, at a dinner held in Bedern Hall, York, to mark her retirement.

Jane, who has been Associate Dean for Admissions for nine years, spoke of her life at HYMS and her hopes for its future.

She said HYMS is special because it is a patient-centred medical school where people take trouble over their colleagues and the students.

Jane joined HYMS in November 2002. At that time there was only a small number of staff including Giles Davidson, Sue Hubbard, Caroline Simpson, Bill Gillespie and John Cookson.

## ► £530,000 grant for autism study ...

A £530,000 grant has been awarded to Dr Barry Wright and his team to investigate whether Social Stories can improve the behaviour of children and young people with Autism Spectrum Disorder in mainstream schools.

Awarded by the NIHR Health Technologies Assessment Programme, the Lime Trees Research Team will study how best to develop and use Social Stories.

Created by Carol Gray in 2000, Social Stories are simple, short stories, usually with the child in the starring role, often with helpful photographs, illustrations and a theme relating to a particular social difficulty or life-skill problem. They include positively written instructions on the social behaviour and demonstrate the helpful consequences that may follow. Over a period of time the child reads the story with a parent or teacher on many occasions. With understanding and repetition, the preferred behaviour may be adopted, a new skill acquired, or some complex anxieties alleviated.

Social Stories are already used extensively in special schools, but far less so in mainstream schools. There has been little research to date on how best to develop one and on their effectiveness.

The first stage of the research will be a systematic review of all current research on Social Stories.

The second stage will discuss the findings of stage one in a focus group made up of children, teachers, and parents.

The group will look at common problem scenarios, which types of



children benefit most and which formats for the story work best.

The findings of this group will be fed into an "expert writing group" which will put together the 'ideal' social story writing toolkit.

"In stage three we will test the toolkit in practice to see if it can reduce challenging behaviour," explained Dr Wright, HYMS Honorary Senior Lecturer and Consultant Child Psychiatrist.

"Children between 4-16 years old from 14 schools in the York area will be recruited into the study and will be

assigned into either group one or group two.

Social Stories is an experimental intervention which is not routinely offered in the NHS. If Social Stories are shown to be successful, they will make a big impact in behavioural difficulties in children with ASD.

The research team is: Barry Wright, Simon Gilbody, Dean McMillan, Joy Adamson, Richard Mills, Christine Williams, Jo Whitehead, Victoria Allgar, Anne McLaren, Julie Glanville, Danielle Moore, Elizabeth Littlewood, Steve Griggs, Shehzad Ali, Anastasia Kokina, Carol Gray.

## ... and another £238,000 for attachment disorder research

A further grant of £238,000 has also been awarded to Dr Barry Wright and his team to carry out a comprehensive systematic review of literature to improve knowledge and understanding for families with young children showing severe attachment problems.

Attachment disorder is a broad term intended to describe disorders of mood, behaviour and social relationships arising from a failure to form normal attachments in early childhood.

Disorganised attachment style has been considered a major risk factor for child psychopathology. NICE Guidelines on conduct disorder (2006) recommend that parents of children with this disorder should be provided with parent training and/or education programmes.

However, there is no programme specified. This study will examine the effectiveness and cost effectiveness of early parenting interventions for parents whose children show signs of severe attachment problems.



## Embryo at risk from maternal fat

A joint study by Dr Roger Sturmeijer of HYMS and researchers in Antwerp and Madrid has found that maternal fat has a negative impact on embryo development.

Exposing eggs to high levels of saturated fatty acids – as commonly found in the ovaries of obese women and those with Type II diabetes – compromises the development of the embryo, according to new research published in PLoS ONE.

The study – by researchers from Antwerp, Hull, and Madrid – found that embryos resulting from cattle eggs exposed to high levels of fatty acids had fewer cells, altered gene expression and altered metabolic activity, all indicators of reduced viability.

Although the work was carried out using eggs from cows, the findings could help to explain why women suffering from metabolic disorders like obesity and diabetes struggle to conceive.

Lead researcher Professor Jo Leroy, from the University of Antwerp, said: “In cows we can induce very similar metabolic disorders leading to reduced fertility in these animals and compromised egg quality in particular. This is one of the reasons that bovine eggs are a very interesting model for human reproductive research.”

Co-researcher Dr Roger Sturmeijer, from HYMS and the University of Hull, said: “Our findings add further weight to the public health recommendations which emphasise the importance of women being a healthy weight before starting a pregnancy.”

The researchers are now applying for further funding to take their findings into a clinical setting and to investigate whether exposing eggs to high levels of fatty acids can also lead to post natal effects.

## York study will track health of children and adults

An exciting new research project is being launched by York Teaching Hospital NHS Foundation Trust to track the health and wellbeing of children and adults.

The project christened BABY – Born and Bred in Yorkshire – is a partnership between midwives and doctors at York Hospital and researchers at HYMS and in the Department of Health Sciences, University of York.

“This study demonstrates what can happen when the University, the NHS and the people of York work together,” said Principal Investigator Professor Simon Gilbody, of HYMS and the University of York.

“It will follow a large group of babies and their parents from pregnancy onwards – the hospital began recruiting expectant parents in the summer and the first babies in the study are due to be born at Christmas.”

The study aims to find out as much as possible about the health and wellbeing of babies born in and around York, and their parents, during pregnancy, labour and after birth, as well as at intervals in the future.

BABY will also help the NHS and health researchers to investigate the health and wellbeing of children and adults in future, by building the necessary infrastructure now. Data will be collected on clinical outcomes including both mental and physical health and infant and child health and wellbeing.

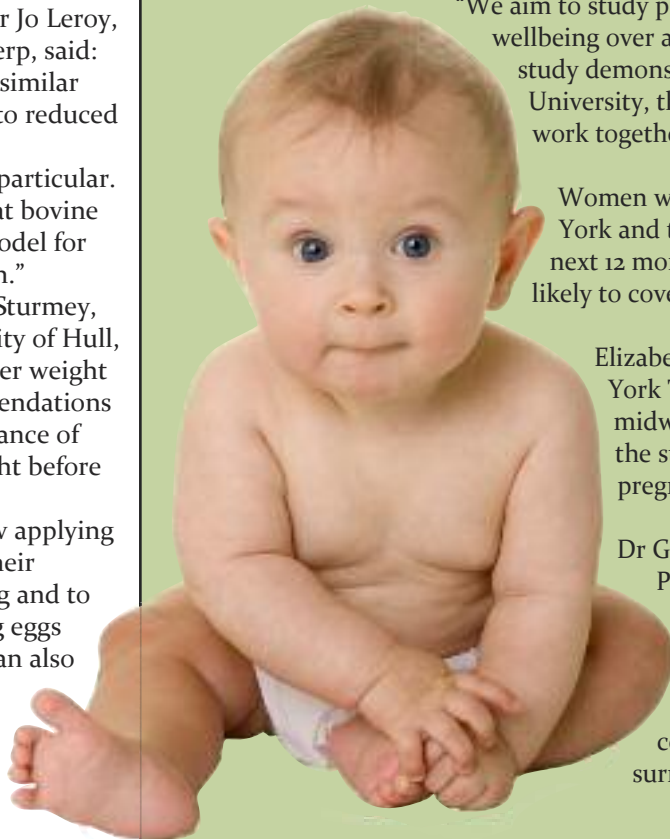
Professor Gilbody said: “This is a very important development for the people of York. Only by recruiting large numbers of mothers and infants can we begin to learn about what keeps people healthy, and what causes important childhood and adult diseases.

“We aim to study physical and psychological wellbeing over a very long period of time. This study demonstrates what can happen when the University, the NHS and the people of York work together.”

Women whose babies are due to be born in York and the surrounding area during the next 12 months are invited to take part. It is likely to cover up to 3,500 mothers and babies.

Elizabeth Ross, maternity matron, at York Teaching Hospital, said: “The midwives in York are very supportive of the study and are encouraging all pregnant women to join in.”

Dr Guy Millman, Consultant Paediatrician based at York Teaching Hospital, said: “The BABY study is an exciting collaboration between the academic and health communities in York and the surrounding area.”





Above left: Louise Mellish (far left) with other speakers at the recent 2011 Annual British Society of Haematology conference. Above: Deirdre Walsh receives her prize at the ICHAMS conference from Dr Sarah O'Neill, Chair of Scientific Committee and Biomedical Research Lecturer at the Royal College of Surgeons

# Students triumph at paediatric meeting

HYMS 4th and 5th year students triumphed over students from Leeds and Sheffield medical schools at the Yorkshire School of Paediatrics Annual Meeting in Sheffield.

This meeting was open to all consultants and junior staff from around Yorkshire and the Humber and HYMS was asked to nominate students to attend and a few to present.

Naomi Chinn, Year 5, won best student platform presentation with a talk on neonatal abdominal wall defects from an SSC in Hull paediatric surgery.

Matthew Buck, Hannah Wilson and Irene Hadjionnou, Year 4, won best poster for their SSC in a primary school in East Yorkshire, teaching basic science to children.

Two other students (both Year 5), Sandra Jost and Greg Chambers, also had excellent posters at the meeting. In addition, Katy Rutter (Year 5) has been nominated by Guy Millman and one of our ACFs (Lauren Young) to represent HYMS at the RCPCH Annual Meeting in Glasgow next May. She submitted a summary of her excellent work in paediatric SSCs and her original research article in adolescent self harm.

## ► Deirdre's success

Fifth year HYMS student Deirdre Walsh attended The International Conference for Healthcare and Medical Students (ICHAMS) in Dublin and received first prize for the overall oral presentation category.

"It was a lovely surprise and great to get HYMS known internationally as there were students from all over the world," she said.

"Overall, there were 160 delegates from 48 different countries around the world. 53 students performed an oral presentation whilst approximately 40 students presented their research on a poster.

"The conference provided a fantastic opportunity to meet medical students from other countries, to exchange knowledge and share exciting new developments in medical research."

Following the success of the first conference, the committee announced that the ICHAMS conference would become an annual event.

"I highly recommend future ICHAMS conferences to budding HYMS researchers," she added.

### Louise, Adam and Catherine raise profile of HYMS

#### Congratulations to three HYMS students who presented their research at national and international conferences:

Year 5 student Louise Mellish (pictured above) gave an oral presentation at the 2011 Annual British Society of Haematology conference in Brighton.

Adam Jakes, currently studying for an intercalated MSc before starting his final year at HYMS, gave an oral presentation and a poster presentation on his research about using saliva to diagnose ovulation using a microfluidic chip (or lab-on-a-chip) at the 6th International Conference on Microtechnologies in Medicine and Biology in Switzerland.

Finally, Year 3 student Catherine Shutt presented a poster entitled "Made to measure: middle-aged male health and weight management" at the National Academic Medicine Conference at Newcastle University. Catherine's research was conducted in collaboration with The University of Leeds, Fit Fans weight management programme.



Above: Maggie Pearson and Tony Kendrick congratulate Craig Gouldthorpe, Simon Hawkins and Grace Duffy on their HYMS prizes

# Students honoured in prize-giving evening

**Professor Maggie Pearson was the guest speaker at a prize-giving ceremony for HYMS students and their guests at the University of Hull.**

Professor Pearson, who is Academic and Training Programme Director of the Department of Health's Modernising Scientific Careers Programme, spoke about "Rising to the Challenge of Health in the 21st Century".

Her speech was preceded by a buffet in the Lindsey Suite, Staff House. Associate Dean for Admissions Janine Henderson presented the Jagdish Raut award for the

student in the 2nd year of the MB BS programme who has made the greatest advancement in terms of academic studies: **Priya Koshy**.

Associate Dean for Students Jonathan Bennett handed out the Bob Morton Prize, named after one of the founding students of HYMS who died tragically before he was able to complete his course, to the student with the best overall grades in humanities SSCs throughout both Phases I and II: **Daniel Ward**.

Ian Morris, Chair of Pharmacology and Physiology, presented the prize for Pharmacology in the curriculum. It is given to the student passing their second year with the highest accumulated score from three components. This year's winner was **Joanna Myers**.

- Intercalating student with the best performance in BSc (Hons) Medical Science (Biology): **David Kelsey**
- Best Performance in Year 1 Theme Cluster A: **Craig Gouldthorpe**
- Best Performance in Year 1 Theme Cluster B: **Simon Hawkins**
- Best Performance in Year 1 Theme Cluster C: **Grace Duffy**
- Best Performance in Year 11 SSC: **Edward Miller and Joshua Shaw**
- Best Overall Academic Performance in Year 1: **Ruth Brand**
- Best Performance in Year 2 Theme Cluster A: **Richard Bodington**
- Best Performance in Year 2 Theme Cluster C: **John Wilson**
- Best Performance in Year 2 Student Selected Component (SSC): **Jason Mann**
- Best Overall Academic Performance in Year 2: **Alexander Newton**
- Best Overall Performance for Phase I: **Laura Coates**
- Best Overall Performance in Year 3 based on Student Selected Component (SSC) and Record of Achievement (ROA) Results: **Thomas Armstrong**
- Best Performance in Year 4 Theme Cluster A and also Best Performance in Theme Cluster C: **Rebecca Cole**
- Best Performance in Year 4 Theme Cluster B: **Deidre Walsh**
- Best Performance in Year 4 Student Selected Component (SSC) and Record of Achievement (ROA) Results: **Temitope Ayeni, Emily Cooper, Sarah Priestley, Krystyna Simpson, Daniel Ward**
- Best Overall Academic Performance in Phase II: **Abigail Masding**

# Celebrating innovation and good practice



Colin Melville, Ann Holiday, Anna Hammond, Jean McKendree

The sixth HYMS Educational Conference took place at Bishop Burton Agricultural College. More than 80 delegates were welcomed to the day by Dr Anna Hammond, Director of Communication Skills Teaching, and Dr Jean McKendree, Associate Dean for Assessment, who introduced the theme of “Celebrating the innovation and good practice at HYMS.”

This was followed by former students from the first cohort – Jessie Morgan and Abigail Brooks – who reflected on the highlights of their educational experiences and Caroline Barry who commented on the differences she had observed between HYMS students and those from more traditional medical schools.

A memorable quote from her reflection was from a student about to enter their first year of clinical exposure (the third year of the medical undergraduate programme) who, when asked by Caroline at interview what she might learn in the coming year, thought for a while and answered: “I suppose seeing patients might make me a better doctor!”

Delegates attended morning and afternoon workshop sessions on Student support (Demian Whiting, Senior Lecturer in Medical Ethics and Professionalism, and Gwen

Irving, Student Office Manager and Electives Facilitator); Overview of eLearning (Paul Scott, Manager of Learning Resources, and Catriona Kemp, Librarian); Developing skills for future teachers (Alison Pettigrew, Director of PGCME); Overview of Assessment (Joanna Micklethwaite, Head of Assessment).

This was followed by viewing and discussion of 14 posters presenting a wide range of educational research and activities across HYMS.

Lunch was followed by the PiCC Tutors – Paul Docherty, Kathryn Hammersley and Jonathan Blakeborough, joined by Ben Fitzpatrick of the University of York Law School – who spoke about why the HYMS model of problem-based learning works well.

Afternoon workshops were: Approaches to developing professionalism in our students (Anna Hammond); Creating resources and going mobile (eLearning Team); Assessment Question Writing and Review (Jean McKendree and Joanna Micklethwaite).

A round-up was given by Colin Melville, Interim Undergraduate Dean, who reflected on the key points of the day and looked forward to future developments at HYMS.



Some of the speakers at the Annual UK Primary Care Mental Health Conference held at King's Manor in York (HYMS Dean Professor Tony Kendrick, back row left, and Professor Simon Gilbody, front row centre)

## ► Conference explores delivering mental health treatments

The Mental Health Research Group, part of the Hull York Medical School and Department of Health Sciences, organised the 2011 Annual UK Primary Care Mental Health Conference.

The conference is hosted by a major research centre each year, and this year was the turn of York. Delegates gather to hear information on the latest research findings of relevance to the delivery of mental health treatments in primary care settings.

Speakers this year included Professor Tony Kendrick, the Dean of HYMS, who discussed the new NICE guidelines on common mental health disorders, on which he had acted as chair.

Other speakers included Dr David Kessler, from the University of Bristol, who discussed the neglected topic of anxiety disorders in primary care.

Professor Simon Gilbody, the head of the Mental Health Research Group, said: "The event was a great success. We had lots of unsolicited testimonials from delegates saying how much they'd enjoyed the event and were particularly complimentary about the range of speakers."

Dr Dean McMillan, Senior Lecturer and conference organiser, added: "This is a significant annual gathering of the leading researchers in the field, and this was the largest delegation in the ten years it has run.

"That we were able to host such an event recognises the fact that Hull York Medical School is now a major centre of international excellence in Mental Health Services Research."

The event was held in Kings Manor, York.

### Study shows popular drugs can increase risk of heart attack or stroke

An international study led by the Hull York Medical School has found that the use of popular non-steroidal anti-inflammatory drugs can increase the risk of heart attack or stroke by a third.

Researchers from HYMS and the Institute for Clinical Evaluative Sciences in Canada carried out a systematic review of controlled observational studies. They found that in patients with heart problems, or those with cardiovascular risk factors, use of non-steroidal anti-inflammatory drugs (NSAIDs) including diclofenac and indomethacin was significantly associated with an increase in the

risk of serious cardiovascular events such as heart attack and stroke.

Other common NSAIDs, including naproxen and low doses of ibuprofen do not appear to be associated with an increase in risk.

Lead researcher Dr Patricia McGettigan, of HYMS, said: "NSAIDs provide pain relief for millions of patients with chronic inflammatory disorders. The cardiovascular risk is well described but often overlooked. In choosing which one of the many available NSAIDs to use, patients and doctors would benefit from knowledge of the balance between benefit and harm for individual NSAIDs."

## ► Students to share research

The inaugural HYMS Postgraduate Research Conference will be held on Friday 1st June 2012 in the Presentation Theatre and Atrium in The Ron Cooke Hub, University of York.

The conference will provide a great opportunity for HYMS students to share their research with a wider audience.

All HYMS postgraduate research students and students supervised by HYMS members of academic staff will be presenting at this one-day conference. For further details, please contact [postgraduate@hyms.ac.uk](mailto:postgraduate@hyms.ac.uk).

## Away Day voted overwhelming success

The first ever HYMS Intercollegated BSc Away Day took place at Bishop Burton College.

Eight of the ten HYMS students currently intercalating internally at HYMS, the University of Hull, and the University of York participated during the day by giving 10-minute presentations about their research projects carried out during the 2010/11 academic year.

The quality of the presentations was very high, with topics covering the biology of *Salmonella typhimurium* and *Trypanosoma brucei*, intracellular signalling cascades in malignant pleural mesothelium, modelling of skull morphology, examination of cardio-respiratory fitness in elite cyclists, and investigations of how heat fatigue affects performance, how claudication affects balance, and how sport injuries leading to mood disturbance affect recovery time.

After lunch, three talks were given by members of HYMS staff. Prof Paul Kaye, Head of the CII and newly appointed Dean of Research at HYMS, kicked off with a research-focused presentation on how to make a vaccine.

Thereafter, HYMS Dean Prof Tony Kendrick talked about clinical academic careers, giving examples from his own career on how clinical research can make a difference to medical practice.

Prof Kendrick went on to talk about career tracks for clinical academics, covering clinical academic training opportunities and fellowships.

Finally, Dr Guy Millman, Consultant and Honorary Senior Lecturer in Paediatrics at York Hospital, gave a talk entitled: "Phase 2: Back to Reality" in which he gave the intercalated students information on what will happen when they return to medical studies in the fall.

At the end of the day, students were asked to fill in a questionnaire and provide feedback on the day. When asked to score the usefulness of the Away Day on a scale from 1 to 10 (ten being the highest), the results came back with an overwhelming score of 9.4.

Richard Nicholson and Gill Pulpher were thanked for their help organising the day, as were all the speakers and participants.

**For more information on postgraduate training options being developed at HYMS, email [postgraduate@hyms.ac.uk](mailto:postgraduate@hyms.ac.uk) or visit our website.**

## News in brief

► HYMS is delighted to confirm that its Postgraduate Certificate in Medical Education programme has been formally accredited by the Higher Education Academy for a period of five years. This provides national recognition of the programme's commitment to professionalism in learning and teaching in medical education and demonstrates that its practice is aligned with the UK Professional Standards Framework. It also means that all graduates of the PGCME are eligible to become Fellows of the Higher Education Academy. Contact [alison.pettigrew@hyms.ac.uk](mailto:alison.pettigrew@hyms.ac.uk) for further information about the PGCME.

► The HYMS PGCME, now in its second year, offers local development opportunities for all tutors. Its aim is to enhance the teaching practice of those involved in medical education, and ensure that clinical teaching standards remain paramount. The one year part time study programme provides participants with an opportunity to focus on issues related specifically to learning and teaching, assessment and evaluation, and the need for a professional framework for all teaching of medical students. It is a recognised pathway for colleagues wishing to become GP trainers, and has been of great benefit to colleagues wishing to develop their teaching skills in a variety of clinical settings. Visit the HYMS website for further details on the course and how to apply.

► New postgraduate facilities are available at the University of York Harry Fairhurst Building (aka the Library). For information see the HYMS Library Blog at <http://hymslibrary.blogspot.com/2011/10/postgraduate-facilities-at-uoy-harry.html>

- The University of York Alumni Association has launched a new Facebook fan page. The new page features albums, newsfeeds, videos as well as exciting up-to-date information about news and events. You can also stay up-to-date via Twitter and LinkedIn. Log on to [www.yorkspace.net/](http://www.yorkspace.net/) for further details.
- The University of York 2012 Alumni Weekend will take place on campus from 15-17 June. Watch the website for further details.
- The University of York's ambitious £750 million expansion at Heslington East has won three prestigious Royal Institute of British Architects (RIBA) awards. The first phase of Heslington East and the superb Ron Cooke Hub building, which sits at the heart of the campus development, received Gold Awards at the RIBA Northern Network Awards 2011 in Newcastle. The University's Pro-Vice-Chancellor for Estates and Strategic Projects, Elizabeth Heaps, was also presented with a Client of the Year award.
- The University of Hull would like to thank all alumni that chose to offer their support by pledging over £40,000 during this year's Telephone Fundraising Appeal. This year the university sought donations for the newly established PhD Scholarship Fund which was recently set up to help attract and retain the best research-focused students. So far those contacted by the student callers have pledged over £40,000 towards both the PhD fund and the Student Hardship Fund.
- The University of Hull has climbed seven places from 51 to 44 in the latest Sunday Times University Guide. The Sunday Times reported that: 'the friendly, satisfied students of Hull are the University's best advocates'.

## ► HYMS class of 2011



### The HYMS class of 2011 graduated at the University of York in July.

The ceremony at Central Hall was followed by a graduation reception at the Ron Cooke Hub, Heslington East. There the students said their HYMS oath and a group photograph was taken.

The honorary graduand was Professor Colin Blakemore who has made a major contribution to British science not only through his

contributions in the fields of neuroscience and in particular vision research, but also in his role as Chief Executive of the Medical Research Council.

HYMS graduated its first overseas students at the event: Sang Lee, Maria Mo, Siti Pehin Hj Musa, Andrea Pisesky, Christabel Samy, Dana Shor and Dina Tannous.





## **Postgraduate Certificate in Medical Education October 2012 - September 2013**

**For more information or to book a place contact:**

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- **Email: [pgcme@hyms.ac.uk](mailto:pgcme@hyms.ac.uk)**
- **Web: [www.hyms.ac.uk/postgraduate](http://www.hyms.ac.uk/postgraduate)**

