Pioneer
THE MAGAZINE OF THE HULL YORK MEDICAL SCHOOL

ISSUE 7
From the Dean

The picture on the right is not a still from Alien. It’s me finishing the inaugural Hull Marathon at Easter. The pain of cramp is evident, but I was thrilled to be reaching the end of a long haul, the culmination of training through the winter.

Our final-year students have just been through the pain of exams at the end of their five-year-long haul, equally thrilled to be finishing and becoming doctors at last. A medical course is a marathon, but doing anything worthwhile requires perseverance in the face of difficulty. I congratulate them, and urge them to keep in touch through our Alumni Association, which is featured in this edition.

Next year is our tenth anniversary, and I’m recruiting ten students to run the Hull Marathon to raise money for charities. We’re planning a number of activities to mark the anniversary, and will be launching a refreshed curriculum, led by our new Deputy Dean (Education) David Pearson, who is introduced in this edition.

Also featured is our first postgraduate conference, sure to become an annual event. I was delighted to see the high-quality research our Doctoral and Master’s students are conducting across our five centres, from molecular and cell biology, through functional anatomy, clinical trials and qualitative studies, to systematic reviews and population-level studies.

Our undergraduate, postgraduate and research programmes go from strength to strength, and their success is evident throughout the pages of this magazine. I hope you enjoy it as much as I do.

Tony Kendrick
Dean of HYMS
In this issue

SWEET AS ...
HONEI is the first centre in the UK specifically to examine the relationship between food and health

STUDENT SUCCESS
Students show off their research credentials

WELCOME DAVID
HYMS welcomes a new Deputy Dean (Education)

POSTGRADUATE
HYMS holds its first postgraduate research conference

Front cover: Anneli James, Senior Research Practitioner at HONEI, with a patient. See page 5 for full story. Picture: Mike Park
Examining food and health

HONEI Food Research is the first centre in the UK specifically to examine food and its relation to obesity, metabolic syndrome, polycystic ovary syndrome, fatty liver disease, type-2 diabetes and cardiovascular disease.

Officially launched in March 2010 by Tim Smith, Chief Executive of the Food Standards Agency, HONEI (Humber Obesity, Nutrition, Education and Innovation) sits within the HYMS Centre for Cardiovascular and Metabolic Research.

Taking a translational ‘bench to bedside’ approach, laboratory-based research is being translated to phase 1, 2 and 3 human clinical trials to facilitate commercial products to be brought rapidly to market for our commercial partners and the associated health benefits.

Led by Steve Atkin, Professor of Diabetes, Endocrinology and Metabolism, the HONEI team comprises world-class research scientists, diéticians, nurses and clinicians, based around the infrastructure of laboratory and clinical trials facilities. This core team’s activities are supported
by an active collaboration between the Faculty of Health and Social Care and the departments of Sports Health and Exercise Science, Psychology and Computer Science from the University of Hull.

This unique breadth of expertise allows HONEI to test the biological effects of potential functional foods in the laboratory before translating those results to gold-standard clinical trials, performed to pharmaceutical quality requirements in both healthy and disease populations.

The rigour of HONEI’s clinical trial service is of particular value to the food and nutraceutical industries that are now required, under regulations laid down by the European Food Safety Authority (EFSA), to substantiate any health claims made about their products. As an approved EFSA (Article 36) collaborator, HONEI can provide manufacturers with the standard of data required to gain EFSA ‘functional food’ accreditation and therefore substantially enhance product value.

‘Functional foods’ are foods that claim to be modified so they can improve health or well-being by providing benefits beyond those of the traditional nutrients they contain. Functional foods may include cereals, bread and beverages that are fortified with vitamins, some herbs and nutraceuticals.

Consequently, HONEI has conducted numerous successful collaborations with the food, pharmaceutical and nutraceutical industries, with such recognised names as Boots, Diet Chef, Yoplait and Nestlé among its clients.

HONEI’s ultimate aim is to align world-class research in foods, supplements and nutraceuticals, focusing on priority healthcare issues, to commercial needs, thereby creating regional wealth while addressing the local and national NHS agenda.

A new HONEI website (www.honei.co.uk) will be launched later this summer. In the meantime, further information on the project’s activities and aspirations are available from HONEI Project Manager Steve Smyth, s.smyth@hull.ac.uk, 01482 305201
Third cohort begins PGCME

HYMS welcomed its third cohort onto the Postgraduate Certificate in Medical Education (PGCME) at an induction day held at the University of York.

The induction was an opportunity for the group to meet with the PGCME Programme Team. Among 25 new participants, two were former undergraduate students at HYMS.

Following previous successful completion of the PGCME, 27 colleagues received certificates confirming their status as Fellows of the Higher Education Academy. They were: Sakkaf Aftab, Jessica Airey, Srinivasa Rao Babarao, Tom Backhouse, Stephen Beer, Jonathan Blakeborough, Philip Buckley, Dean Eggitt, Simon Gower, Bobby Hamal, Sarah Holborrow, Luxy John, Sarah Jones, Carolien Lino, Tom Mace, Sundararaj Manou, David Mazza, Sandip Nandhra, Stuart Parker, Anne Polkey, Abayomi Salawu, Claire Silvester, Colin Vize, Charlotte Devereux Walsh, Lydia Walton, Claire Ward and David Wright.

Alison Pettigrew, PGCME Programme Director, commented: “I am so proud of what the previous group has achieved and I can think of no better inspiration for those just about to embark on the course. We are all very much looking forward to the year ahead.”

A special award from the Royal College of Speech and Language Therapy was given to HYMS at York Hospital for creating valuable training for medical students to help them with patients with communication and swallowing difficulties. The York Hospital HYMS Department was awarded Partner Organisation of the Year in the Giving Voice Awards 2011. The new partnership means that up to 80 doctors graduating from HYMS each year will have received extra training from York’s speech and language therapists.

HYMS Student Liaison Phase II Teaching Co-ordinator Penny Adams, Undergraduate Business Manager Jayne Bone, and principal speech and language therapist Patricia Henshaw collected the award (pictured left).
HYMS students are enjoying significant successes in a wide range of academic and clinical research.

Rebecca Cole, Year 5, attended the European Crohns and Colitis Organisation Conference in Barcelona and gave an oral poster presentation, ‘Vitamin D deficiency in IBD patients at diagnosis and its relationship with disease location and activity’. Rebecca was assisted by Dr Sebastian of Hull Royal Infirmary, and they were co-authors of a second paper which was also presented at the conference. Both presentations received Highly Commended awards.

Meanwhile, Jack Seddon, Year 5, was in Prague at the European Society of Cataract and Refractive Surgeons’ conference. Jack presented an electronic poster, shortlisted for a prize in the cataract section, detailing research analysing visual outcomes following cataract surgery carried out during his elective period at the Hull and East Yorkshire Eye Hospital with Mr Colin Vize.

Back in the UK, Tom Browne, also Year 5, won a Renal Association Medical Student Elective Bursary for his paper...
HYMS students who have achieved awards for their research are, from left: Rebecca Cole, Jack Seddon, Maria Crouch, Verah Harper, Louise Highton.

Intercalating student Maria Crouch had an article published in the International Journal of Obstetrics and Gynaecology. Co-authored by HYMS alumna and Foundation Year 2 doctor Justine Sullivan, the paper looked at the use of cell salvage in women at high risk of haemorrhage during elective Caesarean section operations.

Verah Harper, Year 4, attended the British Society of Paediatric Gastroenterology Hepatology and Nutrition 2012 annual meeting in Nottingham where her poster 'Bowel preparation for paediatric colonoscopy: a systematic review' gained a Poster Of Distinction award.

Finally, Louise Highton, a HYMS PhD student, won an award in the University of York Chemistry Graduate Bruker Poster Competition for most outstanding research presented in the best way for her poster, 'Moving high-sensitivity MRI towards clinical applications'.
Tell us a bit about your background — where did you grow up and train?

“I’m a Sheffield lad and currently a happy Wednesday fan. But I studied medicine in Edinburgh as a graduate student, having first completed a Natural Sciences degree at Cambridge. I did my ‘foundation jobs,’ or ‘house jobs’ as they were then, in Scotland, first on the Borders and then in Glasgow Sick Children’s Hospital. Then I moved back to Yorkshire for specialist GP training.”

What did you enjoy most about your early training?

“Two things, really. First, I got some really fantastic clinical roles in lovely GP surgeries in Settle and Skipton, with excellent trainers. I also had excellent jobs in Airedale District Hospital.”
“The second thing I enjoyed was the camaraderie among colleagues. Medicine is hard work. There’s a lot of pressure and it’s obviously stressful at times. What students and junior doctors need are good mates, effective support, and a healthy home life. I was lucky to have friends from the area, and excellent colleagues who worked locally, especially on the GP training scheme.”

What was your first specialist area, and what made you choose it?

“I really enjoyed all my jobs — it’s such a privilege to be a clinician — but the highlight was probably my paediatric roles. I did extra training in paeds, inspired by two amazing paediatricians who ran the service. What attracted me was the fascinating variety of the role — not just the medical variety but also the insight into people’s lives. You make a difference and you know it, because in general practice you see people getting better, you support them through bad times, and you get thanks. In other words, you see the impact of good health services.

Obviously I’ve become more involved with education over the years, but I still consider myself first and foremost a clinician and a generalist. I’m proud to be a GP.”

What were the key points in the development of your career?

“I’ve always been interested in education, not just when I was inspired by amazing teachers as a student in Edinburgh, but before that too. I went to Papua New Guinea as an 18-year-old to teach in a high school for a year — an amazing experience.

“I loved my GP job in Skipton, and I got increasingly involved with education, both within the practice and outside, as programme director for GP training; so I did a Master’s in Primary Care Education.

“When a post came up shortly after that in Bradford, helping to develop inner-city health services through educational interventions, I was in the mood for a challenge. It was a big move: suddenly I found myself as an inner-city GP in Manningham, one of the UK’s most deprived communities, just after the riots. I had to build undergraduate medical education in practices across the city, and then to run both a GP and a nurse practitioner scheme. Again, we made a difference: with more doctors and nurse practitioners in the city, healthcare improved, especially access to high-quality primary care for women.

“Another move followed to the medical school in Leeds, where I helped develop primary care teaching further before moving over to HYMS. Oh, and I completed a doctorate somewhere along the way... which perhaps proves that you have to be a little crazy to be a clinical academic.”

What’s your vision for HYMS?

“That’s fairly simple. I want us to remain a small, friendly school, celebrating excellence in medical education, and inspiring our students to become outstanding clinicians who make a real contribution to society — both locally in our communities and on a global scale.

“I hope we can achieve that through partnerships between the NHS and universities, across university sites, among departments and faculties, and most importantly with our alumni, students and local communities.

“It’s time we passed the taxi driver test. When our visitors catch a cab at Hull or York stations to come to visit the medical school, the driver should be knowledgeable and proud of what HYMS has contributed to the local health service and communities across our region.”
A recent service evaluation led by HYMS and the University of Hull shows this doesn’t have to be the case — particularly if clinicians have the courage to talk about death with their patients.

The study, published in the British Journal of Cardiology, describes data from Bradford, Airedale and Scarborough, where palliative care and heart failure services are integrated. The results show that integrated teamwork can allow many patients to die where they prefer, reducing unwanted hospital deaths.

The study was led by Dr Miriam Johnson, who is Reader in Palliative Medicine at HYMS and the University of Hull, and an honorary consultant at St Catherine’s Hospice, Scarborough.

“There’s long been a perception that you can’t talk to heart failure patients about death mainly because it’s seen as difficult to predict when patients are close to end of life,” says Dr Johnson. “But our work shows that many heart failure patients are able to have honest discussions with their clinicians about their prognosis, and that they appreciate the opportunity it provides to set their affairs in order.”

When these discussions took place, nearly two-thirds of patients achieved their preferred place of death, which was generally at home.

Over half of these patients also accessed specialist care services, compared to National Audit Office figures of just 4% UK-wide. But Dr Johnson believes the national figures are not completely reliable.

“Hospital systems for registering where patients access palliative care aren’t well established. The lack of good reporting may itself indicate that many hospitals don’t see palliative care provision for heart failure patients as a priority.”

Importantly, the team also found that much of what would generally be called ‘palliative care’ was actually delivered by specialist cardiology nurses. This has implications for the design of services in the future.

“Specialist nurses hold a pivotal position within integrated services,” says Dr Johnson. “They have an ongoing relationship with patients. So they’re best able to judge when patients are nearing end-stage disease. They are also best placed to have difficult conversations with patients, bring in specialist palliative care clinicians where necessary, and help to ensure that patients’ preferences are taken into account.”
HYMS POSTGRADUATE CENTRE
COURSES 2012

10-14 SEPTEMBER 2012

Surgical Anatomy, Applied Physiology, Critical Care, Applied Pathology, Radiology and Communication Skills:
Core Surgical Sciences in Preparation for the iMRCS Part B OSCE

Loxley Building, Hull Campus, Hull York Medical School

23-25 OCTOBER 2012

Core Skills in Hand Surgery: Cadaver Workshop

Loxley Building, Hull Campus, Hull York Medical School

8 OCTOBER 2012

MSc in Human Evolution

University of York

For more information email: postgraduate@hyms.ac.uk or visit http://www.hyms.ac.uk/postgraduate/Human_Evolution_MSc.aspx

For further information, please contact Jackie Houlton:

telephone 01482 464750 or 01904 321308
or email jackie.houlton@hyms.ac.uk
or visit www.hyms.ac.uk/postgraduate/short-courses-cpd.aspx
Students learn about each other’s work as part of the Postgraduate Research Conference.
*Picture: Mike Cowling*

**Professor Sir Richard Gardner was the keynote speaker at the inaugural HYMS Postgraduate Research Conference.**

The conference took place in June at the Ron Cooke Hub, University of York. The title of Professor Gardner’s talk was ‘Bob Edwards: Portrait of a Nobel Laureate’.

The conference was an opportunity for all HYMS students taking part in PhD, MD and Master’s programmes to get together and share updates on the work they are doing.

Professor Paul Kaye, Deputy Dean (Research), welcomed delegates to the conference. Presentations were given by Sreemoti Banerjee, Richard Kasprowicz, Antonio Miguel Proa and Edward Richfield, among others. They talked on a variety of subjects, ranging from the details of platelet function to palliative care and Parkinson’s disease.

As well as taking advantage of networking opportunities, delegates displayed posters summarising their research.

Conference prizes were handed out by the Dean of HYMS, Professor Tony Kendrick.
**NEWS IN BRIEF**

**TORCH**
HYMS graduate Dr Aaron Brown and Director of Clinical Studies Philip Perry were given the honour of carrying the Olympic torch when it travelled through Hull and York in June this year.

**EDUCATION**
The seventh HYMS education conference, entitled 'Sharing Best Practice and Encouraging Excellence', will be at Bishop Burton College, on Wednesday 19 September.

**10TH PLACE**
HYMS is in 10th place in the latest 2013 Guardian University Guide — top of all the new medical schools, and up four places compared to 2012.

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**CENTRE FOR IMMUNOLOGY AND INFECTION COMMUNICATING RESEARCH**

- Dr Marjan van der Woude, a Senior Lecturer in the HYMS Centre for Immunology and Infection, was the guest interviewee for a podcast by the Society for General Microbiology. Her talk was entitled 'Hide, cheat, gang up: the survival tactics of microbes'. It explored some ongoing areas of research in bacterial pathogenicity and the CII's part in this research.

- A CII-linked project was one of the recipients of the 2011 'Crack It Challenge' prize. Senior Lecturer Dr Mark Coles was involved with the project, which sought to develop innovative laboratory-based methods for testing drugs. The 'Crack It Challenge' rewards initiatives to replace, reduce and refine the use of animals in scientific research.

- CII post-doctoral researcher Dr James Fox delivered a research poster at the Houses of Parliament. Dr Fox studies the relatively little-known retrovirus Human T Lymphotropic Virus (HTLV), which can cause debilitating disease or blood disorders, and the new therapeutics being developed to treat it.

- The CII hosted a stand at this year’s Science Discovery Event held at the National Railway Museum. Activities and games relating to the Centre’s research included fishing out ‘bad bugs’ with magnetic rods representing white blood cells.

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**NEW HUMAN EVOLUTION MSC**

HYMS is delighted to announce the launch of a new taught Master’s programme starting in October 2012.

The innovative MSc in Human Evolution has been designed to provide students with a detailed understanding of human and primate evolution, focusing on anatomy and morphology and their interfaces with ecology and behaviour.

Uniquely, the course will also provide practical experience and theoretical knowledge about cutting-edge tools for morphometrics, imaging and functional simulation used to study living and fossil species.

MSc students will gain practical knowledge of anatomy through hands-on dissection as well as comparative anatomical study.

All students will undertake a research project of their choice in consultation with a supervisor to investigate a current question in human evolution.

The MSc is based in the Centre for Anatomical and Human Sciences at HYMS on the University of York campus. Through membership of the interdisciplinary PALAEO Centre at the University of York, it also provides an attractive option for those wishing to combine anatomical and archaeological approaches to the study of palaeoanthropology.

Applications for the course should be made through the online admissions system, which can be accessed via the HYMS website: www.hyms.ac.uk/postgraduate/applying-for-postgraduate-study.aspx

For more information about the course, please visit www.hyms.ac.uk/postgraduate/Human_Evolution_MSc.aspx, email postgraduate@hym.ac.uk or call 01904 321360.
CELEBRATING TEN YEARS
GALA DAY CENTRAL TO ANNIVERSARY PLANS

HYMS will celebrate its 10th anniversary in 2013, and a number of events have been planned to mark this milestone in the medical school’s history.

Throughout the year, the School will celebrate its success locally, nationally and internationally and use the celebration as a catalyst for change and refreshment, including the launch of a new community engagement programme.

The main event will be a HYMS gala day on Saturday 8 June 2013 for HYMS staff, students, alumni and their families and friends at Bishop Burton College.

A range of complementary events are being planned throughout the year, including a charity walk and a HYMS roadshow which will go round the main clinical sites.

Each HYMS Academic Centre will be invited to host an event during 2013 to raise the profile of their work within their field of activity.

A charity cycling event will involve a number of HYMS sites, students and staff.

Existing events such as graduation, the education conference and prize-giving ceremony will also come under the HYMS@TEN umbrella.

HYMS also hopes to use these events to raise money for a small number of regional charities during our tenth anniversary year and produce a HYMS@TEN souvenir booklet.

HYMS@TEN is a great opportunity for us all to celebrate the achievements of HYMS so we hope everyone will get behind the events and support them as much as possible.

If you would like to find out more, please contact emma.edmunds@hyms.ac.uk

TRIBUTES PAID TO MIKE HARDEY

Tributes were paid to Mike Hardey, HYMS Reader in Sociology, who died suddenly after a short illness. Mike was a popular colleague who joined HYMS in 2005 and was academic co-ordinator of the Phase I Student Selected Components programme. He also contributed to HYMS as a block lead and a plenary lecturer and sat on a number of HYMS committees.

Reader in Anatomy Sarah Elton is leaving HYMS to take up the post of Reader in Anthropology at Durham University.

Academic Lead for Phase III Colin Melville has left HYMS to take up a new role as Head of MBChB at Warwick University.

HYMS Librarian Catriona Kemp has been awarded a University of York Vice-Chancellor’s Teaching Award.

CCMR MOVES TO CAMPUS

The Centre for Cardiovascular and Metabolic Research has moved from its old premises at the Daisy Building at Hull’s Castle Hill hospital to a newly refurbished laboratory in the Hardy building on the University campus.

Professor Khalid Naseem, Head of the Centre and HYMS Professor of Cardiovascular Biology, said: “We are delighted with our move to the University of Hull campus, where we’ve been provided with first class laboratory facilities.”
My aim is to enable the HYMS Alumni Association to become a more vibrant and engaging community.

I want to help our local, national and international alumni groups to grow, as well as developing online and offline communications, our social media presence and a calendar of social and professional networking events.

I also aim to forge closer links between alumni and current students, staff and local communities through a variety of projects, with opportunities to mentor current students, speak at conferences, teach modules and contribute to the development of the curriculum.

It's an exciting time for HYMS alumni, staff and students. We are celebrating our 10th anniversary in 2013 and we have recently been placed among the top ten UK medical schools by The Guardian. I want our alumni to be proud of studying at HYMS and to feel that they have a positive lifelong connection with the School.

I look forward to hearing from you all during the next six months.

Caroline Carfrae
Alumni Development Project Coordinator
NEWS FROM YORK

YORK JOINS INFLUENTIAL RUSSELL GROUP
York has been invited to join the Russell Group from August 2012. The group represents leading UK universities which are committed to maintaining the very best research, and offer an outstanding teaching and learning experience, as well as unrivalled links with business and the public sector.

SCIENTISTS WIN RESEARCH ACCOLADE
A team of scientists from York have received a top award in recognition of research on bladder tissue engineering carried out at the Jack Birch Unit at the University. The researchers’ paper, describing an improved tissue engineering technique which aims to replace a diseased bladder using a patient’s own cells grown in a laboratory, was selected as the Best Fundamental Research Paper by a young urologist published in European Urology in 2011.

NEW CENTRE FOR CHRONIC DISEASES AND DISORDERS
A new £500,000 grant from the Wellcome Trust’s Institutional Strategic Support Fund, together with matching funds from the University, will allow the creation of a new ‘virtual centre’ to coordinate research into chronic diseases and disorders. The centre will aid the creation of new vaccines and drugs against infectious diseases through to the development of health care solutions for diabetes, deafness and mental health disorders, work on social policy and welfare, and research in the medical humanities.

NEWS FROM HULL

UNIVERSITY CLIMBS BACK UP LEAGUE TABLES
The University of Hull has regained its top 50 position by climbing four places from 53 to 49 in the 2013 Times Good University Guide. A higher entry tariff, improved staff-student ratio and higher proportion of good honours (first and 2:1) are among the reasons for the achievement. This comes soon after recent successes in the Complete University Guide and the Guardian League Tables.

SHOULD OXYGEN BE USED FOR CHRONIC HEART FAILURE?
Researchers at Hull, led by Professor Andrew Clark, have launched a major trial investigating the effects of home oxygen therapy in patients with chronic heart failure. Although this therapy is frequently prescribed to treat symptoms, there is no conclusive evidence as to its efficacy. Indeed, although the patient may be short of breath, this is not always linked to low blood oxygen levels.

AMBITIOUS LIBRARY PLANS GIVEN THE GO-AHEAD
The University of Hull has announced that plans for a major renewal of the Brynmor Jones Library on the Hull Campus have been given approval to proceed. The multi-million pound investment will dramatically improve and modernise the library, from its exterior to the IT systems. Stunning architecture combined with state-of-the-art technology will ensure that the library remains an inspirational place to study and work, with flexible learning spaces to accommodate the needs of today’s and tomorrow’s students.
HYMS Postgraduate Certificate in Medical Education
October 2012 to September 2013

For more information or to book a place, contact:

Tel: 01904 321787
Email: pgcme@hyms.ac.uk
Web: www.hyms.ac.uk/postgraduate