Since opening in 2003, the Hull York Medical School has become known as one of the UK’s most welcoming and inclusive medical schools.

Our ambition remains to achieve international excellence in medical education and medical research, benefiting the NHS, the populations of North and East Yorkshire and Northern Lincolnshire, and beyond.

We’re now ten years old, celebrating five cohorts of students graduating — which means we’ve added over seven hundred new doctors to the NHS workforce, more than half of whom are working across the Yorkshire and Northern Lincolnshire region.

Much of our success is due to the strong partnership between the Universities of Hull and York and the NHS locally. Working together from the start, we have gone from strength to strength. We intend to maintain and strengthen our reputation for excellence, focusing education and research on strategic aims.

Part of our vision is to make a real difference to the local region, which includes areas where social deprivation, excess mortality and morbidity are significant problems. Our involvement with both teaching and research has helped to bring real improvements to the healthcare of our local communities. Part of this is due to the fact that we can now train, attract and retain the best clinicians: some of our first graduates complete their GP training programme this year and will be joining local practices across the region.

So our tenth birthday is not only a cause for celebration. It’s also an opportunity to acknowledge all the support and encouragement we have received from all our local partners to ensure we are a first-class medical school, and to thank everyone who’s played a part in our success.

Here’s to the next ten years!

Trevor Sheldon
Interim Dean
In this issue

PUSHING THE BOUNDARIES
Postgraduate students are at the leading edge of research in a range of biomedical and clinical sciences, health sciences and medical humanities

CELEBRATING TEN YEARS
HYMS celebrates its tenth birthday this year, raising money for local hospices and student bursaries

ON THE FRONT LINE
Volunteers are being trained to respond to emergency calls and provide critical first aid before the ambulance arrives
Pushing the boundaries

HYMS postgraduate students are at the leading edge of research in a range of biomedical and clinical sciences, health sciences and medical humanities.

Highlights from the school’s second postgraduate research conference in June included studies tackling the side effects of chemotherapy, studying the impact of maternal weight on conception and baby health, and measuring the symptoms of Parkinson’s disease.

PhD student Shradda Kamdar’s study into reducing bowel inflammation won the conference award for the best oral presentation, while Vivi Toro Ibacache, from the Centre for Anatomical and Human Sciences, presented work on the interaction between skull anatomy and mastication which earned her the prize for best poster presentation.

Shradda Kamdar said she was “delighted” to receive the award. “It was the first time I’ve spoken about my research to people from different scientific backgrounds, so I’m glad it was so well received,” she added.

The conference was organised by the HYMS Research Network,
a new student-led project aiming to foster productive social and professional interaction between researchers across the whole spectrum of HYMS research.

“HYMS is fertile ground for diverse medical research,” said student representative and Research Network chair Kosta Simintiras, who co-organised the conference along with staff from the Postgraduate Centre. “Last year’s event was a great success and this year we aimed to strengthen links further between our researchers.”

More than 120 delegates attended the conference, including research students from the University of Hull, the University of York, and HYMS itself, as well as a large number of academic staff and alumni.

Twelve oral presentations were accompanied by some 30 research posters on topics as diverse as calcium signalling in cells, using handheld fans to relieve breathlessness, and analysing doctors’ conscientious objections to controversial procedures.

The conference finished with a keynote lecture entitled: ‘Our greatest treasure: can we repair it?’ on injuries to the spinal cord and roots.

The lecture was delivered by Professor Geoffrey Raisman FRS, from the Spinal Repair Unit at University College London.
Part of the FAMILeY

One of the founders of a leading Yorkshire health charity was also a pioneer in the development of HYMS ten years ago.

The charity FAMILeY (Female and Maternity Issues Locally in East Yorkshire) promotes all aspects of female health in the region.

Steve Killick, who retired from HYMS as Professor of Obstetrics and Gynaecology this year, was integral in setting up the charity. It now funds a yearly competitive award to encourage medical students to develop a research interest in female health.

Five finalists presented their work at the charity’s awards ceremony in Hull this year, which also featured a tribute by HYMS Deputy Dean (Education) David Pearson to mark Professor Killick’s retirement.

“Steve has been a great servant both to the people of Hull and to the medical school,” said Dr Pearson. “He’s been present since its birth and helped nurture it towards its tenth birthday this year.

“He has contributed particularly to the development of clinical student-selected components, and it’s fitting to celebrate his contribution at the FAMILeY Awards, where many students have presented work arising from their own Student Selected projects.”

Following the tribute, the five research projects were assessed by a panel including consultants, academics and lay people.

The winner was Claire Lilley (Year 4), whose project ‘Kids with kids’ explored attitudes related to teenage pregnancy.

Other finalists commended by the judges included Karen Ball (Year 5), who looked at the regulation of the cosmetic surgery industry; Francesca Bilham (Year 4)’s work on breast cancer, fertility and pregnancy services; Francesca Latham (Year 4), who examined how long-acting contraception affects repeat abortion rates; and Kosta Simintiras (postgraduate) with his investigation of the barrier properties of the oviduct.
Dr Jean McKendree has been appointed to the General Medical Council’s Visiting Teams to accredit separate medical schools at the Universities of Exeter and Plymouth, after Peninsula College of Medicine and Dentistry, formerly a joint medical school between the two university sites, announced its intention to split.

Dr McKendree is currently Associate Dean for Assessment at HYMS, also a joint medical school. She has been involved in the school since its inception in 2003.

She will be the only individual to serve on the Visiting Team for both new schools, Exeter and Plymouth.

**Professor Tony Kendrick** has accepted a Chair of Primary Care at the University of Southampton and left his post as Dean at the end of April. He said: “I’ve very much enjoyed working with everyone in HYMS and I am sorry to be leaving but looking forward to being able to concentrate on research again in Southampton. I know HYMS will go from strength to strength.”

**Professor Trevor Sheldon**, Professor of Health Services Research and Policy, University of York, has taken over as Interim Dean. He said: “I was honoured to have been asked to take on the role of interim dean of HYMS and I am excited at the prospect, having been involved with the medical school since before it opened its doors 10 years ago.”

**Dr Guy Millman** has become the new Director of Clinical Studies (Secondary Care) and **Dr Jonathan Lloyd** the new Director of Clinical Studies (Primary Care), both for York & Scarborough. Dr Chris Hall has been appointed as Director of Clinical Studies (Primary Care) for Northern Lincolnshire.

**Sir Michael Carlisle** stood down as lay chair of the Fitness to Practise Committee, a role he has held since 2007. He said he found his time on the committee “some of the most interesting and potentially important work” he had done in a long and distinguished career at the top of UK health policy. The new lay chair is Mrs Ros Taylor.

The student office manager at HYMS has won a major student-led award for her contribution to students’ experiences at medical school.

Four members of HYMS staff were nominated across the board. Gwen Irving’s (pictured) nomination was in the ‘Departmental Admin and Support Staff’ category, “which acknowledges non-academic members of staff who contribute to a positive student experience”.

The citation read: ‘Gwen Irving goes above and beyond her role, providing advice and support to any student who asks for her assistance. She has a positive attitude and is incredibly dedicated.’

Meanwhile, Academic Liaison Assistant Kirsty Whitehead and Medical Librarian Catriona Kemp have each received a ‘Making a Difference Award’ from the University of York’s Information Directorate.

The award citation includes a reference to the HYMS library team’s “exceptional contribution, through a number of initiatives, which has significantly enhanced the user experience for staff and students”.

**Staff News: Changing Roles**

**Adding Value to the Student Experience**
STUDENTS AND ALUMNI WIN BHF COMMENDATION
SAVING LIVES WITH HEARTSTART

Year 3 student Joshua Shaw and HYMS alumna Rebecca Brown have been awarded a commendation by the British Heart Foundation for their work with Hull York Medical Student Heartstart last year.

Heartstart is part of the HYMS Pre-Hospital Care Programme umbrella which trains medical students to instruct volunteers in lifesaving skills. More details about the Programme are on page 16 of this magazine.

Dr Brown has been working with city of York Council and the health authorities in the York Healthy Schools Initiative, aiming to provide children with early education in basic life-saving skills at a level appropriate to their age. Part of the initiative was also to train teachers in emergency life-saving skills.

She has made significant progress affiliating with schools in the area, and has provided HYMS students with significant teaching opportunities.

Meanwhile, Joshua Shaw organised a fundraising event during the University of Hull RAG week which raised £860 for the British Heart Foundation.

He has also organised teaching sessions in the Hull community, and now leads the Heartstart team at HYMS, where he is an instructor-trainer in emergency life-saving.

Josh has also been actively working with Heartstart and the Yorkshire Ambulance Service to further develop the Heartstart programme.

Part of his work has been to include training in automated defibrillators as part of the current Heartstart curriculum, which enables student instructors to teach the use of this life-saving equipment when they train community first responders.

JOURNAL MOVES TO HYMS

An international academic journal is now based in HYMS. Human Fertility is the official journal of eight societies in the area of reproductive medicine. Its editor-in-chief is HYMS Emeritus Professor of Biology Henry Leese, and its editorial office is now HYMS at Hull.

NATIONAL GP AWARD

Honorary Senior Clinical Tutor Dr Neil Metcalfe (pictured) has been judged to be the best new doctor nationally.

He won the First5 award in the GP Enterprise Awards in recognition of the impressive first years of his career.

Neil, who lives in York, works as a locum all over North Yorkshire. He also runs two HYMS student-selected components.
Celebrating the first ten years

HYMS is celebrating its 10th birthday this year, having accepted its first cohort of 120 students in 2003.

The successful bid for HYMS was prepared by teams from the universities of Hull and York and the NHS working closely together. The bid was submitted on 1 December 2000 and presentations were made to the NHS Regions and to a Joint Implementation Group of the Higher Education Funding Council for England (HEFCE) and Department of Health (DoH) in February 2001. On 30 March 2001 it was announced that the bid had been successful and a new medical school for the North of England, providing places for around 600 student doctors, would open its doors.

To celebrate 10 years, HYMS has a number of aims including fundraising, building our alumni community, raising our profile both in the region and nationally and thanking staff for their contribution to the medical school’s success. It is also an opportunity to review our MBBS curriculum.

After a poll of staff, it was agreed that money raised during the anniversary would go to our local hospices in recognition of the support and excellent teaching they provide for our students, and also for enhanced scholarships and bursaries for students as part of our commitment to them.

As the culmination of our anniversary celebrations, a grand ball is to be held on Saturday 7 September at the National Railway Museum, York. It is a black tie dinner for past and present students, HYMS staff and members of the NHS medical community in the region. We hope as many of our colleagues as possible will be able to join us at this event. Tickets are available via the HYMS website (www.hyms.ac.uk).

As part of our commitment to excellence in medical education, we’ve also begun a comprehensive review of our MBBS curriculum to ensure we prepare our students to become world-class doctors, ready to meet the needs of 21st century healthcare.

The process of review has so far involved some 200 people in a series of workshops. Members of staff can find details of the discussions on Blackboard.

The results will be discussed again at the education conference which is being held on Wednesday 18 September at Bishop Burton. For further information, visit the HYMS website (www.hyms.ac.uk).
HYMS has run a series of road shows and tutor events in our hospital-based Education Centres as part of its 10th anniversary celebrations.

In Scarborough, some 75 guests enjoyed a meal, lecture and workshops about medical education until late into the evening in January.

The event included a keynote lecture from Deputy Dean (Education) Dr David Pearson about the future of HYMS. Discussions and workshops focused on the role of the medical school in Scarborough, its current research profile, how to share good practice, and reviewing the undergraduate curriculum.

In York, HYMS staff spoke to patients about the contribution the medical school is making to health locally, with more than half of all newly-qualified doctors choosing to stay in the region after graduating.

Meanwhile, fundraising efforts in Scunthorpe, Grimsby and York have raised nearly £1000 for local hospices and student bursaries, through cake sales, and student skills demonstrations.
A team of eleven HYMS students, staff and clinicians completed a gruelling 250-mile cycle challenge in 24 hours, raising over £3700 for HYMS@TEN charities.

The team set out from Castle Hill Hospital, Hull, at noon on Friday 7 June. Following a meticulously planned route, the cyclists toured the entire HYMS region, visiting the main hospital teaching sites (Scarborough, York, Goole, Scunthorpe and Grimsby).

The cyclists arrived back at their starting point 23 hours and six minutes after setting off, averaging 11 miles per hour across the length of the route.

Chief organiser Paul Scott, Learning Applications Manager, paid tribute to the strength of will which kept the team together over some 251 miles. “We all worked together as a team, which meant that we were able to stay together as a group and we all managed to complete the challenge. Not only that, but we all really enjoyed ourselves and had some laughs along the way.

“I’m really proud of what we’ve manage to achieve, and smashing our fundraising target is really the icing on the cake.”

The team also comprised:
- Benjamin Snowden, final year HYMS student
- Jon Bateman, HYMS eLearning team
- Tim Franklin, Strategic Systems Programme Manager, University of York
- Jonathan Bynoe, HYMS Phase 1 Core Curriculum Tutor
- Simon Smith, Physiotherapist
- Charlie Rowland, HYMS student
- Giles Davidson, Head of Administration
- Neil Cattell, Doctor
- Jeffrey Barber, HYMS IT support
- Sean Bennett, Consultant Anaesthetist

A series of fundraising activities throughout 2013 aim to raise £10,000 for local hospices and to support future students in financial need.
BIKE@HYMS was kindly supported by: Phil Moses of Beerhouse Self Drive [www.beerhouse.co.uk]; David Duncan and colleagues at the University of York; John Chapman, Rachel Stephenson and Sue Hirschfield at the University of Hull; Steve Heath, of Wallis Business Services; Michael Jeffries of HCI and Catherine Griffin of Echo Research. Many thanks also to Richard Schumacher at Fulford Cycles (even though the team didn’t need the spares he kindly lent them!).

Four members of HYMS staff joined up with staff from the University of York to take part in this year’s Dragon Boat Race, organised by the Rotary Club of York.

Giles Davidson, Lisa Schubert, Paul Scott and Rachel Walden joined the university’s ‘Mighty Ducks’, which became the ‘Mighty Med-Ducks’ team this year in their honour.

The team splashed upriver on a 250-metre stretch of the River Ouse between Scarborough and Lendal Bridges. The fine weather brought scores of spectators out to cheer them on.

This year’s graduation had a distinctly vintage theme to the tea and cakes offered by HYMS to graduating students and their guests before the graduation ceremony itself in Central Hall, University of York.

The next HYMS@TEN fundraising activities are the 10th Anniversary Ball at the National Railway Museum on Saturday 7 September, and a weekend-long sponsored walk between the Universities of Hull and York (‘HIKE@HYMS’) over the weekend of 27-29 September. See the HYMS website for more details.
A jolly old elf paid a visit to HYMS staff at the University of York just before Christmas, and contributed to HYMS@TEN fundraising as well as distributing festive gifts.

Research Support Officer Lisa Schubert organised a Secret Santa event. Participants paid £1 to enter and bought each other imaginative gifts worth no more than £5. The result was an imaginative range of presents including books, chocolates and soaps. "It's amazing how far a fiver can stretch!" commented Lisa.

Let them eat cake

Pingu Igloo
A fantastic penguin-themed cake was the winner in a bake-off contest held at York hospital to raise money for HYMS@TEN. The Hospital team also ran a sweepstake and contributed to a HYMS hamper.

Be mine
Staff at the University of Hull and York Hospital each held Valentine’s Day-themed bake sales and fundraising activities. At Hull, £85.10 was raised at an event organised by Kirstie Skelton-Clarke, Elaine Brookes and Sarah Mussared. Students also raised some £60 with their own cakes and crafts and by holding a pyjama day.

Om nom nom
Yet more food goodies were sold at an Easter-themed event in York.

Staff fundraising
Santa Visits HYMS in York
A jolly old elf paid a visit to HYMS staff at the University of York just before Christmas, and contributed to HYMS@TEN fundraising as well as distributing festive gifts.

Staff fundraising
Dress Down
University staff at Hull and York held two Festive Dress Down Days before Christmas. Staff wore festive colours of green, red and gold (pictured) and paid £2 each to enjoy delicious food, also generously donated by staff. The event was organised by Sarah Mussared and Lisa Schubert. Image: Dom Ennis

Tickets are on sale now for the HYMS tenth anniversary ball at the National Railway Museum, York, on 7 September. The ball is open to all staff, students, alumni and friends. More details are on the back page of this magazine.
Roxana Freeman (pictured), administrator in the Centre for Anatomical and Human Sciences, has pledged to run 10 x 10km races throughout 2013 to raise money for HYMS@TEN charities.

After completing outings at Lincoln and Fountains Abbey in the spring, Roxana completed the Castle Howard 10k Trail Race in June.

“Castle Howard was a beautiful course,” reported Roxana. “But I wasn’t keen on the two-lap aspect of it, mainly because second time around you know what’s coming and you’re aware of the hills that you’ll have to climb!”

“My time was 58:19, which was a bit slower than I hoped. But then I found out that the course was actually 10½km, so I don’t feel quite so bad!”

Roxana then went on to complete the Walkington 10k with student Ellie Redman and the Leeds 10k during the weekend of 12-14 July.

“There are more races to complete after that, mostly in August and September,” she adds. “I’d love to have some company, either from another runner or from spectators!”

To join Roxana on a run or get involved in supporting her, emailroxana.freeman@hyms.ac.uk. You can also sponsor her or make a secure donation to our HYMS@TEN charities by visiting our website at www.hyms.ac.uk/ten.

SINGING FROM THE SAME HYMS SHEET?

A new choir has been formed as part of the HYMS@TEN celebrations. Led by HYMS communications officer and part-time choral conductor Toby Wardman, the group rehearses in term-time in both York and Hull, and so far has attracted some 35 staff, students and alumni. The choir’s first public performance is expected in the autumn.
The volunteers do a fantastic job. They deserve all credit for the lives that they save and the impact that they have.

Andrew Percy MP

Yorkshire Ambulance Service staff coach community first responders in how to administer emergency care.

Students are taking the lead in equipping members of the community to provide emergency first aid before an ambulance arrives.

Members of the Pre-Hospital Care Programme, established by HYMS students in partnership with the Yorkshire Ambulance Service, have set up a ‘community first responders’ scheme in East Yorkshire and are now preparing to host a major national conference on pre-hospital care in 2014.

Community first responders are volunteers who respond to emergency calls in their local area and can reassure patients and provide life-saving treatment before an ambulance arrives.

Extensive training is provided to prepare responders for their vital task, including simulations which allow them to develop and improve their first aid knowledge, communication skills and coordination within teams.

At one such simulation training day in the spring, some 25 volunteers visited Hull Royal Infirmary to practise their skills in realistic scenarios where mistakes did not have potentially dangerous consequences, and live feedback could be given.

The highlight of the day was a training session with a state-of-the-art SimMan 3G, a talking ‘manikin’ which can be programmed with varying vital signs and symptoms.

Brigg and Goole MP Andrew Percy, who is himself a community first responder, praised the scheme in a parliamentary debate on 25 March, saying: “I pay tribute to all the volunteers who put themselves forward for first responding in my constituency. The volunteers do a fantastic job. They deserve all credit for the lives that they save and the impact that they have.”
HYMS POSTGRADUATE CENTRE

COURSES 2013-2014

OCTOBER 2013 — SEPTEMBER 2014

Postgraduate Certificate in Medical Education

For more information or to apply, please email pgcme@hyms.ac.uk or visit www.hyms.ac.uk/go/pgcme.

9-13 SEPTEMBER 2013
13-17 JANUARY 2014
8-12 SEPTEMBER 2014

Revision course for the iMRCS Part B OSCE

Loxley Building, Hull York Medical School, University of Hull

For more information or to book a place, please visit www.hyms.ac.uk/postgraduate/short-courses-cpd.aspx.

15-17 OCTOBER 2013

Core skills in hand surgery: Cadaver workshop

Loxley Building, Hull York Medical School, University of Hull

For more information or to book a place, please visit www.hyms.ac.uk/postgraduate/short-courses-cpd.aspx.
What made me choose to stay in the East Riding after graduating? What was my epiphany moment? The truth is there probably wasn’t one. But it’s a decision I never regretted.

When I first arrived in Hull, it was a wet and miserable day and I was convinced I’d made a mistake. Sometimes Hull’s charms are well hidden. But then there are days when I get to go out on a home visit to a farm in the countryside and enjoy the open spaces, and then I’m glad I hung around.

I think a lot of what made me stay, initially, was the company. HYMS was, and still is, a close-knit medical school. As more year groups come through, it gets harder to know everyone’s name, but I think some of that small underdog mentality still lingers.

A lot of what has made the last five years so much fun has been the chance to work alongside lots of familiar faces. I can’t imagine what foundation training would have been like if it hadn’t been for the fact that over half of the FY1 doctors in the district hospital had been HYMS students just a few months earlier.

It’s also nice to reflect on the fact that staying locally allows you to see how things change. Every few months, different students attend the surgery. I have some idea of what they’re going through and what they need to learn to get through their current block or placement.

It’s funny how things change. Ten years ago, when I first attended this surgery as a slightly over-confident first-year in a poorly matching shirt and tie, I never imagined that a decade later I’d be back there applying for a job.

It just goes to show that the people you meet at the start have a huge impact on what you do and where you go. Staying locally may not be for everyone, but I think there’s a quaint charm in everything going full circle!
**NEWS FROM HULL**

**HEALTHCARE INEQUALITIES**
University of York researchers are urging local people interested in improving fairness in the NHS to join a Citizens’ Panel and make their voices heard. The University’s Centre for Health Economics is recruiting 30 people to take part in a public consultation meeting on 21 September at the King’s Manor in York. The Citizens’ Panel will allow researchers to learn more about the public’s views on inequalities in health and healthcare, and find out which inequalities people think are the most important.

**NATIONAL FELLOWSHIP**
A University of York scientist has been awarded a National Teaching Fellowship for excellence in higher education teaching and support for learning. Professor David Smith from the University of York’s Department of Chemistry is one of 55 higher education staff from institutions in England, Northern Ireland and Wales to receive the award from the Higher Education Academy.

**NEW VICE-CHANCELLOR**
The University has announced the appointment of Professor Koen Lamberts as its new Vice-Chancellor. A cognitive psychologist with an extensive track record in experimental and theoretical research on human perception and memory (for which he has won prizes from the Experimental Psychology Society and the British Psychological Society), Professor Lamberts is currently Deputy Vice-Chancellor and Provost of Warwick University. He will take up his new post on 1 January 2014, succeeding the current Vice-Chancellor, Brian Cantor.

**NEWS FROM YORK**

**TOP NURSING AWARD**
A Professor of Reproductive and Sexual Health at the University of Hull has been selected as the only representative from the UK to receive a fellowship from The American Academy of Nursing. Professor Mark Hayter joined the University of Hull in 2012 and has a number of specialist research interests across a wide range of sexual health related topics including; teenage pregnancy, sexually transmitted infections and HIV, sex and relationship therapy, sex education and sexual health services for young people.

**CITY OF CULTURE 2017**
Key cultural players at the University of Hull are getting ready to help bring the City Of Culture 2017 title to Hull after clearing the first hurdle and making the shortlist. Judges revealed that the four-strong shortlist included Hull alongside Dundee, Leicester and Swansea Bay, and some of those central to the bid are hoping to take it to the next level in time to mark the University’s 90th anniversary year in 2017.

**MICROBES WITHOUT ANTIBIOTICS**
A team of scientists at the University of Hull have developed a new family of selective anti-microbial agents which could hold the key to fighting microbes without the use of traditional antibiotics. The report on these synthetic colloid particles, which can be custom-designed to recognise the shape of specific kinds of microbes and ‘de-activate’ them, appears in the Journal of the American Chemical Society. The research team is led by Dr Vesselin Paunov of the University’s Faculty of Science and Engineering.
The HYMS Alumni Association is pleased to invite you to the

**Hull York Medical School 10th Anniversary Ball**

Saturday 7th September 7.00pm
at the National Railway Museum, York

Join special guests Prof Bill Gillespie and Prof John Cookson for a night of nostalgia in a spectacular setting

- Pre-dinner drinks reception
- Four course meal
- Live swing band and dancing
- Charity raffle with exciting prizes

All staff, students, alumni, and friends of HYMS welcome.

Black tie

Tickets available at [www.hyms.ac.uk/anniversaryball](http://www.hyms.ac.uk/anniversaryball)

Tickets £70
Concessions: students £45; F1/F2 alumni £60