

PHEM application quick hits

Below tips for quick hits for developing your PHEM application portfolio are based on the key areas of the Intercollegiate Board for Training in Pre-Hospital Emergency Medicine (IBTPHEM) curriculum as available at: <http://www.ibtphem.org.uk/curriculum/>



Sub-specialty specific themes

1. Working in Emergency Medical Systems

Practical experience opportunities:

- Local PHEM service for 3rd seat opportunities
- Local ambulance trust for ride along shifts and/or think a bit wider e.g. I spent a day in the ambulance control centre including on my local PHEM service's air desk.
- See if there are any Physician Response Units (PRUs) near you who might allow observer shifts e.g. Wales' is based in Aneurin Bevan UHB.

Teaching days:

Keep an eye on Social Media platforms e.g. Twitter; + college websites for PHEM related teaching days – many of these are free especially post the explosion of online hosting.

2. Providing Pre-hospital Emergency Care

Get some experience – cast your net widely!

- I work for a sports events company, and various other Sports/Events medicine capacities including everything from motor sports to mass participation events.

These really do offer a wealth of experience opportunities especially in terms of the challenges posed by remote locations, weather and other environmental factors – think how do you resuscitate a peri-arrest patient in a bog, how do you get a potential spinal injury out of a cold, wet pool in the middle of muddy field and how do you assess for injuries in a motorcyclist who already has a spinal injury and you start to get the idea!

If interested in this as an option, contact me via below options.

- I have also in a previous life undertaken voluntary work in Paediatric and Adult Palliative Care in South Africa – the majority of this was undertaken in the pre-hospital environment i.e. patients' homes.

As you can see, you may well have relevant experience that you hadn't thought to include but this is a large part of the curriculum so can help to make you stand out in ways that other applicants might not.

- Make sure you reflect on any work undertaken esp. notable clinical encounters and/ or included any (anonymised) thank you letters where applicable:

TIP: if you box smart you might be able to also count these towards your base specialty sign off competencies.

3. Using pre-hospital equipment

- Think laterally – aim to get evidence of POCUS e.g. RCEM Level 1 sign off; + any others of relevance e.g. Thoracic Ultrasound or FICE Level 1 sign offs.

- Include courses undertaken that include key relevant skills if not mentioned elsewhere e.g. PHTLS.

4. Supporting rescue and extrication

- I found **motorsport** very good for this – as well as all the experience gained on the events themselves, race circuits and rally-organisers typically arrange annual training days as means of evidencing skills acquired.

- A good starting place for more info re opportunities is the governing body **Motorsport UK's** Rescue and Recovery information page: <https://www.motorsportuk.org/get-started/volunteering/rescue-recovery/>

...or again, happy to pass on any contacts that I have.

5. Supporting safe patient transfer

- Practical experience: Depending on the nature of the area you work in experience with formal transfer teams can prove tricky but if you do some searching you can find opportunities – unable to provide contact details for Wales currently due to the current establishment of the Adult Critical Care Transfer Service (ACCTS) but will hopefully be able to do so in the coming months. Alternatively, doing some ITU/Anaesthetic time on your SPA sessions might provide some opportunities.

- Courses: The South Wales Critical Care Network arranges a two- part regional transfer course.

6. Supporting emergency preparedness and response

- Practical experience:

- I'm a member of **UKMED** (<https://www.uk-med.org>)- formerly the UK International Emergency Trauma Register (UKIETR). Whilst unlikely to be deployed before Consultant level, they offer pre-deployment training courses.

- **Your local trust is likely to have a form of Major Incident training course** e.g. MERIT passport course in Wales. Whilst this might be primarily aimed at those who will be called upon to work in the casualty clearing stations in the event of a major incident e.g. ED nursing staff, I attended as a physician observer playing the role of a PHEM medic. If interested in attending in Wales, contact me and I will put you in contact with key organisers.

- Online:

Joint Emergency Services Interoperability Programme (JESIP) free e-learning module: <https://www.jesip.org.uk/all-staff-training>

United Nations Department of Safety and Security (UNDSS) courses: <https://training.dss.un.org> - basic courses free to access.

Cross-cutting themes

A. Operational practice

Largely covered in other areas.

B. Team resource management

Include evidence of any Significant Incident investigations, Complaints responses or other risk management activities e.g. missed finding radiology reports that you've undertaken. Again, may be able to double over against base speciality sign off requirements.

C. Clinical Governance

- Aim to attend your local PHEM service's Clinical Governance days.

Others:

As per other speciality areas, you will also be expected to show evidence of the following key areas of Good Medical Practice:

- Clinical Audit and Improvement:

- Again, box smart, if you need to do an Audit/QIP for your base speciality, try to do one with a PHEM slant.

You can also undertake a free **National Institute of Health Research (NIHR) Good Clinical Practice (GCP) update course** via <https://www.nihr.ac.uk/health-and-care-professionals/learning-and-support/good-clinical-practice.htm>

-Teaching and Training:

- Aim to achieve IC status on key life support courses i.e. ALS, APLS, ATLS +/-PHTLS.

- Include relevant other teaching undertaken and level; and any feedback/reflections e.g. from departmental/local teaching/SIM sessions.

TIP: Try to present at a regional and ideally a national/international training day.

PLEASE NOTE: These are quick hits that I utilised for my application or have considered since as I've been made aware of them. I very much encourage you to talk to as many current/former PHEM trainees so that you might find other quick hits that they used. Please feel free to add our own tips accordingly.

Good luck with your applications!

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