



## British Society of Rehabilitation Medicine

Promoting quality through education and standards

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### President's Report

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It is with great sadness that we learned of the death of Bipin Bhakta on Friday 12 December. Our thoughts are very much with his family at this difficult time. Within the BSRM, he will be remembered for his down-to-earth, common sense approach - and that wonderful dry sense of humour. His contribution to the society was immense, and he will live on in our memory as the remarkable and special person that he was. An obituary is included on page 4.

You will all hopefully have received my letter to you in October. The Presidential column will therefore be brief and reiterate some themes mentioned – challenging times are ahead and there is much to be done and plenty of opportunities for BSRM members to participate.

I would once again like to extend thanks to John McCann for all that he achieved during his two years as President. Looking forward, we will be building on this, with one of the first visible signs being the planned launch of the new website in early Spring 2015.

There are a number of guideline updates in the making and also new guidance planned on rehabilitation for neuromuscular conditions, led by Margaret Phillips in Derby. The latter will be launched at the BSRM Annual Meeting in 2015 on a similar theme. This meeting is organised as a joint RCP/BSRM meeting on the first day followed by a BSRM day, both at the Royal College of Physicians on the revised dates of 30 November and 1 December 2015 – we look forward to seeing you there.

Finally, I am very pleased to let you know that the tender for an HQIP NCA - specialist rehabilitation for patients with complex needs following major injury led by Northwick Park in partnership with Kings College, UKROC, TARN and BSRM was successful and has moved on to the stage of contract negotiation.

This just leaves me to wish you all the best for Christmas and 2015.

**Lynne Turner-Stokes**

**President**

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**BSRM Annual Meeting 2015**

*(Joint with the RCP)*

**Rehabilitation & Neuromuscular Conditions**

**30 November – 1 December 2015**

**(new dates)**

**Day one – a joint day with the Royal College of Physicians**

# e-Newsletter

December 2014

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### National Rehabilitation Board

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A number of BSRM members are involved in one way or another with the work of the National Rehabilitation Board, led by John Etherington, National Clinical Director for Rehabilitation and Recovery in the Community. Diane Playford and Judith Allanson represent BSRM on the Board and BSRM members have been invited to participate in a number of workstreams (eg workforce, economics).

All members are invited to participate in a series of webinars hosted by NHS Clinical Soft Intelligence Service (NHSCSI) – please see the advertisement on page 3.

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### Reasons to be proud .....

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BSRM encourages members to fly the BSRM flag and to promote Rehabilitation Medicine at every opportunity. However members do not often blow their own trumpets! Below is news to make us feel proud for our members' recent achievement.

**Manoj Sivan** has been awarded the prestigious EARM European Academy of Rehabilitation Medicine 2014 prize for the best original work in Europe for 2014 for his MD research thesis 'Development of a home-based Computer Assisted Arm Rehabilitation (hCAAR) device for upper limb exercises in stroke patients'

**Rajiv Hanspal** was awarded the ISPO George Murdoch Medal for his submission based on a retrospective study of 100 established lower limb amputees

*'Rehabilitation for Amputation and Limb Deficiency – The People, The Process & The Product'*



**Mo Sakel** was presented with 2 awards by East Kent University NHS FT Hospitals:

1. R & D award of 2014
2. Outstanding Innovation Project: Live Music project for in-patient rehabilitation of brain injured patients.



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## Major Trauma Rehabilitation

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The trauma group continues to meet and have produced two separate standards document which are now available on the BSRM website:

'BSRM Core standards for Major Trauma'

'Rehabilitation for patients in the acute care pathway following severe disabling illness or injury: BSRM core standards for specialist rehabilitation'

<http://www.bsrm.co.uk/Publications.html#BSRMstandards>

**Krystyna Walton & Judith Allanson**

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## Trainees' Section

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This year has been an exciting and eventful one for trainees. There is a great deal of uncertainty about the future of the NHS and of course training in medical specialties, with the full impact of the Shape of Training Review being ambiguous without any finalised structure. Change is inevitable and we are tentatively hopeful that some of the developments will have a positive impact on the specialty in the future despite our trepidation about some of the proposals. If you would like to read our response to the review it is available via our Dropbox account

<https://www.dropbox.com/sh/byjoy2tyxeikpad/gSBVuSof7L>

The work place based assessment arena has undergone transformation too with the transition to meaningful assessment rather than the 'tick box' exercise we are all

familiar with. The multi consultant report is part of that change and the required number is two per year, which reflects the small number of specialists in RM. Further more, it is increasingly likely that the European Exam will be adopted as our knowledge based 'exit exam', please contact us if you are planning to sit the exam or have recently undertaken it, as we would like to give realistic and up to date feedback about the process and how it reflects our curriculum and learning.

We have had a huge influx of interest and participation from the trainees on various issues and their input is greatly valued and welcomed. This year has also been particularly good for Trainee involvement in research with several trainee written abstracts getting accepted at the BSRM annual conference in Bristol. Trainees have also taken on initiatives such as the 'Forum for Academics in Rehabilitation Medicine', which is an exciting development for the future of our very rewarding and growing speciality. Finally, we are looking forward to updating our resources and seeing them on the new website and would like to thank the BSRM for welcoming our input. If you would like to contribute to resources please get in touch. At present, we have a small group of brilliant trainees including Hollie Ringrose, Simon Shaw, Clare Mehta and Lenyalo King working with us, contributing to writing and updating our existing information.

Thank you again for keeping in touch and your contributions.

Trainee Representatives; Claire Mehta, Moe Moe Myint and Julkiflaxhan Tadvı are standing down from their SIG representative roles and we would like to thank them for their hard work. This means that there are several vacancies for new SIG representatives in SIGAM, SIGEAT, VRSIG and SCISIG respectively. These are fantastic opportunities and we would welcome any expressions of interest by the 6th of January 2015. Lastly, Sarah Leeder will be stepping down in 2015, if anyone is interested in becoming a national trainee representative please get in touch.

Find us on Facebook 'rehabilitation medicine specialist trainees'



*Sarah Leeder, Anton Pick, Clare Mehta and Meena Nayar, Conference Dinner, Bristol Marriott Royal, October 2014*

**Meena Nayar** & **Sarah Leeder**  
meenakshi.nayar@nhs.net    sarahleeder@doctors.org.uk  
@SarahTLeeder

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## SIGAM

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This is a brief update to let you know that Imad Sedki was invited to the launch of the NCEPOD Report 'Lower Limb Amputation: Working Together' on 14 November in London. During his presentation at the launch Imad was able to highlight the longer-term rehabilitation needs of people with limb-loss. We are most grateful to him for participating in this way at relatively short notice and to Jai Kulkarni for his input to the group who produced the report.

Lorraine Graham has been welcomed as an elected member of the SIGAM committee and Bhaskar Basu as a co-opted member

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## VRSIG

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Judith Allanson has handed over the VRSIG's Chair's reigns to Emer McGilloy but recently attended the launch of the 5th Independent Review of the Work Capability Assessment (the full report is available at: <https://www.gov.uk/government/publications/work-capability-assessment-independent-review-year-5>)

BSRM have also recently been asked to review and advise on the training of assessors for the Work Capability Assessment.

The VRSIG are also pleased to welcome Julian Harriss as an elected member and Andy Tyerman and John Pilkington as co-opted members of the VRSIG committee.

**Save the date – 19 January 2015 12.45- 1.30**

**Webinar - 'Unlocking Evidence of Best Practice'**

We are pleased to announce a webinar of relevance to everyone with an interest in improving rehabilitation services. This is the second of four webinars being delivered by NHS Clinical Soft Intelligence Service (NHSCSI) in partnership with the Royal College of Speech and Language Therapists and supported by the Chartered Society of Physiotherapy to the Improving Rehabilitation Services Community of Practice

The webinar will:

- Discuss the nature of evidence and encourage thinking about the equally valuable but different roles of numerical and 'softer' data to describe effective rehabilitation to others
- Consider the barriers (implicit and explicit), which prevent the sharing of evidence of best practice that would lead to the scaling up of ideas across the system
- Explore ways of overcoming these barriers in order to support implementation of innovation and **best practice at speed and scale**

More information will be circulated and available on the [IRS Community of Practice](#)

#rehabilitation is everybody's business

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## New Members

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Welcome to the following new members since the last Newsletter. We look forward to seeing you at future events and to your involvement in the Society:

**Dr Frankie Anderson, ST3 - Rehabilitation Medicine, Reading**

**Dr Lisa Barrett, Consultant in Stroke Rehabilitation, Edinburgh**

**Dr Vishwajith Kalansooriya, ST3 – Rehabilitation Medicine, Belfast**

**Dr Agnieszka Kempny, Research Physician, London**

**Dr Aisha Khan, Specialist Registrar- Rehabilitation Medicine, Dublin**

**Dr Katharine Fairburn, Specialty Doctor – Neuro-rehabilitation, London**

**Dr Zena Hassnwy, LAS ST3 Rehabilitation Medicine, Leeds**

**Dr Emily Johnston, ST3 - Rehabilitation Medicine, Newcastle upon Tyne**

**Dr Raina Makhdoom, ST3 - Rehabilitation Medicine, Cambridge**

**Dr Mohan Mariappan, Specialist Registrar - Rehabilitation Medicine, Oswestry**

**Dr Cliodhna O'Callaghan, ST3 – Rehabilitation Medicine, West Midlands**

**Dr Anton Pick, ST5 - Rehabilitation Medicine. London**

**Dr Kinley Roberts, Specialist Registrar - Rehabilitation Medicine, Dublin**

**Dr Shruthikaa Ramanathan, ST3 - Rehabilitation Medicine, Norwich**

**Dr Laura Smith, ST3 - Rehabilitation Medicine, Stoke on Trent**

## IN MEMORIAM



### **Obituary for Professor Bipin Bhakta BSc(Hons) MBChB MD FRCP December 2014**

#### **Emeritus Charterhouse Professor of Rehabilitation Medicine, University of Leeds**

Bipin Bhakta was born in London in 1960 and gained his MBChB from Manchester in 1985 with an intercalated BSc(Hons) in biochemistry. Following house jobs at the Manchester Royal Infirmary, he became a registrar in Rehabilitation and Rheumatology in Wythenshawe Hospital and the Devonshire Royal Hospital. Bipin came to Leeds in 1991 as Senior Registrar in Rehabilitation Medicine following which he was appointed HEFCE Senior Lecturer in Rehabilitation Medicine and Honorary Consultant Physician in Rehabilitation Medicine in 1997. In 2004, Bipin became the second Charterhouse Professor of Rehabilitation Medicine, leading and developing the academic and clinical departments with considerable skill as the pre-eminent academic in Rehabilitation Medicine in the UK, widely appreciated for his research, teaching and clinical abilities. He secured a large grant portfolio from the NIHR, MRC and charitable organisations, specialising in restorative rehabilitation technology.

His work was based on collaboration between Rehabilitation Medicine, Mechanical Engineering and Psychology. This work has broadened knowledge in several fields including neurological control, theories of motor learning and the psychology of movement. Bipin pioneered better measurement of human function, underpinning many of the studies of rehabilitation in the UK and beyond. Bipin explored this area productively with Professor Alan Tennant, leading to the development of a suite of widely used outcome measures.

Bipin was also a committed teacher and contributed to each year of the MBChB at Leeds. He chaired the 4<sup>th</sup> Year Medical and Surgical Specialities committee from 1999 to 2005 during a period of change and intense development. His knowledge of pedagogy and measurement led to the introduction of the most sophisticated assessments in any year in the undergraduate curriculum, which has no doubt led to the high esteem in which the Leeds MBChB is held.

He was instrumental in improving the teaching of Rehabilitation Medicine at postgraduate level, sitting on a number of Royal College committees, including the

question-setting panel of the MRCP(UK). He increased the number of Rehabilitation Medicine Academic Clinical Fellowships in Leeds and supervised numerous PhD students in clinical medicine, psychology and engineering, many of whom are now leading their own research groups.

Bipin sat on the 2008 RAE Health Services Research sub-panel and was president of the Society for Research in Rehabilitation from 2006 to 2008. He was on the NICE rehabilitation in critical care guideline development group from 2008 to 2009. More recently, Bipin's expertise was sought for the External Devices and Physical Therapies Panel of the HTA Programme and the Medical Technologies Advisory Committee of NICE. He was also on the UK working party on the use of Botulinum toxin in spasticity, resulting from his long association with paediatricians in joint clinics which helped children with cerebral palsy. For many years Bipin gave his time to the treatment of children in Cyprus with similar problems.

Bipin was Clinical Director for specialised rehabilitation services within Leeds Teaching Hospital NHS Trust from 2004. He led the development of the rehabilitation within the Trust as a regional service, including the new major trauma rehabilitation strategy, which was successfully delivered shortly after he had to retire due to ill health.

In spite a very full diary, Bipin was always generous with his time and energy, whether for colleagues, for the increasing number of academic doctors in his department, those who sought his advice from many countries, students, or patients and their families. His death, after a long illness, was borne with his usual fortitude, good humour and concern for others. He is survived by his wife, Shradha, son, Shiv, a Foundation Doctor and daughter, Maya.

*Anne Chamberlain & Rory O'Connor*

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## Rehab Diary

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Please note that all meetings advertised as BSRM meetings are approved for the purposes of CPD.

BSRM Meetings details are posted at  
[www.bsrm.co.uk](http://www.bsrm.co.uk)

### BSRM MEETINGS

**15th ADVANCED PROSTHETIC & AMPUTEE REHABILITATION COURSE, 16-18 March 2015, Stanmore**  
Contact: Sandy Weatherhead [admin@bsrm.co.uk](mailto:admin@bsrm.co.uk)

**SPINAL INJURIES COURSE 2015, 15-17 June 2015 TBC, Sheffield, Contact Louise.Adams@sth.nhs.uk**

**EAT TRAINING DAY 2015, 18 May 2015, Contact Tia Stone**  
[Tia.Stone@aintree.nhs.uk](mailto:Tia.Stone@aintree.nhs.uk)

**SPECIALIST REHABILITATION MEDICINE COURSE, 2015 course date TBA**  
Contact: [karen.kirkland@nottingham.ac.uk](mailto:karen.kirkland@nottingham.ac.uk)

**BSRM AUTUMN MEETING (Joint with the Royal College of Physicians on Day 1) & AGM, 30 November-1 December 2015, Neuromuscular Disorders and Rehabilitation, Royal College of Physicians, London**  
Contact: [admin@bsrm.co.uk](mailto:admin@bsrm.co.uk)

### OTHER MEETINGS

**EUROPEAN SCHOOL GAIT & MOBILITY COURSE, For details of course in 2015 .....**  
Contact: Professeur Alain Delarque, Pôle de Médecine Physique et de Réadaptation, C.H.U. Timone 13385 Marseille Cedex 5  
Tel : 00 33 (0)4 91385601  
Email: [alain.delarque@ap-hm.fr](mailto:alain.delarque@ap-hm.fr) <http://ehm.univ-amu.fr/diplome/european-school-marseille?destination=node/18>

**SRR MEETING, 3 February 2015, Manchester**  
[www.srr.org.uk](http://www.srr.org.uk)

**PROLONGED DISORDERS OF CONSCIOUSNESS – THE PRESENT AND THE HORIZON, 4th March 2015, Stratford upon Avon**  
Contact: [enquiries@cetahealth.co.uk](mailto:enquiries@cetahealth.co.uk)

**13th EUROPEAN FORUM FOR REHABILITATION RESEARCH, 6-9 May 2015, Helsinki, Finland**  
[www.efrr2015.org](http://www.efrr2015.org)

**ABN ANNUAL MEETING, 19-22 May 2015, Harrogate**  
[www.theabn.org/events](http://www.theabn.org/events)

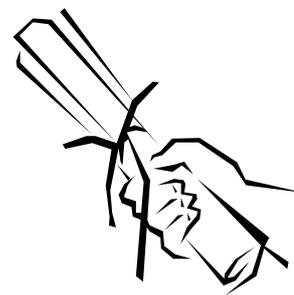
**ISPO WORLD CONGRESS, 22-25 June 2015, Lyon, France**  
[www.ispo2015.org](http://www.ispo2015.org)

### CPD AWARDED TO BSRM MEETINGS

**14th Advanced Prosthetic & Amputee Rehabilitation Course, 17-19 March 2014, Stanmore**  
18 credits - Event Code 88579

**BSRM Autumn Meeting & AGM**  
13-15 October 2014, Bristol Marriott Royal - Rehabilitation - cross specialty working – how well do we do it?  
15 credits - Event Code 92931

## BSRM Prizes



### **BSRM Philip Nichols Prize (Value £500)** *Open to RM trainees and new consultants*

The Philip Nichols Prize is offered annually on a competitive basis and is awarded for **excellence in original research**. Trainees and newly appointed consultants (3 years or less) are eligible to apply. In the case of consultants, the work submitted must have been undertaken whilst a trainee.

Submissions must be pertinent to Rehabilitation Medicine and original. Entries should be between **5,000-7,500** words.

Successful authors will be invited to present their work at a national meeting of the BSRM.

### **Medical Student's Essay Prize (Value: £250)**

The BSRM Medical Student's Essay Prize is offered annually on a competitive basis. All UK Medical Students are eligible to apply.

There is no application form but submissions should be up to 2,500 words in length and on a subject pertinent to Rehabilitation Medicine from a medical, biological or sociological point of view.

### **BSRM Travelling Scholarship (Value: Up to £600)**

The BSRM Travelling Scholarship is offered annually on a competitive basis to facilitate travel for the purpose of furthering experience in Rehabilitation Medicine. It is open to all medical doctors, in training posts, in Non Consultant Career Grade posts, and Consultant posts working within the NHS in the UK.

Applications should be made to BSRM upon the application form, supported by a submission of not more than 1000 words outlining:

- the objective of travel
- potential benefits to the applicant
- relevance of the travel to practice of Rehabilitation Medicine

It is a condition of the award of the Scholarship that the recipient must submit a written report to the BSRM on the travel within 3 months of its completion.

### **Postgraduate Bursary Scheme (Value: Up to £3,500)**

Applications should be on the appropriate form, and may be made for a grant of up to £3,500 to support a postgraduate student registered for either a PhD or an MD research degree. The bursary is open to RM trainees in the UK or Ireland who are members of the British Society of Rehabilitation Medicine. Applications will be assessed under three criteria; the applicant, the training environment, and the project.

- Successful applicants will demonstrate evidence of academic potential, judged from their academic record and achievements such as research publications, as well as evidence that their clinical training is proceeding satisfactorily.
- The application must be supported by evidence that the applicant's nominated academic supervisor and institution will provide effective training support within an appropriate University department, and that there will be adequate facilities to enable the degree to be submitted within the agreed time period.
- The project will be judged on:
  - suitability as a vehicle to acquire research competencies as described in the Rehabilitation Medicine training curriculum
  - its potential to contribute to scientific advancement in Rehabilitation Medicine
  - potential for high quality peer reviewed publications and presentations.

**The closing date for all prizes is 28 September and further information form(s) and examples of previous awards are available on the BSRM website – Prizes page**  
**[www.bsrm.co.uk](http://www.bsrm.co.uk)**

