



BAUS Foundation Year (FY) & Core Trainee (CT) Newsletter

Dear All,

As I am writing this summer newsletter I am acutely aware that we are in the midst of a once in a lifetime event that is having a massive impact on us all both professionally and personally. COVID-19 is causing significant changes to the way we go about our daily affairs and how we deliver a work professionally to serve our patients. The outcome will be defined , in part, by how we respond to the challenges ahead. It is clear that we need to remain flexible and adaptable but ensure that we are well-protected going forward.

[BAUS Website](#)

[FY & CTs Webpage](#)

BAUS 2020

This will not be going ahead in June unfortunately, but has been provisionally rescheduled for 9-11 November in Birmingham. Please keep an eye on the BAUS website for further details. I understand that the BAUS section of Endourology and Oncology will incorporate their meeting into this meeting too so it should be an action packed fully informative event.

Those of you who have had abstracts accepted have been invited to present them at this rearranged date.

Please note that there is a separate session on Tuesday 10th November from 11.00-13.00 specifically for core trainees. Mr. Tim O'Brien, BAUS President will address you, there will be a talk from Miss Jo Cresswell, Vice President of BAUS, entitled 'Urology, Training: The Future is so Bright' , a talk from Mr Neil Harvey on 'How to Get ahead in Urology' and you will get to hear some of the audit presentations from your peers



Core Urology Course 2020

This was held over 4 days in Leicester with over 60 delegates attending. I can confidently say that as course lead it was most enjoyable event and very rewarding to see all the new budding urological surgeons. I got to speak personally to most of you and was impressed by your good humour, diligence and professionalism. It was a great chance for you to meet your peers from all over the UK and I hope this will be the beginning of great friendships in the future.

I sat in on the vast majority of the sessions and was impressed by the quality of the presentations and interaction. Thanks to all who filled out the feedback-forms. The feedback was uniformly positive and a few areas for improvement were suggested and we are taking these suggestions on board. The course will run from the 12th - 15th January, please ensure you book early. To get an idea of what the course is like please refer to the following video created by one of our trainees Francis De Castro. Well done Francis, such professional work!



National Selection

Due to COVID-19 this was essentially a non-event. I congratulate those of you who were

successful but for those of you that were not, please do not be dejected or demoralised. In the general scheme of things no one could have predicted that formal interviews were not going to go ahead so please regard this as a temporary setback and the key is to how you move forward. Might I recommend the following: talking to your Educational Supervisor, talking to the TPD in your region to see what options are available locally, looking at NHS jobs website, speak to your local BSoT rep or look for teaching fellow or research posts.

Audit

Now might be a good time to plan to do an audit in urology and consider submitting for next year's meeting. Please see the BAUS website for more details.

Useful Resource

In May 2020, a new urology textbook for medical students and junior doctors was released and the author, Ricky Ellis, has generously made this textbook available for free download via the BAUS website.

**Urology for Medical Students & Junior
Doctors Textbook**

Final note

On a final note I strongly feel that this pandemic has made each individual realise what is important to him/her. It is important to note that we all respond to situations in different ways depending on many factors. Some of you may be finding the current situation a bit of a bore, others may be very

worried and stressed. I cannot stress enough the importance of us looking out for each other and supporting each other in this difficult time so if you see a colleague who is struggling reach out (metaphorically) and help them or if needed raise your concerns with a senior. Don't turn a blind eye.

In general I would like to highlight the following to you all: Importance of physical exercise, keeping in touch with loved ones or social groups, eating healthily, maintaining mental health through a variety of different ways, avoiding negative press, being mindful of what you post on social media.

Some things to consider: ZOOM chats, Whatsapp or Facetime calls, Cooking, Going for a walk/ jog/ bike ride, Joe Wicks daily work outs. For fun Graham Norton show catch ups, Arnold Schwarzenegger on Twitter or Facebook. Some potential helpful links are below.

Good luck and take care, feel free to contact me,

Anna O'RIORDAN (Email: aorior@yahoo.com)

[NHS Supporting our People](#)

[RCS Support & Advice Service](#)

[Headspace](#)

 [Tweet](#)

 Forward

[Preferences](#) | [Unsubscribe](#)