



STARSURG NEWSLETTER

WINTER 2022

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BJS Society

We are very proud to **announce our new strategic partnership with the BJS Society!** BJS is the premier peer-reviewed surgical journal in Europe and one of the top surgical journals in the world with an international readership!

The BJS Society are committed to advancing and improving education in surgery, and in supporting aspiring surgeons across the world. They have been instrumental in providing support to STARSurg since 2017, allowing us to continue encouraging students and junior doctors around the world to gain experience in surgery and research.

We join similar organisations like the Association of Surgeons in Training (ASiT) who also enjoy this form of partnership with the BJS Society.

Benefits to our members

With our new strategic partnership, this **allows STARSurg to bring a range of exciting benefits & opportunities from BJS to our collaborators** for a minimal annual subscription! (£10, €11). This includes:

1. Online subscription to the BJS journals:

- This will provide full access to all papers across the BJS journals!

2. Access to the upcoming BJS Academy content.

- BJS Academy aims to support the development of current and aspiring surgeons worldwide by championing research and collaboration.
- There will be a huge variety of resources to enhance understanding and conduct of cutting-edge surgical research, including access to recordings of national and international conferences!

3. Membership of the Young BJS initiative:

- This is a growing community of early-career researchers who are interested in surgical academia, with opportunities for mentorship by the BJS editorial team!

You can access these benefits by signing up here:

bit.ly/starsurgbjs

We're looking forward to working with the BJS society over the coming year to make these opportunities as useful as possible to our medical student and junior doctor members!

CENTRAL STARSURG UPDATES



Launch event

On the 8th of January we held the official launch event for our international audit - CASCADe. Collaborators, regional leads and hospital leads were invited to attend the day-long event. On the day, STARSurg committee members presented the details of the **study protocol, how to run and publish research projects, the prospects of collaborative research and the impact of STARSurg.**

The CASCADe Launch event was an **overwhelming success with over 560 participants**, who actively engaged in the sessions and amazing breadth of talks.

Keynote speakers made a critical contribution to the event's success:

Elizabeth Li – discussed previous successes of collaborative research - CovidSurg. *"Collaborative model has become the standard, galvanising the medical community, allowing everybody's contributions to be widely recognised."*

Toby Richards – introduced existing evidence on post-operative cardiac complications and how CASCADe can contribute.

Kokila Lakhoo – shared her experience as an accomplished academic surgeon and her international projects successes. *'Global surgery means working in equity.'*

Study Update

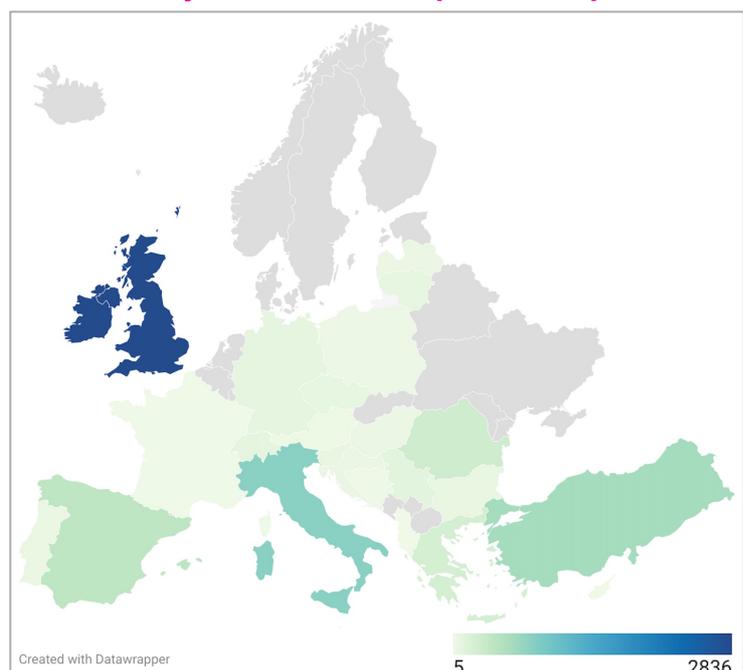
In January we launched the CASCADe (CARDiovaSCular outcomes after major abDominal surgEry) study. We recruited **595 centres** across Europe and UK, with over **5900 patients** uploaded to REDCap in 5 weeks.

We are still actively recruiting centres to join later data collection periods (up until April 2022). You can find the protocol and read more about the study in the links below.

CASCADe protocol:
<https://starsurg.org/wp-content/uploads/2022/01/CASCADe-Protocol-v2.8.pdf>

CASCADe Project Hub (all the resources in one place):
bit.ly/CASCADe_HUB

Countries by the number of patients uploaded:



If you have any immediate questions, please email: cascade.audit@gmail.com.

UPDATE ON PUBLICATIONS

OAKS2 – Outcomes After Kidney injury in Surgery 2

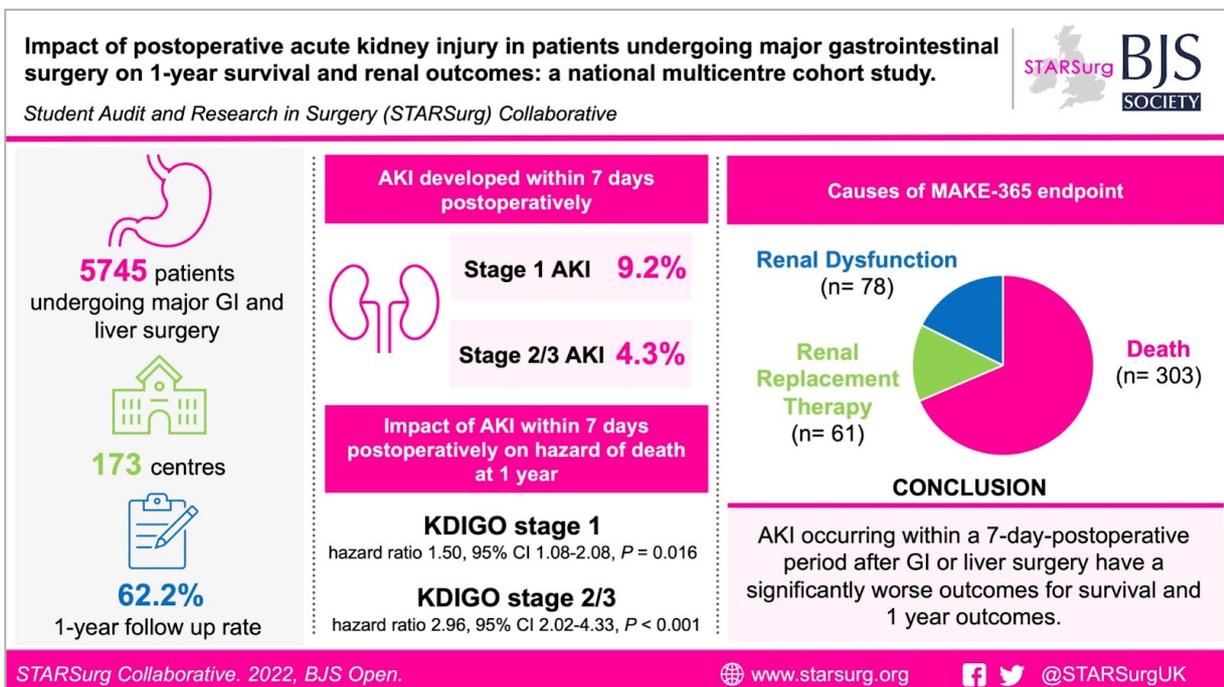


The follow-up study of patients in the Outcomes After Kidney injury in Surgery (OAKS) paper, OAKS-2, was a prospective multicentre, observational cohort study with 1-year postoperative follow-up. The initial data collection period was between September and November 2015 with the follow-up occurring the next year in the United Kingdom and Ireland.

The main objective of OAKS-2 was to assess the adherence to the NICE and Renal Association guidelines for the post-discharge monitoring of renal function and clinical follow-up for the patients who developed AKI.

We're delighted to announce that a paper outlining the secondary outcomes of OAKS-2, namely the survival at 1-year and new diagnosis of CKD (according to the KDIGO guidelines), has been published in the BJS Open. It is titled "Impact of postoperative acute kidney injury in patients undergoing major gastrointestinal surgery on 1-year survival and renal outcomes: a national multicentre cohort study."

A visual abstract summarising our main findings can be seen below:

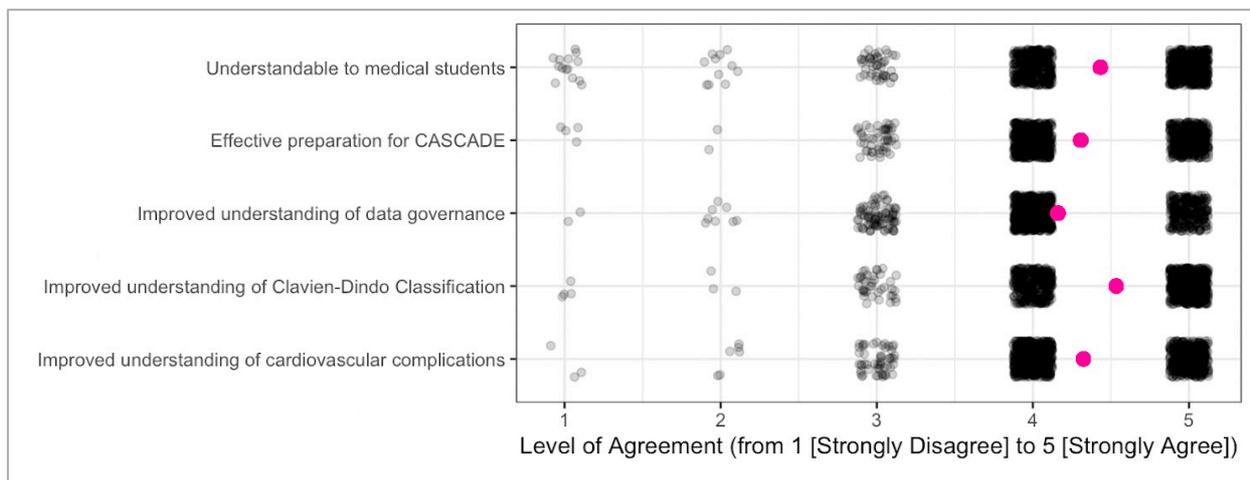


We would like to thank all the collaborators who were involved in both OAKS and OAKS-2 studies. Your contributions have been invaluable, with this publication further showing the power of collaborative research!

INCEPT E-LEARNING MODULE FOR CASCADE

INCEPT: CASCADE

Earlier this month we were proud to launch our new INCEPT module designed for collaborators of CASCADE. **It is already great to see over 1050 collaborators finding our CASCADE module as a useful preparation resource for the study!**



With period 3 underway, it is essential for all collaborators to complete the e-learning modules before they begin with their data collection! The CASCADE module will educate collaborators in order to better assess and appropriately record the types of postoperative cardiac complications - based on the StEP COMPAC Group definitions.

Along with introducing key aspects of the protocol (i.e., background and aims), information on correctly identifying Clavien-Dindo scores, data governance and much more. All of which have been carefully designed to better help collaborators in the data collection period.

[Click here to access the module](#)



INCEPT
INSPIRE

CASCADE

Dashboard My courses CASCADE

OVERVIEW

CASCADE (CArdiovaSCuIAr outcomes after major abDomiNal surgEry) is a student-led, international observational prospective audit across Europe. It aims to increase our understanding of variability and adherence to risk reduction measures for postoperative cardiovascular complications following major abdominal surgery.

These modules will equip you with the step-by-step knowledge you need to be a collaborator. They are divided into:

1. Essential aspects of clinical audit.
2. CASCADE-specific learning.

Each of these sections will then have a short mandatory quiz which must be completed before the start of your data collection period. A pass mark of 100% is needed for completion. However unlimited attempts are allowed. You will then receive an end of module certificate.

TOP TIPS TO PREVENT BURNOUT

By Alisha Jaffer |  @ajaffs



Burnout is an increasingly prevalent issue within the medical community with a slow, insidious onset and a multi-faceted aetiology. As medical trainees, we must be adept to **recognizing signs of burnout** within ourself and reach out for various supports as needed. STARSurg's main tips to preventing burnout surround the core theme of "knowing your limit while playing within it":

1. Prioritize self-care time once a week

This looks different for everyone, whether it be a walk in nature, a coffee with a friend or even some alone time. **Replenishing stores of joy will help keep you motivated** and will allow you to reflect on whether you are reaching your limits of stress. Do a daily check-in with yourself:

☞ *What do I need? How can I achieve that?*

If your answers revolve around themes of rest, it would be helpful to seek out support at work.

2. Establish an open line of communication with supervisors

The best way for someone to know how you are feeling is for you to tell them! Your team is unable to read your mind. For example, if you feel that your spot in a rota is unreasonable or if you have been taking night-call more often than usual - **speak up**. Developing this communication strategy will stand to you down the line. *Perhaps try: "Hello Dr. XYZ, I respect your leadership and in order to offer my best contribution to our team I'd like to discuss XYZ."*

Getting support

The BMA offers free 24/7 counselling and peer support services (you don't have to be a member!) for doctors and medical students.

<https://tinyurl.com/BMA-Counselling>

3. Routine to avoid decision fatigue

Some of us are early birds, and some of us are night owls - either way it is important to incorporate some routines into your day-to-day life in order to free up some time for yourself and to **save yourself from decision fatigue**. While this tip can be more challenging to implement on a busy schedule, having one less worry with regards to laundry, cooking and groceries can allow you to kick up your feet after a long day.

☞ **WorkWeekLunch.com** offers a variety of recipes to prepare meals that can be frozen and stored - simply heat and eat at the end of your day.

4. Recognising burnout

It's particularly important for medical students and doctors to be able to recognise the signs of burnout as they often have personality traits that make us prone to developing it. These include perfectionism, fear of failure and imposter syndrome. Common signs of burnout:



TOP TIPS TO EFFICIENT CLINICAL DATA COLLECTION



By Michal Kawka | @KawkaMichal

With our 2021/2022 project CASCADE well under way, we thought we would share our top 5 tips to effective data collection for research projects.

Although our project is a collaborative, multicentre audit, focusing on postoperative complications, these tips can be applied to a variety of research areas, and study designs.

Data collection is a key part of every research project, and can be a great entry point to the world of academia. Below are the 5 tips to ensure data collection goes smoothly and is a positive experience.

1. Focus on communication

- ☑ Whether you are working on a collaborative audit or a local research project, **communication within the team is key**
- ☑ Agree in advance who is responsible for each stage of the project
- ☑ Maintain communication with the team throughout the project

2. Don't overcommit

- ☑ For most medical students and junior doctors, research and audit are extracurricular activities and thus need to be balanced with everyday commitments
- ☑ Only offer help with projects, for which you are sure you will have time to contribute meaningfully
- ☑ Set **realistic deadlines** for completions of the allocated tasks

3. Discuss a strategy with your team

- ☑ This is differ project-to-project, but ensure that you know how to collect the data
- ☑ Have a **practical plan** for collecting data e.g. how to identify eligible participants
- ☑ Ensure you have access to necessary data sources (e.g. hospital records, GP letters, discharge summaries, imaging)

4. Know your data points

- ☑ Knowing **what data points** need to be collected and **where each data point can be found** will make your life easier
- ☑ Consider doing a 'mock' data collection for a patient to troubleshoot any issues before starting real data collection

5. Ensure data completeness

- ☑ **Data completeness** is a key feature of a good dataset, as missing values will often restrict conclusions that can be made
- ☑ Review multiple data sources (e.g. paper records, electronic records) and make an effort to complete all the data fields

Case Report Form (CRF) from CASCADE:

The image shows a complex Case Report Form (CRF) for the CASCADE project. It is divided into several sections: Section 1 (Pre-operative data), Section 2 (Intra-operative data), and Section 3 (Post-operative data). Each section contains numerous checkboxes and input fields for recording patient information, surgical details, and outcomes. A large grey arrow points from the text 'Case Report Form (CRF) from CASCADE:' towards the form.

UPCOMING OPPORTUNITIES

CASCADE – Now Recruiting!



STARSurg and **EuroSurg** are recruiting collaborators for their next international audit. It's a great opportunity to gain PUBMED citable collaborator co-authorship, present results at local meetings, lead data collection at your hospital as a hospital lead, and attend national courses through STARSurg/EuroSurg. For centres across the UK and ROI please contact your [regional leads](#) for more information. And for centres across Europe please get in touch through our specific CASCADE email - cascade.audit@gmail.com.



YoungBJS



This is a new community of early-career researchers with enthusiasm for surgical academia. The ethos is aligned with that of the BJS (British Journal of Surgery) with a mission to promote excellence in clinical and scientific research. Specific goals of the group will be to network, educate, and innovate in surgical publishing on a global scale. Enthusiasm is all that is required so if you have that in spades, send your name, institution (Uni or Trust), career stage and specialty interest (if you have one!) to admin@youngbjs.org. Check them out on [Twitter](#) for more info!

RCSEd – So You Want to be a Vascular Surgeon?



This is a one-day practical surgical course for medical students delivered by RCSEd in conjunction with Rouleaux Club. The course is aimed to increase awareness of vascular surgery as a potential career option for undergraduate medical students by:

- Providing an overview of vascular surgery as a career
- Providing **hands-on practical skills experience relevant to vascular surgery**
- Interacting with current trainees and consultants on a small-group level

Date: 7th May 2022 and 9th April 2022 | **Location:** Birmingham | **Deposit:** £10.00
Find out more [here](#).

UPCOMING OPPORTUNITIES

NRCM – National Research Collaborative Meeting 2022



The 13th National Research Collaborative Meeting will be a **free virtual evening webinar**. **This year's theme: Recovery through collaboration.**

The event is FREE and open to all trainees, medical students and allied healthcare professionals across all medical and surgical specialties. We are inviting trainees to submit abstracts for our Dragon's Den session. We would like to hear about innovative research studies aimed at reducing the waiting list times secondary to the Covid-19 pressures.

Date: 28th March 2022 | **Time:** 18:30-20:15 GMT | **Registration:** [here](#)

CATCH



Clinical Academic Training and Careers Hub (CATCH) was launched in early October to support clinical academic journeys of all interested. One of the resources you will find there is INCEPT, a platform developed by us, supported by INSPIRE and British Journal of Surgery, and endorsed by The Medical Schools Council.



Click [here](#) or scan the QR code to check it out.



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