



STARSURG NEWSLETTER

AUTUMN 2022

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Central STARSurg Updates

New Regional Leads

In August, we invited applications for STARSurg regional leads, receiving over 110 applications, almost double from 2021. We received more than 100 applications and after triple marking, we have appointed regional leads for 39 medical schools across the UK and Ireland, with 95% of positions filled. We are excited to see engagement with STARSurg increase year after year and to keep engaging students in collaborative audits and research.

<p>Manchester</p>  <p>Ayesha Qureshi ayesha.qureshi-2@student.manchester.ac.uk</p> 	<p>Newcastle</p>  <p>Richard Huynh r.huynh1@newcastle.ac.uk</p> 	<p>Oxford</p>  <p>Rhea Suribhatla rhea.suribhatla@oriel.ox.ac.uk</p>	<p>Plymouth</p>  <p>Sam Ghaznavi sam.ghaznavi@students.plymouth.ac.uk</p>	<p>RCSI</p>  <p>Maryam Khan maryamkhan@rcsi.ie</p>
<p>Sheffield</p>  <p>Sanjana Mehrotra smehrotra1@sheffield.ac.uk</p>	<p>Southampton</p>  <p>Pavan Marwaha pm8g18@soton.ac.uk</p>	<p>St George's</p>  <p>Kofi Cox m1801582@sgul.ac.uk</p>	<p>Swansea</p>  <p>Roshni Patel 2104072@swansea.ac.uk</p>	<p>Dublin (TCD)</p>  <p>Ewomazino Oderoha oderohak@tcd.ie</p>

To find the list of the new regional leads and information on how to contact them, visit our website. If your medical school does not have a regional lead appointed, and you would be interested in taking up the position, please contact us at starsurguk@gmail.com, as we will be considering applications on a rolling basis.

Don't see your university on our website?
Click [here](#) to enquire about being a Regional Lead!

Updates on Research Projects

CASCADE (CARDiovaSCuLAR outcomes after major abDominal surgEry)



STARSurg presentation at the ESCP 2022

In September, STARSurg was invited to present CASCADE results for the first time at the European Society of Coloproctology Conference 2022 in Dublin. Student lead Aya Riad took the stage at the New Trials Forum, discussing the scope of the study and planned analyses. Experts in the field emphasised the potential of the CASCADE data set, suggesting other research questions to explore.



Preliminary results

CASCADE was our biggest study to date, with 24,260 patients included in the final dataset. There is an ongoing analysis of the CASCADE dataset, but the early results are below.

- The adjusted postoperative cardiac complication (PCC) rate across the CASCADE cohort was 2.38%.
- The highest incidence of PCCs was in the first 10 days following the surgery.
- Only 3.9% of patients with iron deficiency anaemia received iron supplementation perioperatively.

The focus of future analyses

- Risk factors for PCCs.
- Association between PCCs and mortality.
- Venous thromboembolic event incidence and thromboprophylaxis.

Local presentations

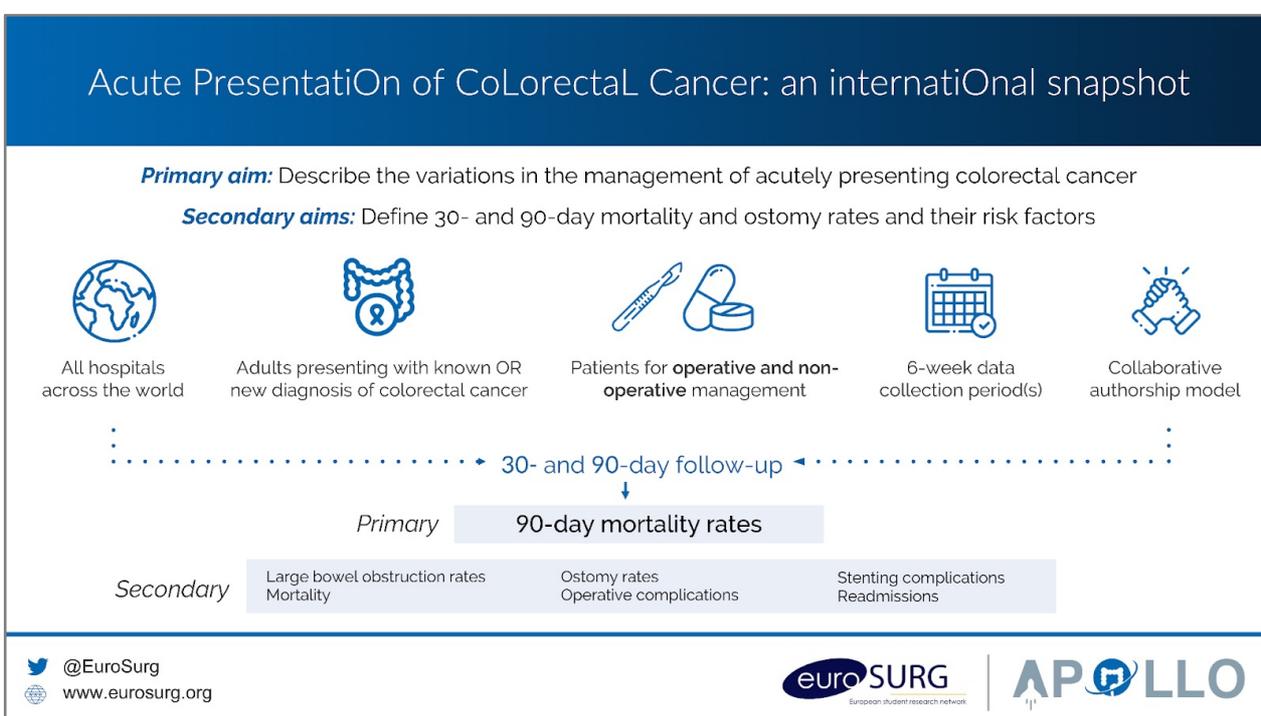
As part of the quality improvement process, hospital leads were provided with data packages to be presented at their local hospitals, benchmarking their local audit standards adherence to overall cohort results. We asked for feedback on planned changes in practice following the presentation. So far, we have received information on 60 surgical department meetings held across 14 countries. We are delighted that 18 of these presentations were delivered by medical students, further emphasising the role of fostering research engagement in early career researchers.

Updates on Research Projects

APOLLO (Acute Presentation Of cOLorectal cancer: an international snapshOt)



This year we are supporting EuroSurg in delivering their collaborative project APOLLO (Acute PresentatiON of CoLorectalL Cancer: an internatiONal snapshot) in the United Kingdom and the Republic of Ireland. This study will run in the first half of 2023 and will aim to describe the variation in the operative and non-operative management of emergency presentations of colon and rectal cancer.



For those interested in the UK and the Republic of Ireland please reach out to the appropriate regional lead, who will be able to assist you – you can find their contact details [here](#). For international interest please visit the EuroSurg expression of [interest form](#).

For more information on the study, including protocol and case report forms visit the [study hub](#) or direct your queries to apollo.eurosurg@gmail.com.

New INCEPT Sub-Module

INCEPT: "Making the Most of your Research" Sub-Module!



Have you ever wondered what to do after completing a research project? Look no further, as we are excited to announce our new INCEPT sub-module titled "Making the Most of your Research" that will be released later this month.

Within this submodule, we aim to talk through the various steps of presenting, publishing, and sharing your work online to maximise the impact of your research.

Here is a sneak peek into part of the module:

Why use Social Media

- Traditionally, published literature was only disseminated through journals and conferences, however the rise social media, has broadened opportunities for research dissemination!
- If you aren't sharing your work on social media, here are a few reasons why you should start!
 - This facilitates the timely sharing of up-to-date information on the field (people will find interesting articles of interest more easily).
 - Allows DIRECT engagement with researchers and others who may be affected by your work (e.g. patients, the public, national bodies, governments).
 - Reflects changes in how media is consumed (printed journals are a thing of the past!)

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graph LR; A[Your Work] --> B[Dissemination Of Outputs]; B --> C[Impact]; B -.-> D[Influence on Others]; B -.-> E[Online Engagement];
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The module will be launched later this month – you can access it, and all the existing content the by creating a free account on INCEPT or by logging in to your existing account.

[ACCESS INCEPT HERE](#)

Interview with Ms. Joana Simoes



By Moritz Steinruecke |  @medicmoritz

Earlier this month, we spoke to Ms. Joana Simoes about her career in academic surgery. Joana is a trainee in General Surgery and recently completed her PhD under the supervision of Mr Aneel Bhangu at the NIHR Global Surgery Unit in Birmingham. Her PhD focussed on catastrophic expenditure amongst cancer patients in India.

Q: Thank you for taking the time to speak to us. Can you tell us a bit about what made you decide to pursue surgery as a career?

Joana Simoes: From an early stage in my career, I found it inspiring to see the immediate impact surgeons can have on their patients. This gives you a particularly strong connection with your patients. It's also quite an active job – I enjoy working and solving problems with my own hands.

Q: What made you interested in academic surgery?

Joana Simoes: Collaborative research really opened my eyes to the contributions students and junior doctors can make to high-impact surgical studies. I started out as a collaborator, then became a local lead and finally a national lead for a number of international surgical studies. I was fascinated by the use of large-scale surgical research to improve patient care and outcomes. To me, academic surgery combines two key skillsets: 1) a deep clinical understanding of an important patient-related problem, and 2) deployment of the correct research methods and tools.

Q: Once you had decided to pursue a PhD in global surgery, how did you choose your topic and apply for funding?

Joana Simoes: In fact, I had initially not chosen my topic, but was more interested in working towards my team's goals and embedding myself within their structure. The main motivation behind my PhD was less driven by a specific topic but more about the skills I would gain. I didn't aim to become super-specialised in a narrow area but instead wanted to learn about conducting large-scale research and managing teams. Therefore, the environment was most important to me. In terms of funding, I applied for a funded post in which I was given a stipend and topped this up with clinical work. Most PhD fellows apply for NIHR or other grants and do some form of clinical work to support themselves.

Q: Can you tell us a bit about your PhD work?

Joana Simoes: My PhD focussed on financial barriers to cancer treatment in Low- and Middle-Income Countries (LMICs), in particular India. I identified huge variations in out-of-pocket spending across the globe for cancer surgery. Specifically, my work showed that 90% of patients undergoing colorectal cancer treatment in tertiary care hospitals in India experience catastrophic expenditure. Finally, I used qualitative methods to raise a few solutions at the government, system and community levels.

Q: What are your plans for the next few years?

Joana Simoes: I plan to re-focus on clinical training and become a consultant. I will continue to be involved in key research projects and hope to build our academic surgery team further. I will also look for opportunities to apply for funding to conduct academic surgery projects for patient benefit. I hope to attract students to the field and help them develop these important skills.

Q: Finally, what advice would you give to medical students who are interested in academic surgery?

Joana Simoes: Don't be shy and don't think it's too daunting of a task for you to get involved. Contribute to a project and see how it goes. Worst case, you won't enjoy it and can move on. Best case, you make a career out of it. Anything in between is a win too, for you and for the patients who will benefit.



Upcoming Opportunities



BJS Society

We are very proud to **announce our 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.

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!

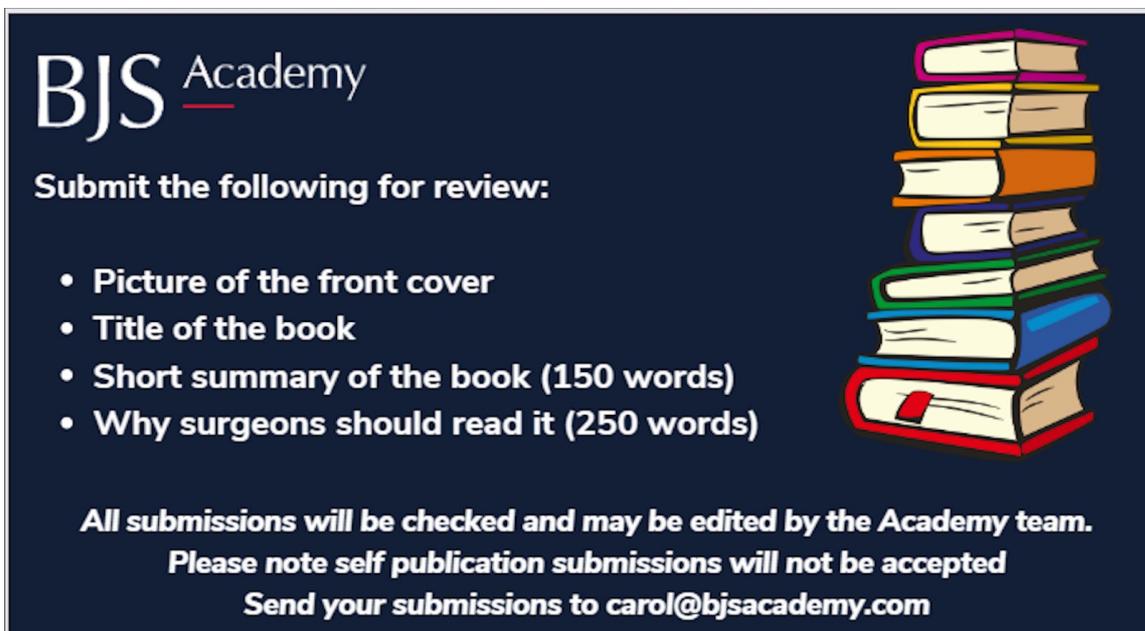
Upcoming Opportunities

BJS Academy

BJS Bookshelf

The BJS Bookshelf is a series currently running within the BJS Academy that allows members to recommend clinical/non-clinical books. Find out what books have currently been recommended here!

The BJS Academy is open for further book recommendations. Accepted submissions will be hosted within the Surgical News section of the website! Find more below:

A dark blue rectangular graphic with white text and a stack of colorful books on the right. The text includes the BJS Academy logo, submission requirements, and contact information.

BJS Academy

Submit the following for review:

- **Picture of the front cover**
- **Title of the book**
- **Short summary of the book (150 words)**
- **Why surgeons should read it (250 words)**

All submissions will be checked and may be edited by the Academy team.
Please note self publication submissions will not be accepted
Send your submissions to carol@bjsacademy.com

Medical Student and Young Trainee Essay Writing Competition

The BJS Academy is currently running an essay writing competition for medical students and junior trainees!

Essay Title: "The day I decided surgery was for me"

- Up to 500 words (or a 5 min video)
- BJS Academy is looking to know what it was, or what happened that made you choose a career in surgery.
- All submissions will be checked and may be edited by the Academy Team
- Accepted submissions will be hosted on the [Young BJS](#) section of their website

Deadline: 31st December 2022

Upcoming Opportunities

ASiT Annual Conference



ASiT International Surgical Conference 2023 is now open for registration! The conference will be held in Liverpool from 3-5th March 2022 and provides medical students and surgeons from all grades the opportunity to network with colleagues from all surgical specialities, hear the latest updates in clinical practice and training issues and find out what the future holds for surgical training.

For more information on registration and abstract submission click [here](#).

HIPPO is Recruiting!

HIPPO (Hernias, Pathway and Planetary Outcomes for Inguinal Hernia Surgery) is an international multi-centre cohort study with 675 hospitals in 92 countries registered so far. The study will run in the first half of 2023 and aims to characterise the waiting times of patients requiring inguinal hernia surgery, the global variation in surgical technique, and to further explore environmentally sustainable practices in operating theatres. The HIPPO steering committee are currently seeking hospital leads and collaborators for a PubMed-citable collaborative authorship opportunity.

To find out more about the study please refer to the protocol [here](#).

If you are interested in becoming the hospital lead please click [here](#).

If your site already has a hospital lead identified, you can find their contact details [here](#)

An infographic for the HIPPO Global Cohort Study. It features the title 'HIPPO' and subtitle 'Hernias, Pathway and Planetary Outcomes for Inguinal Hernia Surgery'. Three numbered points describe the study's goals: 1. Characterise the waiting times of patients requiring inguinal hernia surgery; 2. Global technical variation in surgical technique; 3. Explore environmentally sustainable practices in operating theatres. Below these are icons and descriptions for 'All hospitals', 'Patients undergoing elective or emergency inguinal hernia surgery', 'Adult and paediatric patients', and '4-week data collection period(s)'. A registration link 'https://redcap.link/HIPPO_reg' is provided, along with social media handles '@NIHR_GSU' and 'NIHR Global Health Research Unit on Global Surgery', and a QR code.

Upcoming Opportunities

RCSEd – Online learning material!



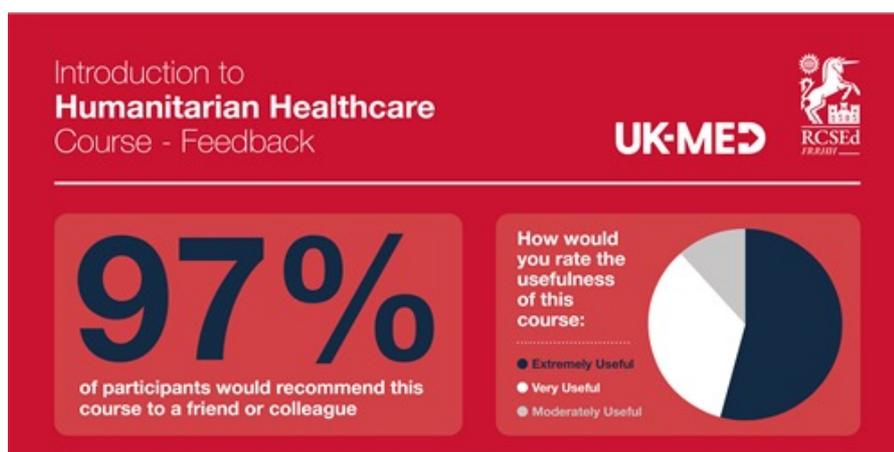
Introduction to Humanitarian Healthcare Online Course

The Faculty of Remote, Rural and Humanitarian Healthcare (FRRHH) is an organisation dedicated to supporting the professional development of remote, rural and humanitarian healthcare professionals. The Faculty are currently offering free access to their Introduction to Humanitarian Healthcare online course.

This course was developed in partnership with [UK-Med](#) with the purpose to help those interested in humanitarian healthcare make an informed decision about whether they wish to pursue a career in the field. The course explores the key elements and agencies in humanitarian healthcare, as well as how clinical skills can best be adapted for the environment.

Valued at £300, the course features a range of additional resources and completion of the course awards CPD points.

Register for course access [here](#).



Remote, Rural and Humanitarian Healthcare Webinars

The Faculty have a free-to-access webinar library offering a variety of topics relating to remote, rural and humanitarian healthcare.

Previous topics span a range of rural surgical specialities and approaches to humanitarian healthcare training.

Free access to previous recordings and information on future Faculty events can be found [here](#).



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