

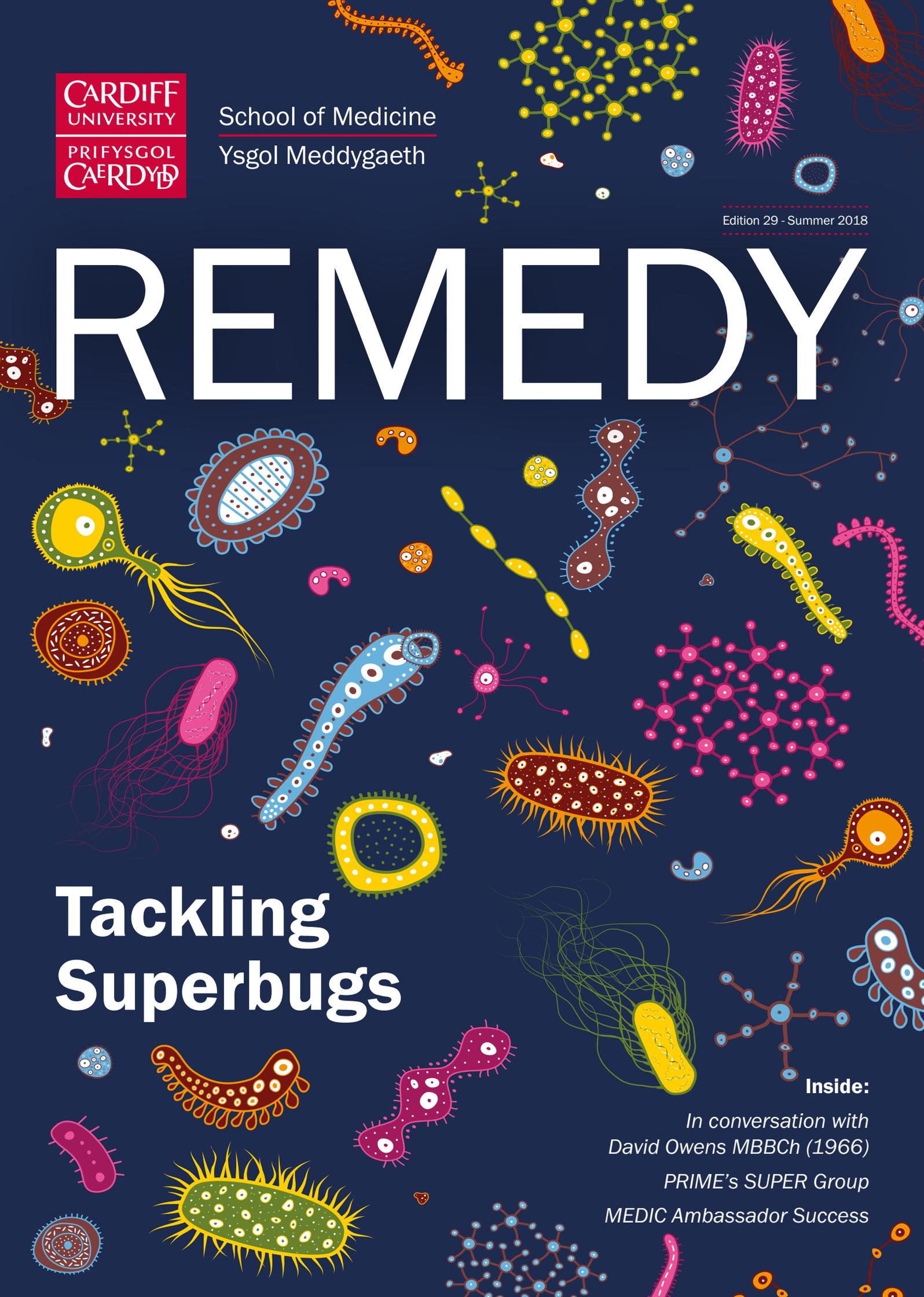
REMEDY

Tackling Superbugs

Inside:

*In conversation with
David Owens MBBCh (1966)*

*PRIME's SUPER Group
MEDIC Ambassador Success*



Welcome

In this twenty ninth edition of ReMEDy, we mark the start of another academic year, following probably one of the hottest summers on record.

Being new to Cardiff, I have thoroughly enjoyed my first four months exploring this wonderful city and the beautiful surrounding area.



Professor Siladitya Bhattacharya
Dean, School of Medicine

As this is my first introduction in ReMEDy, I would like to take this opportunity to thank all the staff and students for the warm welcome I have received. Cardiff tends to wear its scholarship lightly and it is humbling for a newcomer like me to get a chance to appreciate its strengths in research and teaching.

In this edition of ReMEDy we focus on some of the excellent engagement events that have taken place in recent months and explain why these are so important to us.

Our main feature highlights the very successful "Superbugs - The End of Modern Medicine as we know it?" public engagement event. This exercise helped to showcase the exciting antimicrobial resistance research being undertaken in Cardiff and the importance of using antibiotics responsibly.

The Curriculum Update celebrates the Graduation of the first cohort to have completed all five years of the new curriculum and acknowledges the engagement activity of our students, particularly during the elective period. Another feature highlights the recent success of our MEDIC Ambassadors scheme.

Also, in this edition, we put the spotlight on the Wales Centre for Primary and Emergency Care Research (PRIME) team led by Director Adrian Edwards. We are also in conversation with Professor David Owens CBE, a 1966 graduate of the School of Medicine who recently received the 2018 Royal College of Physicians International Award for outstanding clinical activity that contributes to excellent patient care overseas.

Finally, please be reminded that ReMEDy is available electronically to the School's alumni and to ensure that you receive your copy, please inform us if you have changed your contact email address.

 **Update your details now:** www.cardiff.ac.uk/alumni-update

Curriculum Update

Public engagement is something that we strive for in the School of Medicine. It is an essential part of a University's function and our education programmes are no exception.

Every year about two hundred of our students travel to undertake placements as part of their Medical Elective. Worldwide destinations abound as many of the students engage with charity projects and help to build healthier communities across the world.

This year Anna Causer Nakamura had a placement with the International Porter Protection Group (IPPG) (www.ippg.net/) in the Himalayas. The IPPG aims to improve safety and health for porters working in the mountains for the trekking industry and Anna engaged with the community there while learning medical skills in a challenging environment.

The Medical Pharmacology team are now launching a professional placement year as part of the undergraduate degree. This is set to allow students to become embedded with industrial partners to help with employability and further improve our engagement with stakeholders.



Five years ago Cardiff launched its innovative MBChB curriculum, designed in partnership with people and patients in Wales, to provide students with what they need to become safe, effective, caring doctors. We have now graduated our first cohort, more ready than ever for their first day as a junior doctor.

The medical students are firmly embedded in local communities throughout the five years of their course and so understand the needs of communities in Wales. Out of the 270 graduates this year, over half have chosen to work in Wales. For those who decided to stay in Wales the Senior Student Assistantship placement, completed in April, provided an invaluable experience for that all important first day as an F1, as they shadowed the junior Doctor whose shoes they filled in August.

2018 graduate, Dr Shafqat Batchelor said: "The way the curriculum works, you're never more than a week away from a patient or clinical encounter that ensures all the theory makes sense. It really hammers home that the point of all your studying is to be a doctor at the end of it all."

Congratulations to the Class of 2018 graduates from all of our undergraduate and postgraduate programmes. We wish you every success with your future career as alumni of Cardiff University School of Medicine.

Professor Stephen Riley
Dean of Medical Education

In Conversation with our Alumni

Professor David Owens CBE MD FRCP FiBiol (MBBCh 1966)

David qualified as a doctor at the Wales National School of Medicine in 1966 with distinction in Pharmacology and Therapeutics. On why he chose Cardiff Medical School, he says: “Living in North Wales, traditionally students would go to Liverpool to study medicine. Being that there was a Medical school in Wales at Cardiff, I thought it would be logical to apply to go to Cardiff.”

After graduating David was a house officer in Medicine and Surgery at the Cardiff Royal Infirmary (CRI) and then senior house officer at Sully Hospital. David then took up a research post in the Pharmaceutical industry, returning to Cardiff University as lecturer in Clinical Pharmacology and Therapeutics. In the early years David describes: “My special research interest was insulin, the subject of my MD Thesis, which was later published in a single author book. This was followed by research into the pathophysiology of type 2 diabetes and microvascular complications of diabetes, especially involving the eyes and feet.”

David then became senior lecturer and Consultant Diabetologist before becoming a Professor of Diabetes at Cardiff University in the early 1990s based at Llandough University Hospital, where he carried out his clinical and research activities. Over the years David has published over 400 articles to include chapters in books. David was also the inaugural Clinical Director of the Diabetic Retinopathy Screening Service. Since retiring in 2006, David was awarded the title of Emeritus Professor from Cardiff University. In this role David has been involved in supporting several countries to develop their diabetes services, including Mauritius, Trinidad and Peru. David is also involved with the International Diabetes Federation (IDF) in relation to diabetic eye disease, producing educational material and working on the next IDF World Diabetes Atlas. In addition to David’s international work a typical week now involves two days at the Diabetes Research Unit Cymru at Swansea University, where David is lead in diabetic eye disease and is involved in supervising MD and PhD students and writing publications.

David’s most treasured memories of being at Cardiff include: “Being a pre-clinical student in the anatomy department doing dissections; as a clinical student the first day on the ward seeing patients and visiting the various hospitals CRI, Llandough and St David’s; involvement in the rowing club and finally the day of graduation.

David has enjoyed his time working jointly with the NHS and Cardiff University and was awarded the CBE in 2001 for his contribution to the NHS and diabetes. One of David’s most important achievements has been the establishment of the Diabetic Eye Screening Service, launched in 2003. This has reduced new blind registrations due to diabetes by almost 50% in the last 8 years since it became a National Screening Service.

David states that: “Future research work will be dedicated to see how changes in the eye can predict other impending vascular complications of diabetes...the eye provides a ‘window of opportunity’ in this regard. I need to acknowledge the invaluable contributions made by my colleagues throughout the years and the support and encouragement by Cardiff University and the Welsh Assembly Government.”

“The biggest challenge facing the global community is the increasing prevalence of diabetes, especially in the middle- and lower-income countries. The diabetes Pandemic presents a major threat to the well-being of individuals, society and socio-economic status of the different countries.”

In the 2018 Royal College of Physicians Excellence in Patient Care Awards, David was awarded the International Award for outstanding clinical activity that contributes to excellent patient care overseas.

David said: “It’s a great honour to receive the RCP Award for my international work in the field of diabetes. Developing services including screening for diabetic eye disease, providing education on diabetic foot problems and the care of children and young people with diabetes has been a most pleasant and rewarding experience. The work involved a team of dedicated Health Care Professionals from Wales for the different sub-specialties.”

David concludes: “My time in Cardiff University has been the foundation of my entire career, both nationally and internationally. Infrastructure support from IT services, the Library and colleagues has been fundamental.”



David’s shared alumni wisdom:

“Be more confident of one’s ability, follow one’s intuition and aspiration.”

“Work and play hard in equal measures. Appreciate your colleagues and develop lifelong friendships.”

David’s six words describing Cardiff School of Medicine:

Great
Welsh
Institution
with
international
stature



In the Spotlight:

Wales Centre for Primary and Emergency Care Research (PRIME Centre Wales)

PRIME Centre Wales was funded in 2015 by Health and Care Research Wales and has recently been awarded renewed funding for 2018-20.

The centre aims to improve the health and well-being of people in Wales and beyond, by conducting high quality research on topics of national policy priority in primary, emergency and unscheduled care.

PRIME is an all-Wales centre led by Director Adrian Edwards at Cardiff University, with Associate Directors Clare Wilkinson at Bangor University, Joyce Kenkre at University of South Wales, and Helen Snooks at Swansea University.



Multidisciplinary teams

The work of PRIME teams involves generating an evidence base for policies, developing interventions and service improvements, and implementing findings across the various relevant disciplines including general practice, community nursing, dentistry, pharmacy, occupational therapy, physiotherapy, social care, emergency, prehospital and unscheduled care.

PRIME Centre Wales is a major research grouping of more than 15 staff within the Division of Population Medicine, School of Medicine.



SUPER Group lay member meeting held in June 2017, Cardiff University Birchwood House.

Four of the Centre's research work packages are led from the Division:

- Patient centred and prudent healthcare, led by Fiona Wood and Natalie Joseph-Williams
- Infections and antimicrobial resistance, led by Nick Francis
- Screening, prevention and early diagnosis in primary care, led by Kate Brain
- Patient safety, led by Andrew Carson-Stevens.

The Centre also involves colleagues from other schools within Cardiff University including Professor Ivor Chestnutt at the Cardiff School of Dentistry, Rachel North at the School of Optometry and Vision Sciences, Robert van Deursen at the School of Healthcare Sciences, and Marjorie Weiss at the School of Pharmacy Practice.

Implementing findings into policy and practice

PRIME works together with its stakeholders including patients, their families and carers, members of the public, health and social care providers, Welsh Government, policymakers, industry, third sector and academics to co-produce research that is translated into policy and practice and gains real-world benefits in health and social care, effectiveness of services and wealth generation.

The Centre has further strengthened its strategic approach to delivering impact and ensuring effective knowledge transfer and mobilisation by appointing a dedicated manager to drive forward and deliver the objectives of its Knowledge Mobilisation and Impact Strategy in 2018-20 (developed in consultation with members of the PRIME SUPER group and Welsh Government.

Public involvement

Public and patient involvement is key to PRIME's activity – ensuring PRIME addresses the issues most important to the public, and most likely to make the biggest impacts in improving patient care.

During 2017, PRIME Centre Wales established the SUPER group of patients and public members to support development, implementation and dissemination of research linked to PRIME. SUPER stands for Service Users for Primary and Emergency care Research.

Information about SUPER was circulated across a wide network of voluntary, community and research organisations, using leaflets and social media in order to reach people with diverse experiences and backgrounds and from across Wales. Of the twenty-two recruited, ten individuals were not previously known to PRIME, eight came from beyond the Cardiff and Swansea areas and five were parents of young children.

PRIME researchers are invited to attend the regular quarterly SUPER meetings and circulate information to members in order to obtain advice and involvement in research activities, particularly research development and dissemination. Staff have attended to present research ideas and PRIME strategy documents and have found it an excellent facility in informing early development of research proposals.

SUPER members have also contributed to research development activities and attended conferences and workshops to promote public involvement in research.

PRIME is committed to public and patient involvement in all its research development activities. SUPER is just one route to achieve this. Researchers also use other networks and contacts to recruit people with relevant experience to be involved across the PRIME work packages.

Further information can be found at:

www.primecentre.wales

info@primecentre.wales

[www.twitter.com/PRIMECentre](https://twitter.com/PRIMECentre)

MEDIC Ambassadors...

...teaching and inspiring Welsh pupils

At the start of the 2017/18 academic year the School of Medicine launched a MEDIC Ambassadors scheme, with two main purposes:

To enable expansion of engagement activity with schools and communities across Wales – providing additional support and mentoring to pupils and teachers, enhancing the curriculum and raising aspirations from a School of Medicine perspective.

To enhance mentoring, pedagogy, communication and employability skills in staff and students.

Over the first six months more than 70 students from across the years of study registered to become Ambassadors. As well as student Ambassadors, there is an opportunity for alumni and staff members to join up. Several alumni have come forward and are very keen to be able to share their career experiences to inspire school children into considering a career in healthcare.

The School of Medicine Engagement team is building its network with schools and colleges across Wales to build a catalogue of engagement opportunities for MEDIC Ambassadors. Several secondary schools and primary schools in Wales have already been visited by Ambassadors, running activities such as human body workshops, careers fairs/talks, testicular cancer workshops, and “know your bits” sessions for both boys and girls.

All Ambassador activity is recorded, which is important for student portfolios. Recognition will also be given through the annual student awards ceremony (Surgam).



Dr Sam Cox, (MBBCh 2006) explaining how you can become a doctor at Sully Primary School.

There are many benefits for university staff, alumni and students participating in this scheme, including:

- Development of employability skills
- Enhanced communication skills
- Supporting the National Curriculum
- Inspiring future scientists, medics and healthcare professionals
- Supporting the recruitment strategies of Cardiff University
- Establishing relationships with schools to make learning fun and engaging.

Likewise, the benefits to schools and teachers include:

- Support in teaching the curriculum
- Enhanced learning, backed up with “real life” examples
- Inspiring teachers and pupils – raising career aspirations
- Long term partnership with Cardiff University School of Medicine

Feedback from MEDIC Ambassadors who have participated to date include:

“I feel more confident in my ability to teach children especially on a topic as sensitive as breast cancer. It also gave me the chance to practise presenting, and breast examinations which will obviously be useful in the future for both myself and my patients”.

“I have not had previous experience of teaching students. This experience enhanced my teaching skills and made me more confident to speak in front of an audience. At the end of my talk, I did a quiz to gauge how much the students retained from the talk. I found 99% of the students answered correctly to all the questions, showing they were paying attention and understood the information.”



Left to Right: MEDIC Ambassadors Jomji John, Lawrence Pugh and Jack Wellington delivering a workshop on testicular cancer to year 10 pupils at Fitzalan High School.

“I enjoyed talking to the pupils and teachers. We were able to engage students and teach them CPR. This helped reinforce my own learning related to CPR and improve my communication skills with young people. In this school, there are a large number of pupils who are learning English, which gave me experience communicating despite a language barrier.”

Teacher feedback has been equally positive. When asked if it was a worthwhile activity for them and their pupils, we received these responses:

“Definitely. I learned different things as well as the children! It linked in with our ‘All About Me’ topic perfectly and enabled the children to have real life experiences. Lots of them now want to become doctors!”

“The pupils thought that the event was brilliant and everyone had really positive things to say. In particular, they enjoyed the stall on lung health and the health MOT as these offered practical and tangible things for them to try. Thank you to all the students that participated on the day and who showed great enthusiasm with the pupils.”

How to get involved?

The School of Medicine is passionate about raising aspirations in school children across Wales. If you like the sound of the MEDIC Ambassador programme and would like to find out more please email Karen Edwards, Engagement Officer, School of Medicine at

✉ medicengagement@cf.ac.uk

**Thank you
for your support**



Left to Right: MEDIC Ambassadors Leah Hawkins and Akshita Dandawate hosting a “Check your bits” session to year 10 pupils at a Fitzalan High School Well-being Fair.

The Global Rise of Superbugs – why we need to engage



On 28th June, Cardiff University held a “**Superbugs – The End of Modern Medicine as we know it?**” public engagement evening event in the Welsh capital’s science centre ‘Techniquet’, in partnership with industry and charities.

This discussion comes as cases of hard to treat strains of superbugs are becoming more prominent, resulting in 25,000 deaths across Europe annually. Engaging members of the public to better understand how we can all help to preserve antibiotics for the future will ultimately help to save lives in the future.

As part of the Wales Festival of Innovation, the event attracted over 300 visitors of all ages and informed the public of how our body fights ‘bad’ germs that make us sick and uses ‘friendly’ germs to keep us healthy.

Attendees met with scientists and doctors who tackle the ever-growing antibiotic resistance and the worldwide spread of untreatable infections. They also learnt how antibiotics work and why sometimes it is better not to take them.

Those who experienced the walk-in Micro-Laboratory, took pictures of germs that live on your skin, and saw if washing your hands removes them. Over 126 people plated out their snot, armpit fluff and ear wax on agar plates and could see their very own bugs via a Facebook link.

Key lectures were presented on the following topics:

- “What’s wrong with me, Doctor? Can technology help GPs answer the question?” Professor Kerry Hood, Centre for Trials Research, College of Biomedical and Life Sciences
- “Global antimicrobial resistance: Why now?” Dr Maria Mendes de Carvalho, School of Medicine
- “Decoding the early signs of sepsis: Messages from the genome” Professor Peter Ghazal, School of Medicine
- “Bacterial infection?... Drink more beer” Dr James Blaxland, School of Pharmacy

Via 17 exhibition stands participants were shown cutting edge research into antimicrobial resistance (AMR), explored common misconceptions, including those around vaccines and decoding the early signs of sepsis. The Association of the British Pharmaceutical Industry exhibit took visitors on a virtual reality, 360-degree journey inside the body exploring how today’s technology research may transform tomorrow’s treatment.

Dr David Gillespie, Centre for Trials Research and Dr Micaela Gal, Primary and Emergency Care Research Centre said:

“At Cardiff University’s Centre for Trials Research, the Primary and Emergency Care Research Centre and Division of Population Medicine, we have a passion for the development, implementation and evaluation of research aiming to reduce antibiotic resistance.”

“Engaging with the public is a central part of our research and we thoroughly enjoyed the opportunity to discuss our efforts on improving antibiotic use in primary care across Wales, the UK and the rest of Europe. This has been achieved by studying GP-patient interactions, developing and evaluating appropriate education, and by implementing and evaluating clinical tests.”

Lesley Kirkpatrick, CEO at Techniquist said:

“We were thrilled to host this important event with the scientists at Cardiff University School of Medicine. With its world-class research and medical experts, we were keen to learn all about its findings around antimicrobial resistance.

“Essential research forms a crucial part of public health and the economy in Wales. We strive to be at the forefront of scientific discovery and debate, and it’s vital that we generate awareness around this global health concern.”

Professor Matthias Eberl, Public Engagement Lead, Systems Immunity University Research Institute and event organiser said:

“I am delighted about what we achieved on a very hot evening and competing with the World Cup! It was great to see so many families keen to find out about the global threat of antibiotic resistance and the growing number of untreatable infections in both developed and developing countries.”

“The children really enjoyed exploring the hands-on exhibits, collecting the ‘bug’ stickers and receiving their prizes. Notably, parents were thrilled by the range of activities laid on and how fun and informative the evening was.”

Susan Johns, Wales Festival of Innovation Project Manager said:

“This event was a highlight of the Festival and an excellent showcase of the innovative research tackling one of the major health challenges that we face.

There was an energy and buzz in Techniquist as members of the public got the opportunity to view first-hand the research being done locally and how we as members of the public can help to preserve antibiotics for the future.

My daughter attended with me and loved the whole experience. I hope she continues to be inspired by science and its application in everyday life.”

Event Outcomes

Reach:

- The event was attended by over 300 members of public.
- Involvement of patient focus groups, charities (UK Sepsis Trust) and industry (ABPI)
- 171 visitors completed the sticker “treasure hunt” evidencing participation in 1539 activities

Impact:

- An increased awareness of the challenges associated with antimicrobial resistance and infection.
- An increased profile of Cardiff-led research into antimicrobial resistance.
- A demonstration of strong engagement and involvement activities.
- The development of a closer strategic partnership with Techniquist.
- A contribution to further research related to AMR, drug discovery, antibiotic prescription, infection diagnostics and sepsis.
- Consideration by students of a career in research at Cardiff University
- Increased awareness of the School of Medicine’s Science in Health programme of activities.
- An increased understanding of the importance of members of the public getting involved in University research and teaching and the ‘added-value’ this involvement brings to Universities.

The School of Medicine is very keen to engage and involve members of the public in its research and teaching activity. Sarah Hatch, Engagement Manager, School of Medicine, said: “This was a fantastic event, which allowed members of the public to find out about the exciting research taking place at Cardiff. Not only that but we had the opportunity to explore the opportunities for members of the public to get involved in University research and teaching activity and understand some of the barriers that prevent engagement and involvement. This is a growing area of importance within Universities as research funders increasingly require public engagement and involvement in research projects and regulatory bodies, such as the GMC, require public and patient involvement in undergraduate medical education.”

Should anyone wish to find out more about the School of Medicine’s engagement activity with Schools or more generally please contact

✉ medicengagement@cardiff.ac.uk

Interested in getting involved in the School of Medicine’s research or teaching activity and discussing the opportunities available, please contact ✉ medicengagement@cardiff.ac.uk



10 ways

MEDIC is MAKING an IMPACT

The School of Medicine has a successful track record of contributing to society through its Research, Learning and Teaching, and Innovation and Engagement activity. Efforts by many staff and students highlight a rich variety of ways in which the School is engaging and benefitting society. Here are just ten recent examples:

1 Business of the Year



The School of Medicine has been named Admiral Business of the Year at the Arts and Business Cymru Awards for the innovative way it uses the arts to improve healthcare for people with learning disabilities.

Learning-disabled actors from theatre company Hijinx worked with more than 400 fourth-year medical students on role-play clinical scenarios to address a lack of training in communicating with, and caring for, people with learning disabilities.

Dr Robert Colgate, School of Medicine, said: "We're thrilled to have won this award; it's a huge achievement. The brilliant actors at Hijinx have upskilled and educated our undergraduate students, giving them the tools to improve patient care when looking after individuals with learning difficulties. We hope this partnership will positively impact all of the communities that our medical students go on to work in."

2 Make a Smile



In the summer of his first year at medical school, Luke Morgan, now at the start of Year 3, founded a project that is bringing happiness to the children of South Wales. 'Make a Smile' is a thriving initiative which sees student volunteers visiting a range of children's hospital wards, centres, events and birthday parties dressed as well-known beloved children's characters. With illness or disability often preventing some children from enjoying their childhood to the fullest, Make a Smile brings joy and fun to the lives of those that need it.

The engagement project now involves over 100 volunteers and has recently won the Cardiff Volunteering Award, Best New Project.

3 Pig Immunology Comes of Age

A team of researchers, led by Professor Andrew Sewell has developed methodology for closely studying pig T cell responses to influenza for the first time, giving them a new way of developing vaccines that can be effective against all strains of flu in pigs, birds and humans.

Professor Andrew Sewell said: "Pigs provide a very good model system for influenza virus infection. They can be infected with both human and bird flu in addition to swine flu and are known to act as important 'mixing vessels' for the creation of pandemic flu strains. The new methodology and tools we've developed in Cardiff will allow researchers at Pirbright, the Bristol Veterinary School and elsewhere to closely study pig T cell responses to influenza for the first time. The goal will be to create a vaccine that can be effective against all strains of flu."

4 Improvements Needed in End of Life Care

A study by the Marie Curie Palliative Care Research Centre and the School of Healthcare Sciences looking at the personal perceptions and experiences of patients, families and healthcare professionals has highlighted the need for improvement in symptom management for end of life care.

The analysis identified several areas of treatment which were often perceived as sub-optimally managed by healthcare professionals, including; pain, breathing difficulties, nutrition and hydration.

Annmarié Nelson, Professor of Supportive and Palliative Care and Scientific Director at the Marie Curie Palliative Care Research Centre said:

"Despite the advances we are seeing in the field of palliative care, symptoms such as pain and breathlessness remain at the forefront of people's concerns. What this analysis shows is that there are significant concerns around uncontrolled symptoms among patients and carers but also among healthcare professionals who feel that there should be clearer guidance, particularly with regards to nutrition and hydration."

5 Innovation Award for Diagnostic Cancer Technology

A test that predicts the aggressiveness of common types of cancer and identifies patient responses to treatment won the Medical Innovation Award at this year's Cardiff University Innovation and Impact Awards.

The technology - known as Single Telomere Length Analysis (STELA) - has been spun out into TeloNostiX thanks to a close, 10-year collaboration between Professors Duncan Baird, Christopher Fegan and Christopher Pepper at Cardiff University's School of Medicine.



Professor Duncan Baird from the School of Medicine said: "Our tests provide precise prognostic information that will allow cancer patients and their clinicians to make informed clinical decisions about their disease. We are looking forward to making the test available to patients in the near future."

6 Support to Overcome Barriers to Joining Medical School

The Grangetown Community Gateway Project is a valued and thriving community outreach project in which Cardiff University work with local people to help them access opportunities that can be almost out of reach to many. School of Medicine staff members, Dr Athanasios Hassoulas, Dr Sarju Patel and Dr Jeff Allen met with parents and pupils to provide practical support in overcoming barriers that prevent some people joining medical or healthcare professions.

Dr Patel commented, "widening access to healthcare professions is a key goal for the Medical School. This is just the first step in our goal to inspire the local community to apply to study medicine here in Cardiff."

7 MEDIC Presence at this Year's Hay Literary Festival



Dr Emma Yhnell from the Neuroscience and Mental Health Research Institute (NMHRI), School of Medicine presented her research into brain training for people with the rare genetic disorder Huntington's disease on 31st May 2018 on the Baillie Gifford Stage at the Hay Festival.

Emma gave an interactive and engaging talk, where members of the audience were invited to take part in some brain training games for themselves and some audience members helped create DNA to demonstrate the genetic cause of Huntington's disease.

Dr Yhnell said "I was delighted to be selected to speak at the Cardiff Series at the Hay Festival. It was a fantastic experience and provided a wonderful platform to discuss my research and to raise awareness and understanding of Huntington's disease".

8 Tackling Gender Inequality



The School of Medicine has received an Athena SWAN Bronze Award in recognition of its commitment to tackling gender inequality.

Dr Anna Hurley, School Manager at the School of Medicine, said: "Our Athena SWAN Bronze Award is tremendously positive for the School, and is thanks to all our staff and students for embracing our vision and making it happen."

Professor Siladitya Bhattacharya, who took up the role of Head of the School of Medicine in May, added: "I am delighted to be joining the University at this time and very much look forward

to leading the School of Medicine as we continue to operationalise our ambitious initiatives, working towards a culture where everyone has the opportunity to thrive and develop."

9 How to Train your Virus

A team of researchers, led by Dr Alan Parker has successfully 'trained' a respiratory virus to recognise ovarian cancer and destroy it without infecting other cells.

Dr Catherine Pickworth from Cancer Research UK said: "It's encouraging to see that this virus, which has been modified to recognise markers on cancer cells, has the ability to infect and kill ovarian cancer cells in the lab. Viruses are nature's nanotechnology and harnessing their ability to hijack cells is an area of growing interest in cancer research. The next step will be more research to see if this could be a safe and effective strategy to use in people."

10 Widening Access to Medicine

The Widening Access to Medicine Scheme (WAMS), initiated and led by recently graduated medical student David Lawson, has over 100 medical student volunteers, trained in mentoring. Last year the pilot scheme visited 26 schools across Wales, supporting pupils with their applications and interviews to Medical Schools.

Applicant numbers from Wales for the conventional 5-year medical degree, although stable, are lower per capita than the rest of the UK. This is significant because the General Medical Council has suggested that those students who study in their own region are more likely to then work in the same area. This could help to address medical staff shortages presently affecting parts of Wales.

David said: "I hope that the support provided will give school pupils from across Wales confidence with their applications and interviews and ultimately improve the success rate in these applications. I hope that one day in Wales a career in Medicine is achievable to all those suitable, regardless of their school and home town."

To find out more about this scheme, please email

✉ wamms@cardiff.ac.uk

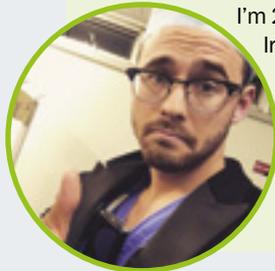
MEDIC people

ReMEDy talks to **Dr Gianluca Trisolini Longobardi**, alumnus; **Rucira Ooi**, undergraduate student; **Kartika Andri**, postgraduate student and **Karen Edwards**, member of staff, to ask the questions we love to know the answers to!

What do you listen to first thing in the morning?

GTL I always start the day with a strong coffee listening to the news in the background. If I walk to work I'll usually listen to Spotify or a podcast (highly recommend The Rugby Pod if you like rugby news and a bit of changing room banter).

Dr Gianluca Trisolini Longobardi (Gian)



I'm 28-year-old Italian/Irish/Welsh doctor. I graduated from Cardiff University in 2014 and I am now a CT2 Anaesthetic trainee working in the Cardiff and Vale UHB.

RO My alarm! Which at the moment is "Baba Yetu", a beautiful piece composed by Christopher Tin, performed by Ron Ragin and Stanford Talisman written in Swahili language "Our Father".

KA I don't have a specific music but mostly fun and motivating music such as The Fighter by Gym Class Heroes featuring Ryan Tedder. I feel like this type of music can boost my mood for the rest of the day.

KE I listen to Jagger and Woody on Heart radio. They always brighten up my commute to work and start my day off with a smile.

As a child what did you want to be when you grew up?

GTL I used to love drawing and for a period I wanted to be an architect! That all changed when I saw the volume of coursework that came with Art GCSE.

RO As a child, I always aspired to try and fit into the crowd, I tried really hard to be 'normal' as I was known for my loud, out-spoken personality which wasn't 'ideal' for girls. However, over the years I've learned to love and accept myself for my authenticity.

KA As a child, I wanted to grow up in a very big metropolitan city, but now I'm very grateful that I have a chance to live here in Cardiff, such a happy and warm city with very nice people. And I can find all the tasty food here!

KE I wanted to be a teacher, but interestingly one of my teachers in high school talked me out of it. In my current role, I have interaction with school students, which is one of the particularly enjoyable aspects of the job.

Who are your heroes and villains?

GTL Heroes: my parents and all the staff at the NHS (soft answer but I'm post-nights!). Villains: litterbugs and spiders.

RO As cliché as it sounds, my heroes are the people who have played a role in my upbringing and my successes – that includes my parents, siblings, teachers, friends. Villains, would be times when I'm feeling low, anxious or having self-doubts and when I beat myself up for insignificant matters. Often we are our greatest enemy / hindrance to achieving our goals.

KA My hero is my father. He always teaches me to be brave and to always work hard to achieve my dream. And another hero of mine will be Elle Woods from Legally Blonde. She inspires me that a girl can be beautiful, smart, kind, and strong at the same time.

KE I think my heroes are the medical students here at the School of Medicine – they are so busy with their studies but find time to do so much more in terms of volunteering and working with the community. For example, our MEDIC Ambassadors enthusiastically go into schools and inspire future generations of doctors, scientists and healthcare workers. I am in awe of them.

My villains are those who don't have a grasp of spelling or grammar on social media. It never fails to annoy me, but that's probably just my own pedantry!

If you could change one thing what would it be?

GTL Consistent weather in the UK (have you been to the Gower recently!?)

RO I would like to remove stigma from mental health issues. Most of us are so quick to judge, so quick to put a label on something that isn't accepted by society. Change starts with us.

Rucira Ooi

Hello! I'm currently a 4th Year Medical Student. Throughout my 4 years of Medical School, I have spearheaded and founded Cardiff Healthcare International Perspectives, a society that integrates international students into the UK whilst providing



international opportunities to local students. I was appointed Vice President of the Surgical Society and Obstetrics & Gynaecology Society for two years, providing opportunities to students who have an interest in surgery or women's health. Additionally I co-hosted Cardiff University's first National Surgical Conference. I am also a strong advocate of the C21 course and enjoy helping prospective students to learn more about Cardiff's School of Medicine.

KA Maybe some policy in the healthcare system so that patients with severe disease don't have to struggle to get a treatment. Such as regarding the availability of hospital ward, price of medicine, and the quality of medical treatment.

Kartika Andri

Hi, my name is Kartika. I am a post-graduate student in Cardiff University.

I am currently studying a Masters Programme in Clinical Dermatology. I am originally from Indonesia. Before I came to study here, I used to work in a hospital as a general practitioner.



KE Donald Trump becoming President. The world seems such a crazy place to live in at the moment.

What is your secret ambition? (just between us)

GTL To retire in good health and get involved with medical student teaching.

RO I've always had an admiration for art and sculptures. Perhaps in another dimension, I'm either an architect, an artist, a carpenter or an aeronautical engineer.

KA I want to become a chef and open my own restaurant.

KE I would love to run a coffee shop by the sea, and spend the days getting to know the regulars and feeling part of the community. I'm sure it's not as romantic as it seems in my head!

What does the School of Medicine need more of?

GTL More open, green space where students can relax and socialise. How about a Cochrane building rooftop garden!?

RO The School of Medicine needs to be more approachable and diverse. Being an international student, I have faced struggles during placements, exams and even during teaching sessions. You often get the occasional "Where are you from?" followed by the "Where are you actually from?" by patients, doctors and even fellow students. We all have unconscious bias in us, the key is to be aware of it.

KA More chances for students to be involved in clinical research.

KE Overall it definitely needs more space and much of the School needs more modern research facilities.

What advice would you offer medical students today?

GTL You have a VIP pass to see every aspect of medicine. Don't take it for granted.

Which book did you re-read most as a child?

GTL I never liked re-reading books. A stark contrast to re-reading revision books nowadays. As a child I loved Roald Dahl and I remember reading through most of his books in a summer.

RO As a child I enjoyed reading the Mr Midnight series a children's horror fiction written by pseudonym James Lee (Jim Aitchison) a Singaporean author. My school friends and I would often swap books and write to the author hoping to be featured in his next book.

KA Harry Potter.

Karen Edwards



I work as an Engagement Officer within the Engagement and Communications team. My role is to link with primary and secondary schools across Wales to facilitate engagement activities, involving our staff and students. I also coordinate the well-established Science in Health programme of events for secondary schools including our flagship event, Science in Health Live, a successful work experience scheme and an annual Life Sciences Challenge inter-schools science competition.

KE I was a big Enid Blyton fan and loved The Famous Five books and, as I grew older, the Malory Towers series. I thought those girls were so cool and wanted to belong to their group of friends.

Which one question would you really like to know the answer to?

GTL Why can't we control our dreams like we can control our conscious thought? (Deep right!?)

RO Is there such a thing as an absolute answer? And if so what is it?

KA I want to know, what will happen in the future. Who decides what we will become. Does destiny really exist?

KE What time actually is wine o'clock?

How do you relax?

GTL I find exercise is the best medicine.

RO I relax by doing things I love. Skyping with family, hanging out with friends or just having some alone time to myself.

KA Have coffee in my favourite coffee shop surrounded by my favourite people.

KE I love to spend time with friends and family, over a coffee or a glass of wine. I am lucky enough to live on the coast, so enjoy long walks by the sea – preferably in the sunshine.

If you could turn the clock back, what would you do differently?

GTL I would have put more than £10 on South Africa winning the rugby World Cup in 2007. But seriously I wouldn't change a thing. I am a believer in learning from the past to help carve out the future.

RO I would tell 9 year-old Rucira to look up. Be selective with advice given. You have the right to choose to accept or reject opinions thrown at you. When you grow up, you will realise that respect and trust is earned not given.

KA Nothing. I like what I have become now. I made some mistakes in the past, but every mistake taught me a lesson and thus making me a better person.

KE I wouldn't have waited until I was in my thirties to do my degree. I would have gone to University straight from school and enjoyed the whole student experience (and the partying!).

What is your best holiday?

GTL Anything involving the slopes in the winter and a poolside bar in the summer!

RO My best holiday is when I'm back home in Penang, Malaysia with family after being overseas for 2 years straight.

KA Any holiday spent with my favourite people on the beach.

KE It's hard to describe a "best" holiday as I do love to be in the sunshine, relaxing by the pool with a book and a cocktail in my hand, but equally I love city breaks and have enjoyed great sightseeing in places such as Dublin, Edinburgh, Barcelona, Prague, Amsterdam and Paris. The company makes a holiday too, and there's nothing better than sharing holiday laughs and experiences with great friends and family.

All the Fun of the Fair at Cardiff MRC Festival



MRC Centres across the UK and in parts of Africa celebrated the third MRC Festival of Medical Research from 14-24 June 2018.

In Cardiff, at the MRC Centre for Neuropsychiatric Genetic and Genomics (MRC CNGG), the team pride themselves on holding inspiring, unique and captivating events to mark the festival and this year was no exception.



Their most ambitious event to date, the MRC Science Fair on 20 June, brought together brilliant researchers with funfair amusements, pizza and a little bit of magic.

They welcomed more than 80 guests to the DEPOT for the evening, where they had a chance to learn about the various areas of research taking place at the MRC CNGG based at Cardiff University.

These conversations were sparked over adapted funfair amusements intended to explain the research in a fun and intriguing format.

Hook-a-duck, or in this case Hook-two-parent-ducks, explained our likelihood of inheriting certain traits. Play Your Genetic Cards Right demonstrated how environment and genetic factors can have a positive or negative affect on us and how we develop. A coconut shy mimicked a sequence of our genome and explained how missing or deleted genes can cause or contribute to neurological conditions.

Research into new treatments for PTSD were showcased in a traditional style Hall of Mirrors. Participants in the research had shared their experiences of taking part and these quotes were displayed alongside the mirrors which you were guided through by the researchers from the RAPID* trial.

The ECHO Study team based at MRC CNGG used their Kick the Risk game to show the randomness of changes to your genetic code and explain how the changes can result in us developing different mental health problems.

As well as games, short and snappy talks were hosted in the DEPOT's Speakeasy. Dr Lynsey Hall, Dr Katie Lewis, Dr Xavier Caseras and Dr James Hrstelj discussed genetics, the genetics of sleep, neuroimaging, and research into multiple sclerosis respectively.

There was also an exhibition by photographer Alex Stewart, who displayed his most recent project called Why don't you smile more? Based on stigma and misconceptions of depression, Alex asked his subjects to put on their biggest smile while he photographed them for ten minutes. The results show the difficulty of holding a posed smile.

On the night there was a constant flow of pizza slices thanks to Ffwrnes Pizza and magician Adam James Reeves blew everyone away with his close-up magic.

To see more photos from the Science Fair, please visit the MRC CNGG Facebook page.

* RAPID stands for Pragmatic RAndomised controlled trial of a trauma-focused guided self-help Programme versus InDIvidual TFCBT for PTSD.

Editor: Sarah Hatch, Cardiff University School of Medicine, Heath Park, Cardiff, CF14 4XN. The Editor wishes to thank all contributors to this edition of ReMEDy.

The Editor reserves the right to edit contributions received. Whilst care is taken to ensure the accuracy of information, this cannot be guaranteed.

Views expressed in 'ReMEDy' do not necessarily reflect those of the School.

Feedback and items of interest relating to the School are welcome and should be sent to:

✉ remedy@cardiff.ac.uk

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