

Introduction



Welcome to 2025!

As we move into 2025, EMPAN is excited to launch a range of new initiatives aimed at supporting paediatric trainees across the East Midlands. This year, we're expanding our reach with:

- **The new  website** – A central hub for academic resources, upcoming events, and networking.
- **The East Midlands Regional Project** – A trainee-led collaboration, where one selected project will receive full support from EMPAN to drive meaningful change.
- **QIC Learning Courses** – A fantastic opportunity to develop essential quality improvement skills.
- **New Education Resources & Blogs** – Regular updates, learning materials, and expert insights to support your career development.
- **Out of Programme (OOP) Guidance** – Key dates and resources to help you navigate OOP applications for research, clinical experience, or career breaks.

Reflecting on 2024

In 2024, the RCPCH unveiled its ambitious [Strategy 2024-34: Phase 1 \(2024-27\)](#), outlining four key strategic goals to support paediatricians and improve child health outcomes.

One of the core pillars, [Goal 3: Evidence](#), focuses on championing research, developing clinical standards, and promoting evidence-based practice to enhance safety and care for children and young people.

EMPAN is committed to aligning with this vision by fostering more research opportunities and supporting trainees in their academic development.

Looking Ahead

With an exciting lineup of conferences, courses, and networking opportunities, 2025 promises to be a year of growth, learning, and collaboration.

We encourage you to get involved, submit your ideas, and make the most of the resources available.

Best wishes,
The EMPAN Team

EMPAN Co-Chairs



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Quality Improvement Project Development as a Paediatric Trainee: The Power of Brainstorming

Hi everyone!

We're excited to launch a new article series in our newsletter: the A-Z of a Quality Improvement (QI) project. This series will guide you through every stage of a QI project, from its conception to its conclusion.

To kick things off, we're starting with what we believe is the most important step -- brainstorming for a project. Walk with us as we explore how to develop, conduct, and conclude an impactful QI initiative.

As a paediatric trainee, have you ever worked in one hospital, moved to another, and wondered why things were done so differently?

Did you find yourself asking, "Why don't they do it this way instead?"

Or have you ever felt frustrated with a system or process, thinking? This could be so much more efficient if only they changed this..

These moments of curiosity and frustration can be the seeds of meaningful Quality Improvement (QI) projects.

Brainstorming is the starting point for any impactful QI initiative. Start by reflecting on the "why."

- Why does the current system work this way?
- Why does it frustrate you?
- Why are you passionate about making this change?

Digging into these questions often reveals inefficiencies, gaps, or opportunities for better care.

Write everything down—every "why," every "what if," and every idea that comes to mind. No matter how small or unpolished, these thoughts are the foundation of change. Speak to your colleagues; often, they share the same frustrations and may have valuable insights to build on your ideas.

Don't forget to share your thoughts with others. A conversation with a colleague or mentor could help refine your ideas or reveal a fresh perspective.

With the right questions and the right people on board, your brainstorming session could lead to a QI project that truly transforms care.

So start asking those "whys." You may be closer to a great idea than you think!

Nurshifa Shaari
EMPAN Co-chair



Thinking About Taking Time Out of Training?

If you're considering an **Out of Programme (OOP)** experience for research, clinical experience, or a career break, it's essential to seek approval from your postgraduate dean and follow RCPCH and GMC guidance.

Ensure you understand how your time out may count toward CCT and what evidence is required for your ARCP.

Learn more:

- ✦ [RCPCH OOP Guidance](#)
- ✦ [East Midland OOP Policy](#)
- ✦ [GMC OOP Approval](#)



East Midland Regional Project




EMPAN is now seeking project ideas to launch as our **First East Midlands Regional Project!!**

This will be a trainee-led collaboration, with one project selected and fully supported by the EMPAN committee. The proposer of the accepted project will take the lead in designing and driving this regional initiative, with our full support to ensure its success.

- ◆ **Submit your project ideas [here](#)**
- ◆ **Interested in joining the network to collaborate on this project? [Sign up here](#)**


Useful information:


- [Regional project standard operating procedure](#)
- [EMPAN project selection evaluation form](#)




Calling all East Mids Trainees

WE'RE LOOKING FOR OUR FIRST REGIONAL PROJECT


 **Do you have a burning question and desire to improve East Midlands CYP's care?**

 **Do you have a paediatric research, QI, audit project idea to share regionally?**


 **Looking to gain new skills, experiences, and opportunity to collaborate with a motivated and active research network ?**


LET'S TEAM UP

and ELEVATE EM Paediatric Care!!

 **Submit your project idea or express your interest today**

eastmidspan@gmail.com for any enquiry
Closes on 09/06/2025



 Submission deadline: 09/06/2025

Looking forward to hearing all your fantastic ideas!



RCPCH Trainee Research Network: Supporting Trainees in Research

The RCPCH Trainee Research Network (TRN) offers invaluable support to paediatric trainees, providing opportunities to:

- **Engage in Research Projects:** Collaborate on both regional and national initiatives.
- **Develop Research Skills:** From statistics and ethical approval to writing research reports and leading studies.
- **Access Valuable Resources:** Including the [TREES webinars](#), [Academic Toolkit](#), and a database of [Research Funding Opportunities](#).

The TRN aims to increase research visibility, offer peer support, and empower trainees to drive innovative projects in child health.

We're also delighted to share that **Aarti Mistry**, EMPAN Co-Chair, is the **East Midlands RCPCH Trainee Research Network Representative**, ready to support and guide you on your research journey!

[Learn more..](#)



Trainee Research nEtnetwork Education Seminars (TREES)

TREES is a monthly webinar series from the RCPCH Trainee Research Network, designed especially for paediatricians in training. Streaming on the last Tuesday of every month, each seminar helps trainees get involved in research and develop key capabilities in the Progress+ curriculum's research and scholarship domain.

[Read more >](#)

When you [register](#) for this webinar via [MedAll](#), you can opt in to get notified of upcoming TREES sessions and watch previous sessions on-demand through that platform.

[Register now >](#)

★RCPCH Trainee research network education series (TREES)

Last Tuesday of the month, 13.00-13.45



Sign up using the QR code
or visit:
<https://ow.ly/rQEX5OUT6cF>

RCPCH
Royal College of
Paediatrics and Child Health
Leading the way in Children's Health



Clinician Researcher Credentials Virtual Event

Wednesday 12th March 2025



NIHR | National Institute for
Health and Care Research

Academy of
Medical Royal
Colleges

Could you be a research delivery
leader?

Are you looking to develop clinical research leadership skills?

The **NIHR** and the **Academy of Medical Royal Colleges**, in collaboration with leading universities, have launched a national framework of **Master's level qualifications** for research delivery leadership.

These part-time qualifications are designed for busy healthcare professionals from all disciplines, focusing on hands-on research experience and online modules. Applications for 2025/26 entry are now open.

[Sign up to learn about our Clinician Researcher Credentials Framework.](#)

Join the 22 Week Study – A Vital Neonatal Research Project

Currently recruiting **trainee leads and data collectors** for the **22 Week Study (IRAS 346626)**, a national prospective observational study on babies born at **22 weeks gestation in UK NICUs**.

This is an excellent research opportunity to contribute to neonatal care advancements and gain authorship recognition in publications.

Responsibilities: Register project with R&D, complete GCP training, collect clinical data, and engage with NICU teams.

Eligibility: NICU trainees, residents, or ANNPs (2 per unit) + consultant lead.

Acknowledgment: Contributions will be credited in publications and presentations.

[Register now >](#)

For questions, contact: helen.mcdermott@nhs.net



info@neotrips.org
@NeoTRIPs1

The 22 Week Study

Join our new UK-wide project for tiny babies!
Now recruiting trainees and ANNPs

Who do we need?
1-2 trainee/ANNPs from each tertiary NICU
(some units have already recruited)



What will we do?
Prospective, observational data collection for babies born at 22 weeks during the 12 month study period

When? **Start date TBC pending approvals**

How do I sign up or get more information?

Use this QR code or link:
<https://forms.office.com/e/uFszn2HiSD>

Email: helen.mcdermott@nhs.net



*All data collectors need a minimum of 6 months NICU (L3) experience.

Upcoming Conferences





RCPCH Conference

26-28 March 2025
Glasgow

Future of child health:
innovate,
integrate
and inspire



RCPCH

**Spotlight on
Rare Diseases at
RCPCH Conference 2025**

A dedicated space for learning,
collaboration, and innovation in
paediatric rare diseases.

RCPCH Conference 2025

Under the theme "Future child health: innovate, integrate, and inspire", this three-day event features specialty sessions, workshops, and keynote speakers. CPD-approved, all delegates receive a certificate of attendance. Can't attend in person? Access select sessions live or on-demand. [Don't miss this flagship event!](#)

**2025
SPRING
CONFERENCE**

1-2 April 2025



BAPM

LEICESTER
& ONLINE

"The BAPM Spring Conference is designed with paediatric and neonatal trainees in mind – many of the presentations are targeted against curriculum goals and will really help you in your career development, whether or not you're pursuing neonatal grid training."

Katherine Pettinger, BAPM Representative for Trainees and Students

[Book here >](#)

Join leading experts at ESPNIC 2025, the premier event in paediatric and neonatal intensive care. Explore cutting-edge topics, including ECMO, POCUS, sepsis management, mechanical ventilation, and neurocritical care.

Don't miss this essential learning opportunity!

[Register now >](#)



European Society of Paediatric and Neonatal Intensive Care

34TH INTERNATIONAL CONGRESS

SCIENCE OF PAEDIATRIC AND NEONATAL INTENSIVE CARE

25-28 JUNE 2025
ALICANTE | SPAIN

XPERIENCE | XCELLENCE | XTRA CARE



espnicecongress.eu



Congress of Joint European Neonatal Societies

66th ESPR Annual Meeting
15th International Congress of UENPS
7th International Congress of EFCN

2025

21-25 OCTOBER 2025

THE ONLY PLACE TO BE

BELGRADE • SERBIA



REGISTER NOW

jenscongress.eu

Join experts at jENS 2025, the leading congress in neonatal care and research. Explore groundbreaking advancements in neurology, respiratory support, perinatal pharmacology, NICU quality improvement, and more. Stay at the forefront of neonatal innovation!

[Register now >](#)



NEPTUNE 2025: Advancing Paediatric Trauma Care

Join us in **Nottingham on 14–15 July 2025** for **NEPTUNE**, the UK's only dedicated paediatric trauma conference.

This CPD-accredited event will bring together leading experts to discuss the latest advancements, challenges, and innovations in paediatric trauma care.

Whether you work in a major trauma centre or a local emergency department, NEPTUNE offers valuable insights to enhance your clinical practice.

Submit your research, connect with peers, and book your place today!

**TICKETS TO NEPTUNE ARE NOW
AVAILABLE!**



NEPTUNE
National Emergency Paediatric Trauma
Update and Networking Conference



Neptune returns for 2025!

**Join us for 2 packed days of learning,
networking and trauma related fun.**

**Early bird
tickets end
30th April
2025!**

**Exciting guest speakers
Interactive workshops
Networking opportunities
Abstract submissions
Celebration meal**

14th & 15th July 2025



**Trent Conference Centre
Nottingham, UK, NG7 2PX**

**Scan here to book your place for NEPTUNE
2025 today**



@NEPTUNEConf



@neptuneconference



Major Trauma Network
East Midlands



DREAM

Emergency Department
Aspiring to deliver excellent care without exception



NHS
Nottingham
University Hospitals
NHS Trust

Thank you for reading this edition of the EMPAN Newsletter!

Stay connected, explore new opportunities, and make the most of the resources available through EMPAN and EMIP website.

If you have any suggestions or want to get involved, reach out to us at eastmidspan@gmail.com. See you in the next issue!

