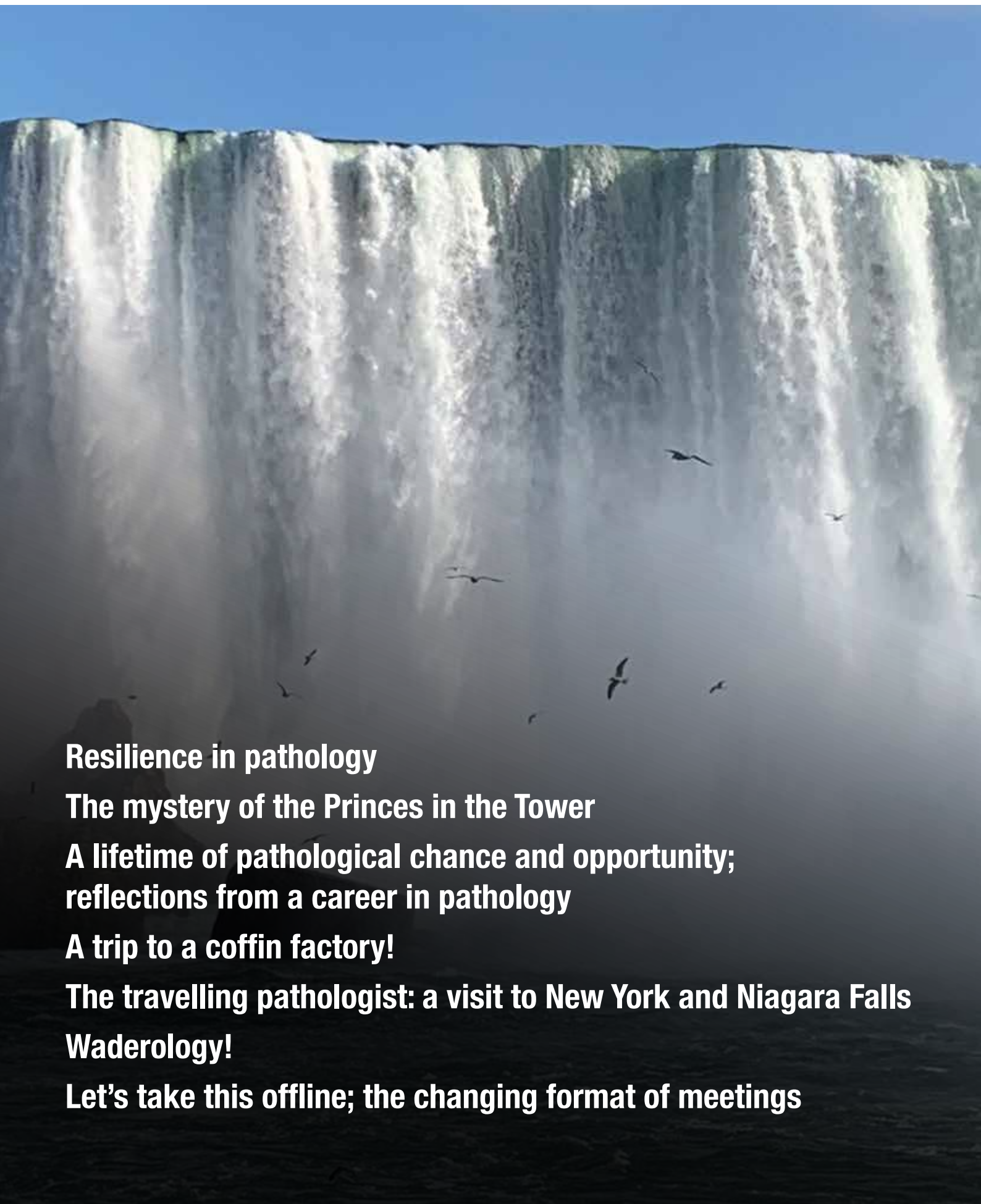


ACP news



Resilience in pathology

The mystery of the Princes in the Tower

**A lifetime of pathological chance and opportunity;
reflections from a career in pathology**

A trip to a coffin factory!

The travelling pathologist: a visit to New York and Niagara Falls

Waderology!

Let's take this offline; the changing format of meetings

Association of Clinical Pathologists

Officers

President
Dr I Frayling

President Elect
Dr S Lishman

Chairman of Council
Professor J L Burton

Secretary
Dr K Skordilis

Treasurer
Dr W Simpson

Editor
Dr Matthew Clarke

Deputy Editor
Dr Elza Tjio

Assistant Editors
Dr G Watson
Dr T Bracey

Education Secretary
Dr A Pugh

**Management Course
Organiser**
Dr B Wilkins

The Association of Clinical Pathologists
189 Dyke Road
Hove, East Sussex, BN3 1TL
Tel: 01273 775700
Fax: 01273 773303
email: info@pathologists.org.uk
<http://www.pathologists.org.uk>

Administrator
Mrs R Eustace

Correspondence should be addressed to:
The Editor,
Association of Clinical Pathologists,
189 Dyke Road, Hove,
East Sussex, BN3 1TL
Email: acpnews@pathologists.org.uk

Calendar of Forthcoming Meetings & Courses

DIARY DATES FOR 2023

Date	Title	Venue	Contact Details
Jan 2023 to December 2023	Chemical Pathology Webinar Series	Virtual	www.pathologists.org.uk
July 12 & Sept 20 6pm to 7pm	Autopsy Case Presentation Webinar	Virtual	www.pathologists.org.uk
June 24 12pm	AGM		www.pathologists.org.uk
September 27 to 29 3 Days	Advanced Leadership & Management Course	Chilworth Manor Southampton	www.pathologists.org.uk
November Friday 17 All Day	Autopsy Update Day	Virtual	www.pathologists.org.uk
For further information please see the website: www.pathologists.org.uk			

The ACP accepts no liability for errors or omissions in this calendar of meetings. Readers are reminded that advertised meetings may be cancelled. Those intending to attend are obliged to check the details on booking with the organiser in every instance. There will be a £25 administration fee per issue for entries in this table.

ACP news

Summer 2023

Contents

FROM THE EDITOR

- P4 Cover image commentary
- P4 Invitation to contributors
- P7 Letter from Dr Alan Padwell

- P8 ACP Journalism Prize Winners

ARTICLES

- P10 Toxic resilience: a personal view – Dr Erin Whyte
- P13 Resilience as an international medical graduate – Dr Fernanda Ruiz
- P15 Resilience in practice – Dr Wiaam Al-Hasani
- P18 Resi; a lighter take on resilience – Dr Hiba Issa
- P20 Resilience in pathology departments – Dr Tim Bracey

PATHOLOGY AND HISTORY

- P22 The mystery of the Princes in the Tower – Dr Matt Clarke

GENERAL INTEREST

- P27 Exploring Birmingham's enigmatic coffin works – Dr Abbie Pugh
- P30 Waderology – Dr Robert Pell
- P34 Public perceptions of pathology in Norway – Dr Mike Kearney
- P36 Octogenarian COVID exposure – Dr Mark Aitken
- P39 An instructive case – clonality and coeliac disease in a young patient – Dr Daniel Scott
- P41 Let's take this offline; the changing format of meetings – Dr Matt Clarke

INSPIRING CAREERS IN PATHOLOGY

- P43 A lifetime of chance and opportunity – Prof Sebastian Lucas

EDUCATION AND TRAINING

- P47 FRCPath Part 2: Invigilating – the perspective from the other side of the desk! – Dr Sarah Ruane
- P49 Preparation for the FRCCat! – Dr Kavitha Sooriyakumar

AN INTERVIEW WITH ...

- P51 An interview with ... Sarah Corner – Dr Sarah Ruane

THE TRAVELLING PATHOLOGISTS

- P53 The travelling pathologist: a visit to New York and Niagara Falls – Dr Matt Clarke

RESEARCH

- P58 ACP Research Bursary Report – Joseph Tonge
- P60 ACP Research Bursary Report – Bushra Kabiri
- P64 ACP Research Bursary Report – Mithylan Ganeshwaran

ACP TRAVEL FUND REPORT

- P66 American Society of Hematology Annual Meeting, New Orleans, USA – Dr Henry Wood



My visit to Niagara Falls (which I describe in this edition) was an incredible experience. The magnitude of this natural phenomenon, which dates back to the time of the last ice age, is quite something to behold; and I think this photo I took reflects this. The sheer power and noise of the water, combined with the constant spray, is overwhelming and you can feel quite vulnerable standing next to it. However, this power has been controlled and utilised to generate electricity, which is used to support the community and surrounding areas. In pathology, we can also feel like our workload is much like this waterfall. In this edition, we will explore more about our resilience in the face of the constant flow of cases, and how we can adapt, encourage and implement change, just as has been done at Niagara Falls.

Invitation to Contributors

In addition to the constant flow of material from ACP Council, ACP committees and ACP branches, *ACP news* needs new material from you, the members of the ACP.

Pathology news items (1200-1500 words): Any items related to the ACP or the College, pathologists in general, or medical and management matters that may have an impact on pathologists.

Articles (1500-2000 words): These can be papers, reviews, essays, commentaries, critiques or polemics. Submitted articles are always very welcome, as well as suggestions for articles and/or details of people whom the editor may approach.

Reports (1000 words): These may be personal views and reports on interesting meetings, travel or anything else of interest to the readership. Travel reports are specifically for holders of ACP travel fellowships; however, other reports from abroad are welcomed.

Columns (600 words): Regular and irregular columnists exercise their thoughts. Please feel free to rant.

Pathological creative writing: All literary forms, including short stories, serials, surrealism and even poetry.

Appreciations (1000-1500 words): We prefer appreciations on retirement, rather than obituaries. Please discuss these with the editor before submission.

Photo-journalism: Favoured subjects include pathologists doing something interesting, or College and ACP officers doing anything at all. Interesting or artistic photographs are welcomed.

Cartoons: Suggestions are welcomed.

Curetings: Jokes and humorous titbits are always needed.

Debate: Letters to the editor are welcomed, but may be shortened for publication, or even converted into articles. Please try to refrain from writing unless you are prepared to be published. All criticisms of organisations or named individuals will entitle the parties to a right of reply. Please bear in mind the UK libel laws!

Trainees: Trainees are especially encouraged to submit material in

any and all of the above categories. These will normally be placed in the trainees' section. Appointments committees in particular value publications in *ACP news*.

Editorial Policy: The editor would particularly encourage overseas contributors, material from trainees, material from non-histopathologists, commentary on current affairs in pathology, occasional columnists, innovations in pathology, humorous writing on pathology-related topics, and anything downright cantankerous.

Format: The *ACP news* style guide is now available on line via the ACP website in PDF format at: http://www.pathologists.org.uk/allpagestuff/publications_frameset2.htm. The publication is a magazine, not an academic journal, and long lists of references are generally considered unnecessary. Where given, references should be in the Vancouver style and should be kept to a maximum of around six per article, unless absolutely necessary. Alternatively, authors may prefer to give a recommended reading list, or a list of relevant internet links. The editor prefers these as they take up less space.

All suggestions are welcome; however, the editor's decision is final.

ACP news is published quarterly. Regular publication dates are:

Issue	Publication month	Copy date
SPRING	February	5 December
SUMMER	May	5 March
AUTUMN	August	5 June
WINTER	November	5 September

Copy is best submitted by email, in any version of Microsoft Word, although it should be possible to accommodate other formats. Submissions on paper by snail mail will also be accepted. Illustrations should be sent as JPEG digital images or hard copy prints. **Please do not embed images in your text. Send them as separate files.**

Please send email submissions direct to the editor at acpnews@pathologists.org.uk

In keeping with GDPR, please state if you wish your contact details to be published; they will appear in the print issue and will also be available as a PDF in the members' area of the website.

Dear readers,

It is lovely to be back in touch with you again after a tumultuous few months! As I write this, I am currently sitting under a tree in Overton Park in Sutton, enjoying the late afternoon sunshine ... without a jumper or a coat in sight! Could summer be finally here? It is looking more and more promising! Let us hope that we don't endure another scorcher like we saw last year, for the sake of the plants and wildlife, as well as ourselves. I have been enjoying taking walks through woods with blossom on the trees and also the floors carpeted with bluebells. I also walked through St James's Park on my way back from work recently and saw six broods of greylag geese who seem to be flourishing in the protected environment of the park. It is a lovely time of year.



Since I last wrote to you, it has been a memorable time in terms of British history, with the coronation of King Charles III at Westminster Abbey. Regardless of your views on the royal family and the monarchy,



it was an impressive piece of history, which I enjoyed watching, having read about previous coronations, and seeing snippets from that of Queen Elizabeth II. It was lovely to be able to witness this piece of history. Wishing his Majesty a long and happy reign! Last week, thanks to a Christmas present from my brother, I was able to enjoy another visit to the Tower of London where I queued for an hour and a half to see the crown jewels, some of which had been used in the coronation. They really are quite something to behold, and include the coronation spoon, the oldest piece, which is thought to date back to the 12th century. Definitely worth a visit, although I would recommend visiting when perhaps the excitement surrounding the crown jewels has calmed somewhat, to reduce your queuing time!!

I was also fortunate to attend a pathology celebration last month, too; I am the Deputy Meetings Secretary for the British Division of the International Academy of Pathology (BDIAP) and was a former trainee councillor. As a council member, I was invited to attend the Retiring President's Dinner, which this year featured two retiring Presidents, Professor Ray McMahon and Professor Andrew Nicholson, as a result of pandemic-related disruption to the planned dinners. At the dinner I was delighted to sit next to a former editor of the *ACP news*, Dr Emyr Benbow and his wife. It was lovely to hear his positive reflections about the publication, and for us to share some funny stories about editorial experiences! I feel very humbled to be an editor of this publication, which has had such an esteemed list of former editorial colleagues.



I also attended another very productive in-person ACP Council meeting in March. It was lovely to be able to nominate some of the amazing submissions we have had from our members over the course of the last year, for consideration as part of the ACP Journalism Prize 2022. Many congratulations to all the winners – it was a tough decision process for the Council members! They were thoroughly deserved. Council are also in the process of exploring more about the membership and what you want from the ACP, particularly at times of transition (for example, trainees transitioning to become consultants), and also why members may choose to leave the ACP. We are all therefore very keen to hear from you about this. Council were also very keen to let you know that to support members who are taking parental leave of 4 months or more, it was agreed that the membership fee would be suspended for one year whilst maintaining full member benefits, including online access to the journal (equivalent to trainee membership). Council will also offer support, on an individual basis, to any member who may be facing financial hardship. Don't be hesitant to ask if you need further support to help with your membership. As for this issue of *ACP news*, we have focused on exploring resilience in pathology and have received some great articles about this. Dr Erin Whyte talks about toxic resilience, and Dr Fernanda Ruiz describes her experiences of resilience from the

perspective of an international medical graduate training in the UK. We also have a very uplifting article about resilience from Dr Hiba Issa which made me smile after a particularly rough day at work! Dr Sarah Ruane, the new ACP Trainee Members Group Vice-Chair, has commenced a new series for us, 'An interview with ...' and in the first one, she speaks to Sarah Corner, a specialist biomedical scientist about her career and the challenges she has faced. I am also delighted to include the first article of a three-part series from Professor Sebastian Lucas, who talks to us about his impressive career in pathology, sharing some of his incredible experiences with us. We also have our regular pathology and history contribution, this time exploring the mystery of the Princes in the Tower, and some more reports from ACP research bursary holders. We hope you will enjoy it!

I am approaching a particularly busy period of travel in June; I have been invited to deliver two sessions as part of a neuropathology workshop in Macedonia, where I will be delivering sessions on brain tumours. I am very much looking forward to visiting Macedonia! When I come back, I have a one-day break before flying to Madeira to deliver an invited talk about 'Pathology and the Plantagenet Royal Family' as part of the History of Pathology Working Group of the European Society of Pathology. I always enjoy giving talks on this theme; it is lovely to be able to combine multiple interests and is a pleasure to speak to like-minded colleagues. When I come back from this, I have to get ready for a trip to Washington DC, where I will be giving a talk about my ongoing research into high-grade gliomas occurring in teenagers and young adults. It will be a privilege to speak about this and hear the thoughts from the experts in the field about the data I present, although also very nerve-wracking. I have delivered quite a number of talks in different settings, but I still get very anxious before every single one!

But for now, I must sign off. The challenges facing our specialty remain, with huge pressures on an already stretched workforce causing creaks to be very audible. But I hope that you will be able to find some time to have a break and look at this latest edition of *ACP news*, and that you will enjoy what you read and see. Wishing you all the very best for the summer and thank you for your continued support and contributions. Look after yourselves.

*Dr Matt Clarke, Editor
Sutton, May 2023*

Dear Sir,

I read with interest Dr Carl Gray's essay *Sense and Sensitivity*, *ACP News*, Winter 2022, pages 36-39 on sheep farming and the wool industry in Yorkshire, especially as a Yorkshireman myself, whose late father and uncle were master tailors. I would like to add one further hazard of the sheep industry which Dr Gray may not be aware of. This was pointed out to me when I worked in New Zealand (in the equivalent of a DGH) in a small town in a rural and agricultural area, and where I had a few acres and kept a few sheep myself; that being, a pilonidal sinus in the breast of female sheep shearers wearing a brassiere – I jest you not!

I was informed of this by one of my surgical colleagues who assured me this was well recognised and documented in sheep areas in Australia. Sheep shearing is an arduous job, entailing hot and sweaty work, especially in a hot climate. During the course of the work, varying-sized fragments of wool/modified hair become attached to the shearer's moist sweaty body, especially the upper torso, as they lean over the sheep wearing usually a loose shirt or vest. If the shearer is a female, which is not unusual (and was the case one year when my sheep were shorn), and

wearing a brassiere, a fragment of wool may become entrapped and stuck between the fabric and the skin, and with constant movement eventually pierces the skin and results in a pilonidal sinus. If the shearer is not wearing such a tight article of clothing, any wool fragment does not become so confined and does not penetrate the skin.

I can recall on two occasions when my surgical friend came to my room exclaiming "I've got one", having just excised a breast lump which he correctly believed to be of an inflammatory nature, and the history was entirely appropriate. On both occasions the histology showed an inflammatory and granulomatous mastitis, but unfortunately with multiple sections and multiple levels, and examination with polarized light, I could not detect any foreign material or anything resembling a hair shaft, much to the chagrin and disappointment of my surgical colleague and good friend. It's a shame, as it would have made a nice photograph!

Yours etc.

Alan Padwell

Retired Consultant Pathologist, Rochdale



NEXT ISSUE

In the next issue, given the recent prominence of artificial intelligence in the news, for both positive and negative reasons, we will be exploring this as a theme in relation to pathology. What do our members think about it? Is it a friend or a foe? Have your views subsequently changed with time or engagement? And how are we progressing with the new technology? Have your say! As usual, we are also welcoming any other articles, reports, or reviews etc. from our members. There will also be our regular features of pathology and history, the travelling pathologists, inspiring careers in pathology, and much more!



www.pathologists.org.uk

ISSN No. 0260-065X

