



BACA NEWSLETTER

October 2020



British Association of
Clinical Anatomists

Biannual newsletter produced by the
British Association of Clinical Anatomists
(BACA) communication group.

In this issue:

Page 2

President's Welcome

Page 2

Meeting Secretary's Report

Dr Choudhury tells us about
BACA events in the past six
months

Page 3

Anatomical Education Corner

Dr Brassett writes about an
important aspect of student
experience in the DR after
lockdown

Page 4

Career Development Corner

Dr Choudhury reflects on
her career journey and gives
valuable advice

Pages 5-6

Winners' Highlights

Short interviews with our
winners from the BACA's
First National Student Essay
Competition and the second
BACA Beats event

Pages 8-9

Member Spotlight

This issue puts the spotlight
on Dr Robert Whitaker who
kindly agreed to answer a few
questions



PRESIDENT'S WELCOME

Professor Peter Dangerfield

Dear Member

I would like to welcome you to our first BACA Newsletter.

We decided to publish regular Newsletters to keep in touch with you about BACA and its activities, as well as using it as an opportunity to publish interesting notes about clinical anatomy and its developments, history and other areas of interest.

We would also welcome short contributions from you for any future Newsletters. It is our new publication, born out of the difficulties that COVID-19 has created for all of us who are involved in clinical anatomy, education and research. I hope you find it interesting to read.

Comments are of course welcome.

Peter Dangerfield
President



ANATOMICAL EDUCATION CORNER

Achieving closure for students in a dissection-based course after lockdown

Dr Cecilia Brassett

Hands-on cadaveric dissection has been an important component of the anatomy course at the University of Cambridge for centuries. We are entirely dependent on the amazing generosity of our donors who enable our students to learn from them through a truly irreplaceable experience. All first-year medical students were allocated in groups to donors at the beginning of this academic year, and practical classes proceeded as usual until the coronavirus lockdown. After the students had returned home following the closure of university departments, our dissection room staff worked hard to ensure the respectful care and early cremation of our donors, thus enabling families and friends to achieve closure.

The continued lockdown meant that our students were unable to return for the last teaching term. The original plan for their final dissection session had been

to provide them with the cause of death for their donor as indicated in the Medical Certificate of Cause of Death (MCCD). The session would have started with a talk by a palliative care consultant on completion of MCCDs and a description of end-of-life trajectories. The student group for each donor would then compare the recorded MCCD with their own findings which had been recorded throughout the year. They would then consider any therapeutic procedures and/or palliative care that donors might have undergone. The aims of the session were to reinforce students' appreciation of their donors' humanity, and to acquire a preliminary understanding of the

complex needs of patients as their health deteriorates due to different pathological conditions.



When the country went into lockdown in March 2020, it became clear that the scientific meeting scheduled for

July could not go ahead

as planned. BACA swiftly took the

decision to offer a series of virtual meetings

instead, BACA Beats, to continue to enable its members to meet and share ideas.

The first Beat was held in July with 67 delegates in attendance. Just over two thirds of delegates were from the UK with the rest joining in from around the world. Beat 2, held in September, saw a similar number and distribution of delegates - this was a longer meeting of course so numbers attending varied between 50-72.

Both Beats had plenary speakers, to whom we are very grateful for giving up their time and energy and for producing thought provoking presentations. The feedback from Beat 1 was largely very positive but highlighted the desire to 'meet and chat' with fellow delegates. We introduced the breakout rooms in Beat 2 where delegates had a chance to share thoughts and catch up on happenings nationally and internationally. Most delegates really enjoyed having this opportunity to network with colleagues.

MEETING SECRETARY'S REPORT

Dr Bipasha Choudhury

We provided the opportunity for delegates to present their work at Beat 2. A total of 22 research presentations were given. The technology mostly worked, to allow presenters to share their slides, talk about their research and take any questions from the audience. Despite the occasional IT glitch, the meeting finished on time (well, give or take 7 minutes).

Running online meetings has been a steep learning curve, but made easier with the steadfast support from BACA council. Each of your councillors gave up their time freely to help work out meeting structure and zoom functionalities. We had much fun doing this. When practising slide presentations on zoom, we learnt a great deal about each other's interesting hobbies!

I am very excited for Beat 3 where we will be considering 'the future of anatomical training needs in the NHS! Our expert panel of clinicians will provide much food for thought I am sure. Join us on December 16th at 14.00hours (BST).

Looking ahead to 2021, we very much hope we will be able to resume our normal face to face July and December meetings. So many of you have enjoyed the increased frequency of meetings and ease of attendance allowed by online platforms, that we hope to continue to run some virtual events.

Thanks for continuing to support BACA!



As a means of providing students with an alternative experience which will fulfil the original aims, and to assist them in achieving closure

despite their absence from the dissection room, multiple Zoom™(Zoom Video Communications, Inc.) sessions were organised. Students from specified donor table groups were invited to each session, after watching a lecture on MCCDs and end-of-life trajectories. While students were being assigned to breakout rooms according to donor tables, details on the donors' MCCDs were emailed to the room hosts. A period of discussion was facilitated by senior anatomy demonstrators, most of whom were retired or current clinicians, and fifth year clinical students who had received teaching in palliative care. On return to the main meeting room, a representative from each table group presented their findings

to the whole group. These sessions enabled students to appreciate the difficult decisions that doctors have to make in the management of terminal illnesses, and the importance of the multidisciplinary team.

As a final conclusion to the year, a virtual committal service was created for students to view at a specified time. This included reflections and tributes on behalf of the whole year group by two student representatives, individual tributes for each donor, as well as moving contributions from families and relatives in the form of eulogies, biographical notes and photographs. Despite the remote nature of these arrangements, both staff and students were able to pay their respects appropriately to those donors whose altruistic gifts had made our anatomy course possible.

CAREER DEVELOPMENT CORNER

My Career journey

Dr Bipasha Choudhury

I don't think there's a certain route most folk embark on when trying to become an anatomist. Very few of the anatomists I know went through, what some might call the 'traditional route', before ending up being a specialist in the field. The 'traditional route' might encompass the attainment of BSc and PhD degrees before taking up a lectureship in anatomy on a teaching only, teaching and scholarship or research only contract.

Many of the clinical anatomists I know, completed a medical degree first before moving into teaching anatomy full time. This is the route I took almost 15 years ago now. On obtaining my medical degree from Manchester, I undertook clinical duties for a few years in the NHS before dabbling in teaching anatomy as an anatomy demonstrator, only ever intending to stay in this role for 6 months. Teaching suited me for a variety of reasons, most of all the reliable hours!



Any good educator is aware of the umpteen hours that go into preparing classes, deciding on the teaching approach, working out what specimens are needed, the dissecting methods to recommend to students and so on, to ensure a session runs well and that students learn. Those on the outside, only ever see the hour spent in front of the students, but educators know the commitment needed to make a session work. The reliable hours (albeit very many) were an attractive part of the job, but the enthusiasm of most students is what clinched my decision of remaining in teaching.

I returned to being a student alongside my role as a senior lecturer in anatomy by completing a masters and then a PhD both related to anatomy teaching and assessment. Those student mentalities I'd often complained about ('...but what do I need to know for the exam?') I found I'd adopted as a student. It was good to see things from the other side for a while, it kept me grounded and improved my own teaching.

The more anatomists you talk to; you will discover that each one has taken a different route to where they are now. I think if anatomy is a subject that you hold dear, whatever route you take, you can make it work and turn it into a career.

CLINICAL ANATOMY EDITOR'S REPORT

Dr Philp Adds, BACA Editor



In the period between January-August 2020, 20 submissions were received by the BACA Editorial Office, including:

- 2 sets of abstracts from BACA meetings
- 1 'Glimpse of Our Past'
- 2 'Viewpoints'
- 2 Reviews
- 13 Original Communications

Of these, so far 3 have been accepted, 4 have been rejected, the rest are at various stages of the review and/or revision process.

BACA Publications in 2020

James Bowness, Jonathan Seeley, Ourania Varsou, Angela McKinnie, Ian Zealley, Graeme McLeod, Calum Grant. 2020. Arterial Anatomy of the Anterior Abdominal Wall: Evidence-Based Safe Sites for Instrumentation Based on Radiological Analysis of 100 Patients. Clin Anat 33(3) 350-354 <https://doi.org/10.1002/ca.23463>

Joseph D. Westaby, Susanna T. E. Cooper, Khari A. Edwards, Robert H. Anderson, Mary N. Sheppard. 2020. Insights from examination of hearts from adults dying suddenly to the understanding of congenital cardiac malformations. Clin Anat 33(3) 394-404 DOI: 10.1002/ca.23531 <https://doi.org/10.1002/ca.23531>

Nimalan Sanmugalingam, Marcus EG Rault, Andoni P Toms. 2020. Normal variations in position and relations of the median nerve in the carpal tunnel: A cross-sectional observational study using clinical magnetic resonance imaging. Clin Anat 33(4) 598-604 DOI: 10.1002/ca.23458 <https://doi.org/10.1002/ca.23458>

RL Thomas, Jan H Kuiper, Timothy P Knight. 2020. Properties and function of the Flexor Hallucis Capsularis Interphalangeus tendon. Clin Anat 33(5) 689-695 DOI: 10.1002/ca.23490 <https://doi.org/10.1002/ca.23490>

Seaneen McDougall, Roger Soames, Paul Felts. 2020. Thiel vs formalin embalming: histological changes in skeletal muscle and tendon. Clin Anat 33(5) 696-704 DOI: 10.1002/ca.23491 <https://doi.org/10.1002/ca.23491>

Nithish Jayakumar Sajjad Athar Neil Ashwood. 2020. Where do these cadavers come from? Clin Anat 33(6) 872-875 DOI: 10.1002/ca.2357 <https://doi.org/10.1002/ca.2357>

WINNERS' HIGHLIGHTS

A big Congratulations to the winner of BACA's First National Essay competition, **Ms Pheobe Sweeney**, a medical student at Barts and the London. We are also pleased to announce the winner of the Conrad Lewin prize, **Mr Anthony Lim** for his presentation "Studying tibial weight bearing before and after a fibular osteotomy in cadaveric specimens" and the winner of the President's prize, **Ms Sophie Collard** for her presentation "Development of a public engagement activity to enhance public understanding of anatomy-'Anatoy'", which were both presented at the second BACA Beat virtual event. Let's get to know our winners a bit better..



Ms Pheobe Sweeney

Congratulations on your award Pheobe, tell us a bit about yourself. Why did you decide to enter the competition?

I am a graduate entry medical student at Barts and the London, with a previous degree in Biotechnology. The element that has engaged me, above all else, is anatomy. When I saw the competition title, how clinical anatomy impacts modern society, this immediately intrigued me as I had not yet considered any possible effect anatomy could have outside of medicine.

Can you briefly explain what your entry was about?

My entry considered the use of anatomically correct terms for the genitalia, how society has developed in recent years to be more accepting of these terms and this area of anatomy, as well as the impact this may have in cases of forensic interviews in child sexual assault cases.

What was most valuable about going through the process of writing and entering this competition?

Essay writing is not something I feel I am particularly natural at, however the process has helped me considerably in this area. Reading and reviewing various literature provided insightful knowledge as well as an appreciation of the range of different writing styles and strategies.

What are your future plans and career goals?

I am in the process of applying to intercalate in an Anatomy MSc, and currently wish to pursue a career in medical education.

Last comments?

Thank you for the opportunity to learn more about and reflect on such important issues.



Congratulations Anthony on winning the Conrad Lewin Prize, tell us a bit about yourself.

I am a 4th year medical student at the University of Cambridge. Learning anatomy through dissection was one of my favourite parts of first year and since then I have been fortunate enough to have had the chance to produce a prosection, as well as do an anatomical project for my intercalation year. Besides my studies I enjoy going on walks and getting stuck into a long board game or two!

Can you briefly explain what your presentation was about?

My presentation was about my project I did as part of my intercalated degree, which investigated the ideal fibular osteotomy location through studying tibial axial loading in cadaveric specimens, looking at the differential effect of fibular osteotomy location on tibial loading.

What was most valuable about presenting at the BACA Beat event?

The chance to explain my work to a large group including not only fellow students but also esteemed senior anatomists was a great opportunity. This was also my first presentation at a scientific meeting so it allowed me to practise skills I no doubt will need again.

What are your future plans and career goals?

Having only started clinical education I am still open to different specialties, but definitely appreciate the continued importance of anatomical research and knowledge of current anatomy in developing healthcare, and I hope to use it to inform my own decision making as a future doctor!



Mr Anthony Lim

WINNERS' HIGHLIGHTS

We continue with our third winner..

Congratulations Sophie on winning the President's prize! tell us a bit about yourself.

I've just graduated from the University of Bristol, having studied Applied Anatomy for three years.

Can you briefly explain what your presentation was about?

My presentation was about my final year project, in which I designed an educational resource to teach children about anatomy, to support public engagement. I wanted to do something creative and unique in my final year, and also share my love of anatomy with the wider population. I created a soft toy model of a body, with removable organs, that children can play with. I also created a website, with fact pages on each organ and system, designing my own images of organs and systems. I dubbed the project 'Anatoy'.

What was most valuable about presenting at the BACA Beat event?

Presenting with BACA allowed me to share 'Anatoy' with some fantastic academics, and in turn I received

a lot of insight and advice to carry forward with my project. I hope to continue improving and expanding 'Anatoy' in my spare time, whilst starting a medical degree this September. I hope to one day be involved in anatomical and medical education. I would like to thank everyone at the Centre for Applied Anatomy at the University of Bristol for all your help with this project.



Ms Sophie Collard & Anatoy

BACA Anatomical Art Competition

Submit an original drawing, painting, sketch or digitally created artwork that depicts anatomy. Entries can be representational, figurative or abstract.

Theme: Being Human
Deadline: Nov 16th 2020

Full details and guidelines can be found on <https://www.baca-anatomy.co.uk/>
Alternatively scan the QR code.



FUTURE BACA EVENTS



Mark your calendar for our next BACA Beat event on December 16th 2020 at 2:00 PM GMT. The event will focus on the "Future of Anatomical Education and Training needs in the NHS" with a panel of experienced speakers including:

- Dr Helen Taylor, MRCP FRCR, University Clinical Anatomist and Consultant Radiologist, Cambridge University Hospitals
- Dr Robert H Whitaker, MA MD MChir FRCS FMAA, Retired Consultant Paediatric Urologist, Addenbrooke's Hospital, Cambridge. Anatomy Teacher, University of Cambridge.

IN THE CLINIC

Practical Anatomy

Mr Neil Ashwood

Expertise in 'Practical Anatomy' remains a core discipline for surgeons and other professionals in their practice from diagnosis to treatment. There is constant evaluation as to how much restoration of anatomy is required for function and how to approach surgical problems with the least disruption to anatomy to enable early return to activity and work. There are minimal access techniques used for every joint and training advised for novel techniques to achieve expertise. Knowing what to learn when has never been clearly described for those in training and how to achieve this requires constant reflection and development. As a group we would like to help trainees and clinicians develop training in clinical anatomy and would support innovation within this field.

As an upper limb surgeon with an interest in education and research I am aware of the Best Evidence Reviews in Medical Education series of articles. These summarise what

works in practice and areas of current research. Clinical Anatomy deserves a similar approach with reviews being registered and a systematic approach of literature analysis by a panel or research groups looking at current areas of practice that benefit from a clear overview be it approaches in tibial plateau fractures to the importance of the rotator cuff in orthopaedics. The Best Evidence in Clinical Anatomy (BECA) would work as a go to review for current practice and help anatomists and clinicians focus on areas of future research.

In my role as BACA treasurer I would also welcome more applications for projects to sponsor as would my fellow council members. Also we would welcome any suggestions to help those clinicians in practice or training as this is one of our key principles.

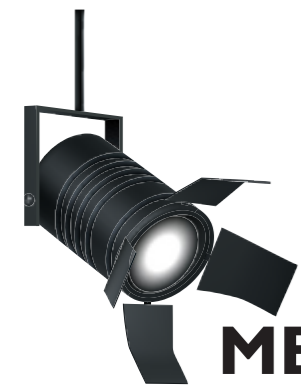


ANATOMY AROUND THE WORLD



Mark your calendar for anatomical events and meetings from all around the world:

- 2020 AACAHAPS joint meeting is scheduled on October 3rd 2020. Register through [AACAHAPS website](#).
- The world is celebrating the World Anatomy Day on October 15th, 2020. It is an opportunity to celebrate anatomy, anatomists and make local communities aware of its significance and applications. Share your celebration with us on our twitter account [@BACA_Anatomy](#)
- The first ANZACA eConference, hosted by The University of Otago, Dunedin, New Zealand is on December 4th 2020 from 12-5pm NZST.
- Anatomical Society Winter Meeting 2020 is now virtual, scheduled for 6-8th January 2021 and hosted by Newcastle University.



MEMBER SPOTLIGHT

Our member for this issue is Dr Robert Whitaker. Our member for this issue is Dr Robert Whitaker who worked as a paediatric urologist for the first 30 years for his professional life and then continued teaching clinical anatomy for another 30 years. A wealth of knowledge and an amazing career journey...We fired few questions at him..



Dr Robert Whitaker

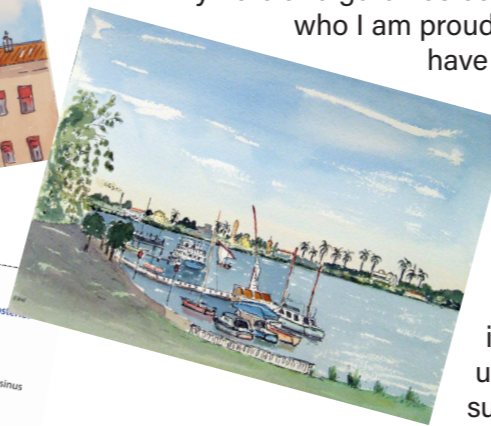
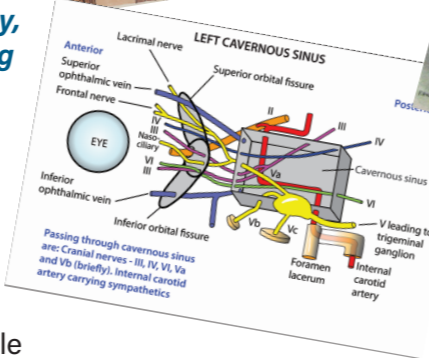
I believe that this is true and have taught this ever since.

What is something about you (fun fact) that not many people know?

Amongst my secret vices, I enjoy watercolour painting and I hope you will allow me to show you an example or two.

If you won the lottery, what is the first thing you would do?

Give financial support to my Cambridge College – Selwyn and a little to my children. Maybe splash out on a couple of sides of smoked salmon!



If you can go back in time and meet a historical character, who would it be and why?

John Hunter for his ingenuity and enthusiasm and Leonardo di Vinci for his anatomical illustrations. If only..

A piece of advice to your younger/older self.

Strive to keep teaching principles and avoid details. They can always be added later. All so often students ask questions on minute aspects of anatomy but with no understanding of the broader issues. For instance, the advice I give in respect to the forearm flexors is do not learn a list but say to yourself – what do I need and break it down to function – wrist, fingers, thumb pronation. Much the easiest way.

Where do you find the most inspiration?

When it comes to skilled and inspiring teaching my hero and guru has been Professor Harold Ellis who I am proud to call a good friend. We have shared a podium on many occasions and I always ask to go first as he is a difficult act to follow.

What is your favourite part of your job?

Student contact is what it is all about. May it continue until I start forgetting the nerve supply of salpingopharyngeus. I was taught by the great R J Last (of Last's Anatomy) for my FRCS and I remember asking him if he ever forgot any anatomy. He replied that he could not recall such an event. Inspiring indeed.

What is the one thing that you cannot live without?

Well, as she is reading this, I had better say my wife. But second comes my electric bike.

If you were to write a book about yourself, what would you name it?

This question is the opportunity I was waiting for to boost my sales! I have a book in print and due out in mid-September with 920 of my own computer drawn anatomical images as clinical vignettes. It is called A Visual Guide to Clinical Anatomy. Wiley Blackwell.

What are your hopes for the anatomy world?

Simple. Long live full anatomical dissection for students! I predicted 20 years ago that there would be widespread loss of cadaveric dissection for a variety of reasons – poor ventilation, poor cadaveric preservation, public distaste, lack of cadavers and all the other reasons that dissection has so sadly disappeared in many medical schools. But I am glad to say that I was wrong.



BACA AWARDS AND PRIZES

BACA aims to encourage future generations of clinical anatomists through scholarship, prizes and sponsorship. Below are a list of different awards and prizes you can apply to:

BACA Scholarships

Awards of up to £1000 will be made available twice yearly to aid research into clinical anatomy and anatomical education.

BACA sponsorship

BACA will sponsor other events that it deems suitable for promoting the dissemination of clinical anatomy & anatomical education research.

Public engagement award

Awards of £50 will be made available to those who wish to carry out public engagement events related to human anatomy.

Members Conference prizes

Two Conrad-Lewin prizes are awarded for BACA members who are either students or members within five years of their final undergraduate graduation.

Open Conference Prizes

A discretionary prize is awarded to those who present outstanding research at a BACA conference in the fields of clinical anatomy and education.



BECOME A REVIEWER

Are you interested to know about the latest research in anatomy while enhancing your scholarly, research and teaching skills?

You are invited to express interest to become a reviewer for Clinical Anatomy by contacting BACA editor, Dr Phil Adds on padds@anatomy@gmail.com with the following information:

- Preferred contact details
- Work address
- A brief summary of experience
- Area of expertise



If you have any comments or concerns, please contact us on:

Email: Baca.communication@gmail.com

Twitter account: [@BACA_Anatomy](https://twitter.com/BACA_Anatomy)

Website: <https://www.baca-anatomy.co.uk/>

We also welcome contributions to the newsletter.

This newsletter has been designed using resources from Freepik.com, icons8.com and Unplash.com .