



BACA NEWSLETTER

February 2021



British Association of
Clinical Anatomists

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

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WELCOME

Dr Bipasha Choudhury
BACA Meetings Secretary

A very warm welcome to this edition of our newsletter. I hope you had a peaceful tail end to 2020 and are looking forward to the year ahead.

2020 saw big changes for BACA with our series of 'Beats' (virtual meetings) and also the launch of our newsletter, essay and art competitions. We continue to reach out to members and facilitate interaction with BACA through these different media and also through the launch of our new website.

2021 promises more virtual get togethers where we hope to discuss topics of importance to you. Anatomy teaching, learning and assessment

continue to change at a terrific pace and we hope to bring you stories from around the UK from anatomy teachers coping with this enormous (but perhaps exciting) challenge. You'll find other updates and interesting articles to keep you entertained in those moments when you find yourself without anything to do (!).

I hope you enjoy reading the newsletter. If you would like to contribute an article, we will be very glad to hear from you.

Best wishes,

Bipasha Choudhury
BACA Meetings Secretary

ANATOMICAL EDUCATION CORNER

Effective Collaboration in Clinical Anatomy Research

Dr Cecilia Brassett

Here are some of my thoughts on effective collaboration, drawn from my experiences over the past several years. Participating in these projects has been exciting, stimulating and greatly enjoyable!

Find the right people

This may sound obvious, but you do need clinicians who are interested in working with you! Many will already have questions arising from clinical practice to which they would like answers. However, it is important to consider how much time they can put into the project, especially in terms of mentoring and supervising students. They must also be realistic in their expectations as to how much you can contribute amidst your busy schedules. I have been especially grateful to retired clinicians who have devoted considerable amounts of time, energy and experience to collaborative ventures, and who continue to generate new ideas year on year.

Ask the right questions

Being a fan of Kipling's "six honest serving men", I would suggest asking Where, How and Why as a good place to start. As an ex-surgeon, I am always interested in where incisions should be made. While minimally invasive techniques have reduced morbidity and hospital stays, they have also created new ways of injuring superficial structures. Delicate cutaneous nerves often bear the brunt of sharp trocars used to puncture the skin at the beginning of such procedures, and detailed descriptions of the course of such nerves are lacking even in the best anatomical textbooks. Trainee endoscopists struggling to get up long windy tubes would like to know how they can do so as quickly as possible while achieving complete

visualisation. And "why" is a question we can pose in all disciplines for conditions.

Use the right techniques

While gross dissection might have been the only way of answering anatomical questions in the past, the many technological advances in imaging witnessed in recent years have revolutionised research capabilities. As such pieces of equipment are often costly, they are likely to be shared by different departments. Do take time to find out where such useful machines may be housed in other places in your institution, and seek permission for members of your team to be trained to use them for research. Although the micro-CT scanner in our university is shared between Departments and housed in the Department of Zoology, it was easy to obtain training and I have since spent many hours in their subterranean depths!

Do the right analyses

I would strongly encourage engaging the services of a friendly statistician at the outset, unless you are an expert. Studies must be well designed so that data are collected and recorded in an appropriate way for the use of robust statistical tests. As someone who has been guilty of asking our students to consult a statistician far too late in the day, I cannot emphasise this enough. As the importance of their contribution cannot be overstated, they should be included as co-authors on any publications.

I hope that these notes have whetted your appetite to start collaborating with some friendly clinicians!



MEETING SECRETARY'S REPORT

Dr Bipasha Choudhury

BACA ended 2020 strongly with our 3rd BACA Beat which was held on 16th December at 2pm. Sixty-three delegates joined us for this final virtual meeting of this extraordinary year. Our junior doctor representatives planned, organised and hosted this meeting. You can read about our junior doctor representatives here (include link to website) all of whom are busy clinicians. We are immensely grateful to our three plenary speakers who gave us food for thought with their talks on how anatomy used to be taught, how it is taught today and how it might be taught in the future. The three zoom polls conducted of delegates showed that most remain strongly in favour of dissection as an effective tool in teaching anatomy. Discussions around the use of Artificial Intelligence in medicine and therefore in anatomy teaching were very stimulating. Our sponsors continue to steadfastly support our meetings with additional kind offers of raffle prizes for delegates to win. Congratulations to our three winners for Beat 3!

Looking ahead to 2021, we will continue to host virtual meetings until such time that we are able to meet in person. Meeting online of course has many advantages, one important one being that anatomists from around the world are able to attend without the usual limitations (travel, accommodation, financing fees). However, as so many of you stated during Beat 3, nothing can replace face to face interaction and catching up with colleagues over a cup of tea. I do hope we will be able to offer such a meeting over this coming year.

We continue to cover topics which we feel are of interest to you. If you have any thoughts on topics you would like us to cover, or indeed, think you might have an interesting plenary talk for our delegates, please do get in touch with me. It will be a pleasure to hear from you. Hope to see you at our next Beat.



“CLINICAL ANATOMY”

Philip Adds BACA Editor, Clinical Anatomy

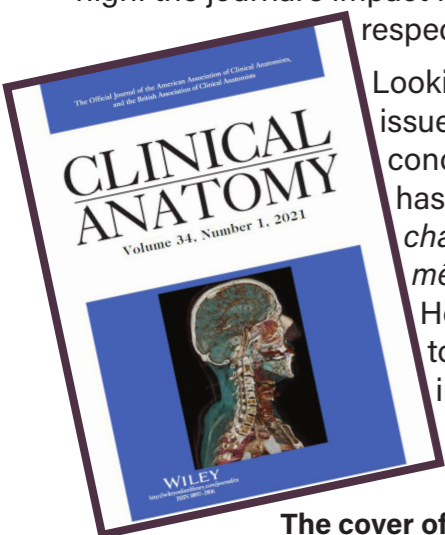
The first in a series of occasional articles about the journal of the British and American Associations of Clinical Anatomy.

The journal 'Clinical Anatomy' first appeared on January 1st 1988, under the joint Editorship of Ralph Ger, from New York, and R.J. Scothorne, of the University of Glasgow. The journal was published by Alan R. Liss, Inc, of New York, and it was intended to be appear four times a year. The very first article in the first Issue was a joint editorial, with the provocative title **“What is clinical anatomy? Does it need, or deserve, a new journal?”**

Interestingly, this very first article stresses points that still concern us today: the reduction in time available for anatomy in the curriculum, to the point where many clinicians and anatomists fear that what is taught does not give adequate preparation for clinical practice; the “continuing and now accelerating decline in the proportion of clinically qualified anatomists”; and how new imaging techniques rely on a detailed knowledge of cross-sectional anatomy.

Now, over thirty years later, the journal is flourishing. Eight issues are now published each year, and the standard of submissions remains high: the journal's impact factor is a very respectable 1.967, and rising.

Looking back at that first issue, it is tempting to conclude that nothing has changed – *plus ça change, plus c'est le même chose*, in fact. However, in response to the questions posed in that first editorial, I think we can agree that the term 'clinical anatomy' is well understood, and that it does need – and indeed, richly deserve – a journal of the calibre of 'Clinical Anatomy'.



The cover of the latest issue of Clinical Anatomy journal published in January 2021. BACA members can enjoy the journal through it's [website](http://www.wiley.com).

CLINICAL ANATOMY EDITOR'S REPORT

Philip Adds, BACA Editor



It has been a busy few months for the BACA Editorial Office. From the beginning of September to the end of January, we received:

- 10 new submissions
- 10 revised submissions for further consideration.

These were made up of:

- 1 Glimpse of Our Past
- 1 Meeting Abstracts
- 1 Review
- 1 Medical and Dental Education
- 16 Original Communications.

So far, 4 have been rejected, 7 accepted, and the rest are either in the review process, or undergoing revision. Accepted articles Sept 20-Jan 21:

- Brown J, Wilkinson J, Lam J, Spear M, Brassett C. Exploration of Colonic Looping Patterns in Undisturbed Cadaveric Specimens
- Hamilton D, Thirunavukarasu A, Ferro A, Sardesai A, Biyani G, Singh Dubb S, Brassett C. Temporomandibular Joint Anatomy: Ultrasonographic Appearances and Sexual Dimorphism
- Alashkham A, Soames R. The Glenoid and Humeral Head in Shoulder Arthroplasty: A Comprehensive Review
- Ward MH, Williams RL, Bekvalac J, Bajada S, Maheson M, Adds P. The Innominate Tubercle of the Femur is a Consistent Surgical Landmark and Shows no Variation Between Sex and Side: An Osteological Study
- McDonald S. William Hunter's Aristocratic Post Mortems
- Merh R, Saunders M, Jenner D. The Fibres of the Circular Junction of the Linea Alba in Normal Adult Anatomy
- Further abstracts presented at the Winter Meeting of the British Association of Clinical Anatomists on 14th December 2017 at Queens Hospital, Burton on Trent, United Kingdom



PERSPECTIVES

Featuring viewpoints from BACA members on current issues

“TAKING CARE OF YOU” an academic perspective on the need for self-care during the pandemic Dr Sarah Allsop



'We are living in unprecedented times.' How many times have we heard this phrase over the past year? Knowing this of course, does not necessarily make it easier to live and work in these circumstances.

COVID-19 has changed our lives in more ways than most of us could have anticipated. Academic work is challenged by the complexity of home and work life becoming more intertwined, the increased demand to re-envisage teaching delivery as we go, as well as dealing with the ever-present voice of the media and the daily statistics. It is understandable to feel anxious and overwhelmed, and to want to escape. Many of us have felt our fight, flight, freeze response kick in more than once during these past months. It is in these moments of overwhelm, that it becomes really important to listen to that response and take a moment for ourselves.

The body is remarkably good at telling us we need self-care, if we listen to it, but self-care is not always something we prioritise. And of course, we have currently lost some of the ways we would have previously relaxed and released the tension of our work. BUT, we do not all have to develop lots of new pandemic hobbies, or bake, or learn a new skill. We all need to do what works for us as individuals, perhaps the simpler the better. No one is saying it's easy to slow down right now, but taking a moment to listen to your body and mind, and look after 'you', is not just ok, it's essential.

A couple of free e-book resources I have found interesting to read are the Centre for Thriving Places [‘The Little Book of Wins – 5 ways of wellbeing’](#), and Dr Emma Hepburn's [‘How to stay Calm in a Global Pandemic’](#). *

*BACA does not endorse or recommend any particular products.

WINNERS' HIGHLIGHTS

A big Congratulations to the winner of BACA's First Anatomical Art competition, **Ms Selina D'Silva**, a medical student at Cardiff University for the Student and early-career category and **Dr Erica Tirr** for the professional and specialist category. Let's get to know our winners a bit better...



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

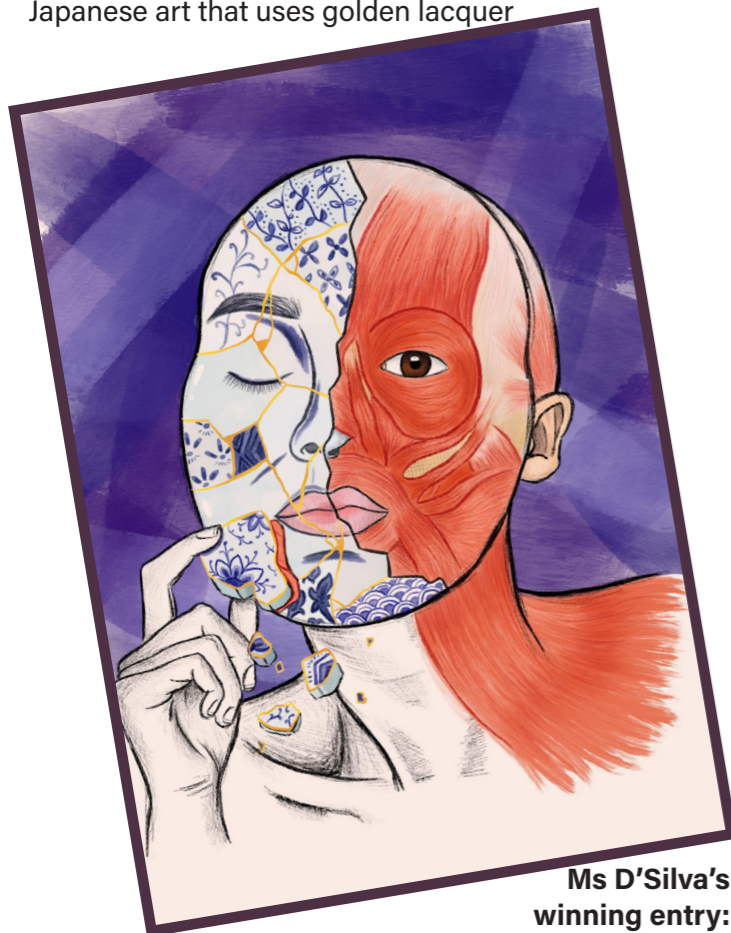
My name is Selina and I'm a 5th year medical student at Cardiff University. Art has been a hobby of mine since I was young and I also studied it at school. This competition seemed like a great opportunity for me to combine Art and Medicine.



Ms Selina D'Silva

Can you briefly explain what was your entry about?

My artwork shows two different interpretations of the phrase 'Being Human'. The left side is metaphorical and uses a broken porcelain mask and Kintsugi to show that we have our imperfections but we should embrace them. Kintsugi is a traditional Japanese art that uses golden lacquer



Ms D'Silva's winning entry: Golden Imperfections

to repair broken pieces of pottery; it emphasises the beauty of imperfections and fragility. This is in contrast to a more literal and anatomical interpretation on the right, which shows the facial muscles neatly organised.

What was the most valuable thing about going through the process of creating this artwork?

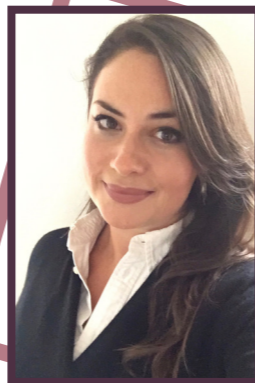
For me, the most valuable thing about the process was seeing the final piece at the end. During Medicine, I have usually painted/drawn from observation, this was the first time that I came up with an idea and rough sketch and followed it through until the end. That's why this piece has given me more confidence in my art.

What are your future plans/career goals?

Currently, I do not have any specific career goals and I'm trying to keep an open mind. My main goal is to continue developing my art skills alongside my job as a doctor.

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

I am currently a radiology registrar in the North West, prior to which I was undergoing surgical training in London. Ever since my medical school days, I knew I was a visual learner. Drawing is a method I employed to understand complicated concepts in anatomy and physiology and it has stood me in good stead ever since. When I was an anatomy demonstrator some years ago, I often made use of the whiteboard to explain the anatomy found in textbooks to the students before proceeding to putting the labelled drawings into practice with dissection. My old revision notes for the surgical membership exams are covered in drawings. BACA's Anatomical Art Competition provided me with an excellent opportunity to break open the watercolours



Dr Erica Tirr

and fine-tipped pens again to tie in anatomy and art and add in some abstract creativity.

Can you briefly explain what was your entry about?

In this COVID pandemic era, day-to-day life in hospital has seen the lungs of affected patients taking centre-stage, and has re-emphasised how vital, yet how fragile, human lungs really are. Creating an artwork representing the lungs as trees in bloom was cathartic. To represent the intricate lobar anatomy of the bronchial branches, I thought it best to use fine pen for detail, tracing out each segmental branch heading towards the pulmonary lobes, painted in watercolour beneath. Alveolar morphology lends itself well to looking like blossoms on tree branches, represented here in darker clusters of paint.

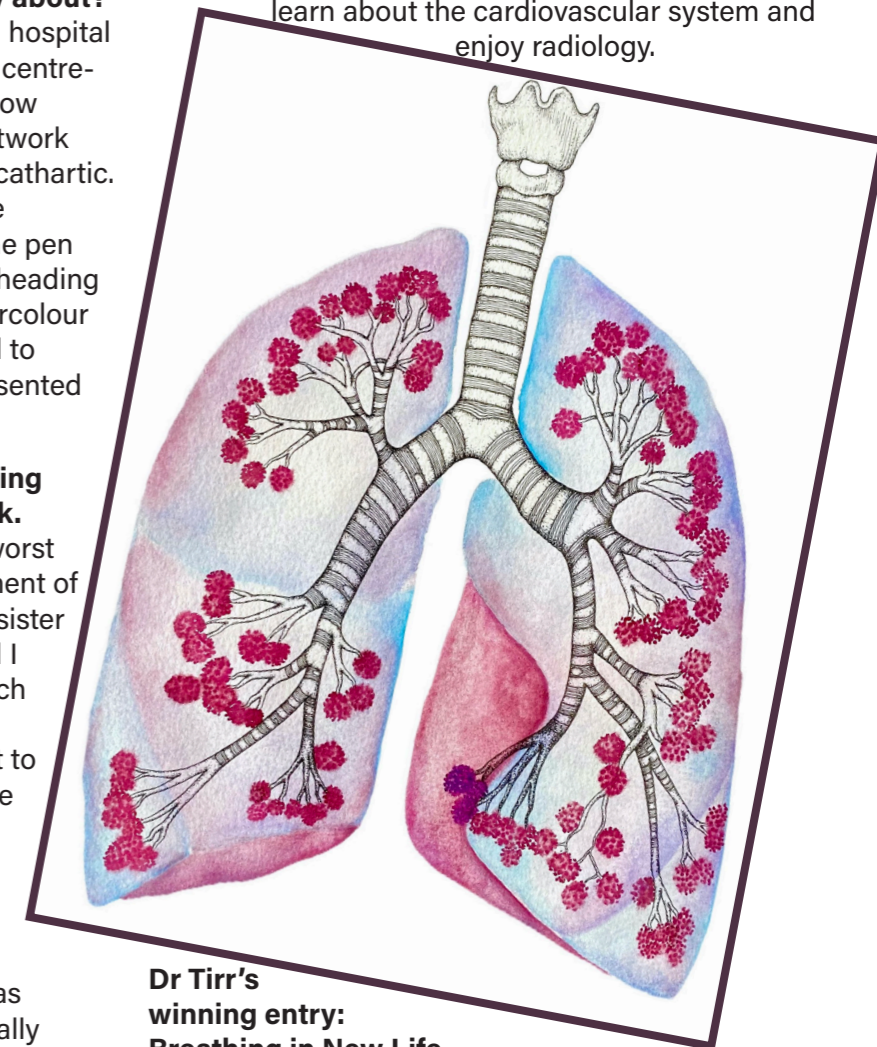
What was the most valuable thing about going through the process of creating this artwork.

The year 2020 was by far the most stressful, worst time in my entire life. It was rare to find a moment of peace, in which to unwind and switch off. My sister encouraged me to do something creative, and I found that applying myself to the artwork which I ended up sending in to the competition was calming and therapeutic. Having a venue for it to be sent to gave me a purpose, and winning the prize for it is an amazing feeling.

What are your future plans/career goals?

I am continuing to intermittently sketch at the moment as I have yet another exam to sit soon. I have chosen cardiothoracic radiology as my subspecialty – a field I seem to have naturally

gravitated towards since my days in cardiothoracic surgery. When I complete my training I hope to continue to teach juniors, and motivate students to learn about the cardiovascular system and enjoy radiology.



Dr Tirr's winning entry: Breathing in New Life

BACA AWARDS AND PRIZES

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

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.

President's Conference Prize

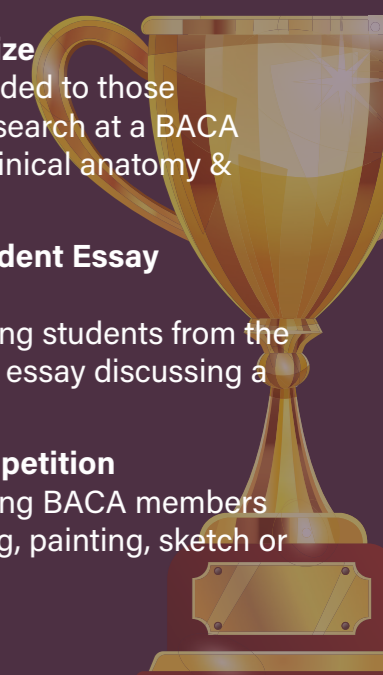
A discretionary prize is awarded to those who present outstanding research at a BACA conference in the fields of clinical anatomy & education.

BACA Annual National Student Essay Competition

An annual competition inviting students from the UK and Ireland to submit an essay discussing a specific topic.

BACA Anatomical Art Competition

An annual competition inviting BACA members to submit an original drawing, painting, sketch or digitally created artwork.



HUMANS OF ANATOMY

Humans of Anatomy is a new section we introduce in this issue. This section highlights the many facets of anatomy and how it is used in different professions. In this issue we feature medical artist and anatomist Ms Jessica Holland.



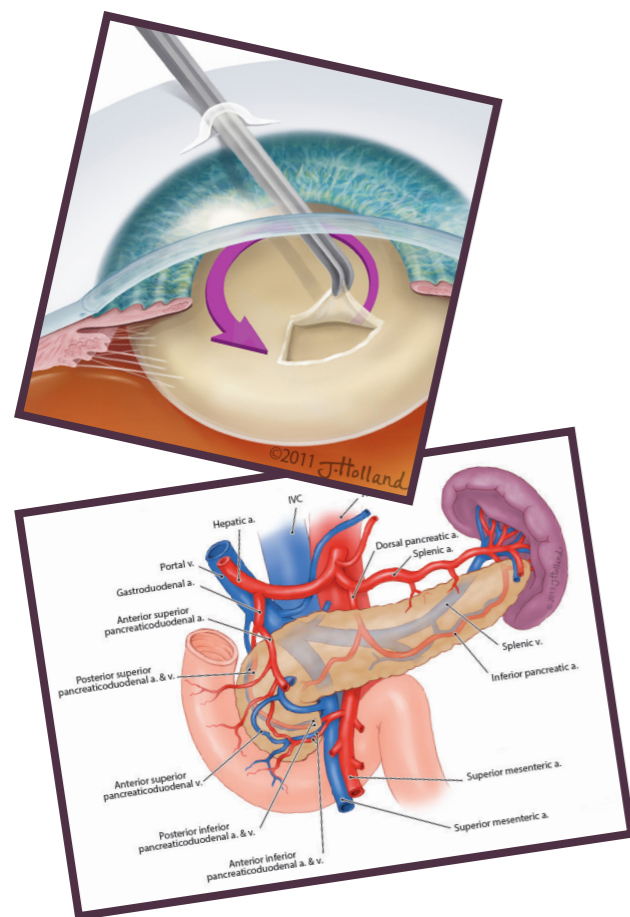
Ms Jessica Holland



Hi Jess, thank you for taking the time to talk to us about your job and how you use anatomy within it.

How would you describe your role currently?

As a Medical Illustrator I create illustrations, animations, and 3D prints about science. I have included some examples of my work below. I also teach anatomy dissection lab.



Some examples of Ms Holland's anatomical illustrations.

Can you tell us a bit about your career path and what led you to the role you're in today?

I always loved art and science, but any time I focused too much on one, I missed the other. In undergrad I studied ecology and art, and planned to go into research. After a few years raising beetles in a lab, I missed artistic creativity. I went back to school for a master's degree in medical illustration. Then I landed a job at St. George's University in Grenada as their first medical illustrator. After 6 years abroad, I was excited to bring those experiences back home to Georgia, USA.

What is a typical day (or week) like for you?

Coffee. Then, in no particular order because it depends on the day: project planning, client meetings, making art in digital software. Researching project content, then double-checking my research. Dissection lab with awesome students.

What is your favourite part of your job?

Visual storytelling and helping others through artwork. Medical illustration is about communicating scientific messages. I enjoy translating information into images that help others, whether it be students learning medical concepts or researchers publishing their work.

What skills, abilities, and personal attributes are essential to success in your job/this field?

Art, science, technology, and some business. Embracing technology is important because of digital art programs. A business side exists, especially in the private sector and self-employment, through things like contracts, copyright, and invoicing.

What are some common career paths in this field?

Medical illustrators are at academic institutions, hospitals, law firms, and creative agencies. Some are self-employed. Often, professionals specialize by subject matter (e.g. cardiac surgery), media (e.g. computer animation), or market (e.g. pharmaceutical advertising).

Some become a board Certified Medical Illustrator (CMI) which involves passing exams on business, ethics, science, and drawing skills, plus a rigorous portfolio review.

What kinds of decisions do you make?

Visual information to include and exclude. Sometimes too much detail is cluttering. Other times, extra information is needed to tell the full story. For example, drawing the blood supply to the foot, I'd probably include bones, but skin might be unnecessary. Illustrating a surgical procedure of the foot, I'd include skin because we want to know where to make the incision.

What advice would you give someone who is considering this type of job (or field)?

Take art and science classes. Draw from observation. Doodle in Photoshop. Check out graduate programs'

websites. Check out the Association of Medical Illustrators (www.ami.org) (USA-based organization with members worldwide). Reach out to medical illustrators to chat about their experiences.

What are your hopes for the anatomy world?

I'd love to see more anatomists and medical illustrators working together. Hire a medical illustrator for your anatomy department!

Live painting on horses session



What projects are particularly proud of or found really interesting/exciting.

An interesting and atypical thing I've done is paint anatomy ON live horses for vet student education.

What do you enjoy doing in your free time?

Apart from medical illustration, I am a botany geek and I love being outside (hiking, biking, surfing). I am shamelessly obsessed with my pup, Thor/Tor, a street dog rescue from Grenada.

ANATOMY AROUND THE WORLD

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

- The Trans-European Pedagogic Anatomical Research Group upcoming annual meeting will be held online on March 6th 2021. The [meeting's agenda is now available](#) to view. [Registration link is available HERE.](#)
- Experimental Biology (EB) 2021 lets you take a deep dive into the vast offerings across five disciplines, including anatomy, biochemistry and molecular biology, investigative pathology, pharmacology, and physiology. [Registration links and more information is available HERE.](#)
- The American Association of Clinical Anatomists (AACCA) is holding its annual meeting virtually between 27th June- 2nd July. [Registration links and program is available in the association website.](#)
- The Human Anatomy and Physiology Society (HAPS) 35th Annual Conference will be held virtually on May 23-26, 2021. [More information will be available on the society website.](#)

ANATOMICAL HISTORY CORNER

Anatomical Theatre of the Archiginnasio, Bologna, Italy

Dr Peter Dangerfield

Members of the BACA with some knowledge of the History of Anatomy will have come across the wonderful old Anatomy Theatre in Padua. BACA held a meeting in the City in 2011 and, as a part of the conference, had an opportunity to see its famous anatomy lecture theatre. But less well known is an equally interesting anatomy theatre in the City of Bologna.

This is the Anatomical Theatre of the Archiginnasio, housed in the Palace of the Archiginnasio, in the Piazza Galvani, and was the original site of the University of Bologna, the first University in Europe (Figure 1). This theatre, the *Teatro Anatomico*, was the second constructed, as an earlier theatre proved too small. It was completed in 1635 and was designed by Antonio Paolucci, a pupil of the Carracci family, famous Bolognese artists. Subsequent modifications in the 18th century created the building we see today.

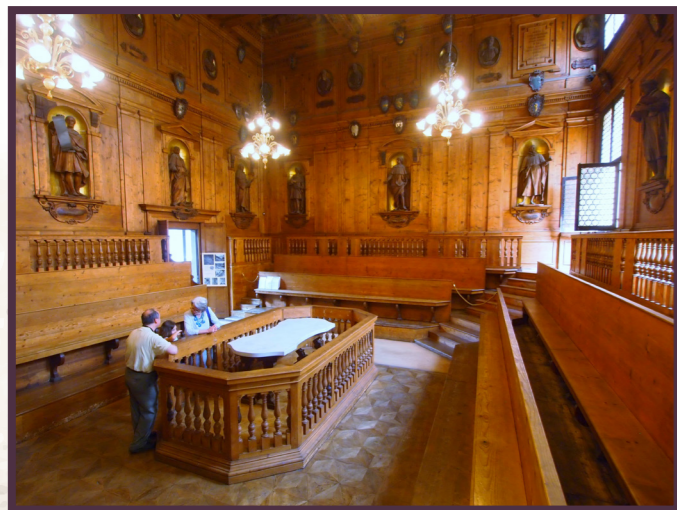


Figure 1: View of the theatre from the *cattedra del lettore*

The first Anatomical theatres were developed following the publication of Vesalius's *De Humani Corporis Fabrica Libri Septem* in 1543. Vesalius, in his teaching, ceased using lectures, adopting a more practical based system of learning, using live dissections.

The theatre is lined with spruce wood, recognised for providing a good acoustic for speech. Only the ceiling remains from the original layout,

comprising the god of Medicine, Apollo, surrounded by symbols of the constellations.

There are two lecterns, placed at one end of the room. One is for a demonstrator and behind this desk, at a higher level, is the *cattedra del lettore* for the lecturer. A canopy above the lecturer is surmounted by a carved female figure representing Anatomy with an angel handing her a femur. On either side of the Lecturer are the *Spellati*, two male carvings showing anterior and posterior views of the musculature. Dating from 1734, they were designed by Ercole Lello, an anatomical wax modeller (Figure 2).

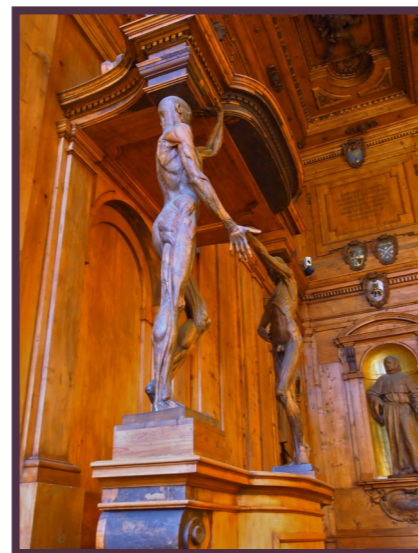


Figure 2: The two *Spellati* showing the detailed musculature of the two skinned male bodies.

The theatre walls are decorated with statues of famous physicians, including Galen and Malpighi, and twenty Bolognese anatomists.

A large white marble dissection table is placed in the middle of the room allowing students and others a good view of the anatomical dissection (Figure 3). It was used for both human and animal dissections. Dissections took place in the winter months, as summer temperatures would cause decomposition (and smell) of cadavers, there being no preservatives available. Interesting, when the dissections were held, a flautist or



violinist performed during the session to distract the onlookers! In those days, the public as well as students could be admitted to view the dissection.



Figure 3: The dissecting table and the two desks. Note the two *Spellati* and the canopy with the angel handing the femur to the seated Anatomica

The Archiginnasio ceased being used by the university in 1803, becoming a primary school until 1838, and then the municipal library, housing a collection of antique manuscripts and rare books. A large hall, named the *Stabat Mater* after the Rossini piece of the same name premiered in the building, is adjacent to the theatre. It is lined by books and a collection of coats of arms of famous university graduates.

Sadly, during World War II, bombardment of Bologna almost completely destroyed the theatre but it was rebuilt by using recovered pieces from the rubble. Today, it remains as one of the few historical theatres in Europe that can still be viewed by the public.

Further reading

- Di Matteo B et al. Art In Science: The Stage of the Human Body. Clin Orthop Relat Res. 473(6) 1873–1878 2015.
- Klestinec C. Theaters of Anatomy. John Hopkins University Press 2011

FUTURE BACA EVENTS



Mark your calendar for our events in the year 2021. BACA BEATS continue with 5 events this year. You MUST register to each event separately and you will receive a link to invite you to the meeting room soon afterwards.

- The first Beat: After the Chaos (10th February 2021)
- The second Beat: BACA Scientific Meeting (14th April 2021)
- The third Beat: Celebrating the Present (7th July 2021)
- The fourth Beat: BACA Scientific Meeting (8th September 2021)
- The fifth Beat: Looking into the future (16th December 2021)

More information is available on [BACA's website.](#)



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](https://www.freepik.com), [icons8.com](https://www.icons8.com) and [Unplash.com](https://www.unplash.com).