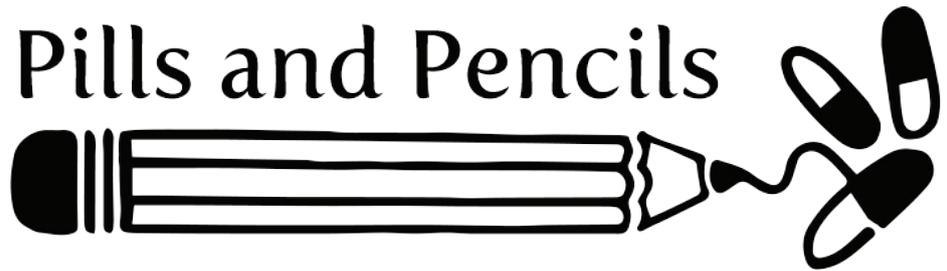


## MED Students Start Arts Enterprise



### Pills and Pencils



Fourth year medical student Fatima Ismail, and intercalating MCLinEd student Matt Farmer have started a business that sees the coming together of two usually separate worlds.



Under the banner of Pills and Pencils, Fatima and Matt create unique gift cards, jewellery and art inspired by their lives as medical students in Norwich. They also provide a natural henna body art service, run a traditional book-bindery and make blackboards and vinyl signs.

Their talents, when combined, create an array of unique handmade goods. With their recent website launch and a couple of successful craft fairs under their belts the two will be sure to have many satisfied customers.

Best of all, UEA medics get special treatment! On their website enter the discount code 'PIGEONPOST' to get your order hand delivered to your med school pigeon hole free of charge!

For more photos, or to see their products, visit their website or follow them on Facebook, Instagram or Twitter.

   @pillsandpencils  
[www.pillsandpencils.co.uk](http://www.pillsandpencils.co.uk)

### In This Issue...

Professor Richard Holland, Dr Tom Shakespeare, Anthony Baynham, Matt Gerlach, GP Soc, MedSoc, Sam Brabazon for NMRFC, and more.

Edited By Ryan Laurence Love.



# Course Director's Welcome

Professor Richard Holland

Dear students,

It is a great pleasure to write a brief piece for the first edition of the 2014/15 Murmur. This is the third year of your Med student magazine and I am delighted that Ryan has taken over the mantle of editor. This is also an opportunity for me to thank Matt (Gerlach) for all his hard work and dedication as editor last year. The Murmur continues to go from strength to strength thanks to the excellent leadership and hard work put in by Matt, Ryan and many others of you who have contributed. Please do maintain that support and input.

This year is an exciting year for our Medical School. In mid-November we will be opening our brand new building opposite the NNUH. This is already looking to

be a superb facility and will be opening not a moment too soon, given the extreme ward pressures faced by the NNUH. Soon after that we will be welcoming our new Dean – Professor Michael Frenneaux, a cardiologist by background, who is currently Regius Professor of Medicine in Aberdeen and a Fellow of the Academy of Medical Sciences.

This year also sees us running our new year 4 and year 5 curricula. This is an exciting change (but I am biased!) with you encountering Mental Health in your fourth year, alongside Oncology, Palliative care and Medicine For the Elderly now more firmly included in our curriculum. Whilst year 5 will be taking their Finals in March, allowing us to introduce an



additional “internal elective” to end our course.

I hope you have all settled in well to the new academic year. We are going from strength to strength both as a course, but also in the many excellent student societies that you contribute so creatively to. Last year saw us come second in the inter-school Ziggurat sporting challenge. Our ambition this year must be to win. So please do help your sports reps as they twist your arms (gently) to participate!  
Good luck this year.

Richard Holland

## Note from the Editor

Ryan Love - Year Four.

Thank you for taking the time to pick up the latest issue of The Murmur. I do that hope you enjoy reading the variety of articles this month, and can appreciate the efforts of our various writers.

The Murmur was started in 2012 by a group of notable UEA alumni; Lucy-Anne Webb and co. Since inception, The Murmur has flourished kindly supported by the medical school and other sponsors.

Editorship in 2013 was passed onto Matt Gerlach, who is also a current a fourth year, with a previous English Literature degree from King's College London. After a successful year in print, with introduction of many new features, he in turn passed the job into my hands.

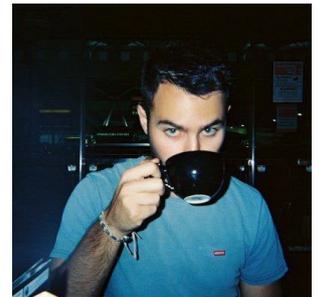
I have always thought of The Murmur as a means to showcase the variety of interests and talents shared by both the students and staff at Norwich Medical

School, and I hope that this year we continue in that same vein (pun intended).

We are fortunate enough to have pool of established writers, but we are constantly seeking more. In previous issues we have included educational articles, poetry, book reviews and travel writing. The Murmur is open for all students at UEA to contribute to, with the only caveat being a loose association to medicine or Norwich Medical School in some way.

If you have any interest in writing for us, or would like to suggest a features or story then please do not hesitate to make contact via email, Facebook or Twitter.

[R.Love@uea.ac.uk](mailto:R.Love@uea.ac.uk)  
[@ryan\\_love\\_](https://www.facebook.com/ryan_love_)



# Sometimes, Simple is Best

Dr Tom Shakespeare

When you are disabled, daily life throws up many minor obstacles. For me, it is often about reaching things. I am in a wheelchair, and I have short arms, and many objects are hard to access, for example, the tailgate of my car. I deliberately bought a vehicle with a spacious boot in which I could stow a wheelchair. But it opens upwards, and when open is far higher than I can reach. When I am going around with my partner or a friend, they can use the boot. But when I am on my own, it is literally closed off to me.

Visiting a disabled friend who has no arms, I was very impressed with her solution to the same problem. She has an

additional seat belt in the boot, that attaches to the tailgate. Using her chin, she can pull down the strap, and because it has an inertia system, she can gradually lower the tailgate until she is able to slam it shut. When I returned home, I went to the garage to ask whether they could do something similar on my car.

For me the solution was much simpler, and thankfully therefore cheaper. A 60cm strap of webbing material is now fastened to the inside of the door. When I open the tailgate, the strap dangles down. When I have loaded up, I simply pull it down to close it. My life is revolutionised! Shopping bags are now easy. Most importantly,



I can now stow my wheelchair directly into the boot. Previously, I removed the wheels and put each part on the back seat of the car. This was both slow and cumbersome. Stowing up to ten times a day caused my shoulders to ache. Now, I can simply slide the chair into the boot and shut it away, which is quicker and less tiring. I am only wondering why I did not get this fixed when I bought the car last year.

I wish all the problems of daily living could be solved so simply!

## Union Seek Resolution with Medic Sports Teams

In the last academic year, allegations of unsavoury behaviour made against UEA students whilst attending a club social for a non-union affiliated sports team left the Union of UEA Students in a difficult position. This subsequently lead to calls for a true unionising of all unofficial UEA teams and societies.

On the surface this may appear a logical and reasonable move for these societies, with there being numerous benefits to affiliation, such as grants and funding, however, for

some medical sports teams and societies, this is not necessarily the case.

Leading the opposition, is Norwich Medics Rugby Football Club (NMRFC). Having established themselves both on and off the pitch, and already being affiliated with the Rugby Football Union, the club has questions regarding the need for this absorption into the UEA SU.

A potential ramification of this move would be the uncertain standing of members who are not



current UEA students, of which NMRFC has many; doctors and other healthcare staff.

Multiple meetings and negotiations have not yet been able to find a consensus.

Further developments will be reported in The Murmur.

# Who Was...? Kasai

Anthony Baynham, Year Five.



A student studying gastroenterology or paediatrics is likely to have heard of the Kasai procedure.

The Kasai procedure, also known as a hepatportoenterostomy, is used in the treatment of biliary atresia.

This procedure is named after Dr. Morio Kasai. Kasai was paediatric surgeon in Japan, who played an important role in the development of paediatric surgery as a separate distinct surgical specialty there. He was an early surgeon-scientist, and worked extensively researching biliary atresia, he is perhaps best known for the eponymous procedure used to treat this condition.

The original procedure was first published in 1959 in the Japanese journal called *Shujutsu*. In 1955 Kasai is said to have discovered the procedure whilst trying to achieve homeostasis in an operation. After dissection on a 72 day old infants liver with known biliary atresia, there was significant bleeding and Dr Kasai placed the duodenum over the porta hepatis in the dissected area that was bleeding. Later it was noted that bile pigment was in the faeces post-operatively, and the jaundice resolved. It took a while for this to be recognised in the West it was not even translated into English until the 1960s.

Kasai was born in 1927, in Aomori Prefecture (青森県), the most Northern province of

Honshu (main island) of Japan. He trained at National Tohoku University School of Medicine graduating in 1947. He remained in Tohoku for his post-qualification training in surgery. It was here he started to work as a surgeon-scientist.

In 1959 he completed a year long fellowship in research at the Children's Hospital of Philadelphia (CHOP). In 1963 at the age of 41 he was appointed Professor and Chief of his surgical



department roles he held until the age of 63 (1986) when he was forced to retire due to the rules around retirement in Japanese academia. He continued to work at the hospital in Tohoku until his full retirement in 1993.

He was known to be a very sociable figure and enjoyed sharing sake with friends. He was also an avid skier and mountain climber, and in fact was part of the team that was the first to climb Nyenchen Tanglha (念青唐古拉山), the highest mountains in Tibet. He had a severe stroke in 1999 and spent many years in rehabilitation before he passed away at the age of 86 on the 8th of December 2008.

## News

### Ebola Crisis Continues

With the situation continuing to decline, the death toll in West Africa is nearing 5000.

Humanitarian groups and governments alike are dismayed by the extent of the spread, with the International Crisis Group declaring that countries including Sierra Leone and Liberia 'may be close to collapse'.

The confirmed case in a Spanish nurse, who had recently returned from the region has placed further scrutiny on those tasked with containing and managing the outbreak.

### Successful Uterus Transplant

A Swedish woman has successfully given birth to a baby boy after undergoing the world's first successful uterus transplant.

The recipient was born with functioning ovaries but no uterus, and had to undergo IVF before her transplant. Previous attempts at this procedure have proven unsuccessful due to rejection.

The child, born prematurely at 32 weeks is said to be healthy. This advance demonstrates an exciting development in scientific and medical knowledge.

### Lib Dems in Mental Health Pledge

Speaking at their annual party conference, leader of the Liberal Democrats Nick Clegg has outlined his desire to address the inequality that exists within the management of mental health conditions in the UK.

Recent figures, confirmed in the UK's Chief Medical Officer's report state that mental health conditions account for up to 28% of the national disease burden, but receive only 11% of total funding. This disparity sees up to three quarters of those with a mental illness receiving no treatment, and it is this that the LibDems pledge to tackle if elected into government in 2015.

# Dannie Abse - An Obituary

Matt Gerlach, Year Four.



Two weeks ago the world lost a brilliant poet and I lost a unique friend. On 28th September Dannie passed at the age of 91, quietly closing the door on an inspiring and full life. If you have read *The Murmur* over the last two years, I'm sure you have come across poems written by him which I have included. I will now write what I know of my old friend and a little about his life.

When I was studying English in London my tutor advised that I look into writing my dissertation on something medical to aid the transition between courses. She suggested Dannie Abse - a poet and doctor who, I confess, I had not heard of at the time. After our meeting I walked to the King's College library, an imposing building housed in the old public records office, and found myself a copy of his selected poems. I was quickly won over and decided to write him a letter expressing my plan to study his poetry. Poets tend not to become famous or written about in this way until they die and the entirety of their works are available. Perhaps being one of the first to write about Dannie academically was a compliment to him and he responded to my letter with an invite to a book launch.

The event took place at a small private book shop in Golder's Green where Dannie lived. Thankfully a good friend came with me because my conversational skills plummeted dramatically when faced with a man who had very quickly become something of an idol to me. We spoke, he taught me how to sign a book (more complicated than you might think) and we very briefly spoke about his poetry. I went home feeling utterly privileged.

After that we became friends and have been for the last 3 years. We wrote letters to one another, met for coffee and he once even took me as his guest to The House of Commons to celebrate Welsh poetry.

But enough about that - essentially he was a very important and influential person to me and I'd like to tell you a bit about him.

Dannie was born in Cardiff in 1923, a city he loves and talks about often. It appears in much of his poetry, as does the football team which he avidly supported for some time. 2 years ago they actually invited him to a game as

a local celebrity for his birthday (which I think made his year). He grew up in a house with two very intelligent older brothers (the politician Leo and the psychoanalyst Wilfred), an older sister and a stern, pragmatic father. Both brothers, Leo in particular, seemed prone to outbursts of political, poetical or, in the case of Wilfred (a fairly well known psychiatrist), psychological outbursts.

He jokes in his autobiography that in his family you were either a doctor or nothing. So it seems medicine was something he quite passively adopted and, only really committed to it when he went to the cinema in his teens to see a film about a doctor and subsequently developed romanticised notions about saving lives. He moved from Cardiff to London and began medical school at King's College'. Living in Swiss Cottage, an artistic hub at the time, Dannie was introduced to a number of writers, painters and musicians. It is here that his writing career and love of poetry took flight: he used to tell of how he went to the poetry library on The Southbank, started at A and didn't stop until he reached Z.

Towards the end of medical school Dannie met Joan, who would shortly become his wife. They had an enviable marriage and he loved her very dearly. She died tragically in a car crash ten years ago and whenever he spoke about her to me, gentle tears would form in his eyes and he would be quiet for a time. His collection *Two For Joy* is often considered one of the greatest works on marital love and it is perhaps no coincidence that Dannie has edited many collections of love poetry.

*continued..*

In terms of his medical career, Dannie worked as a chest physician with the RAF at a central clinic in London. Medicine appears quite often in his poetry but he is mostly known as a poet for the people and, as said, one of our best poets on married love. He is a popular poet whose works are read at weddings, celebrated with numerous prizes and mimicked by bad poets like myself, something which Dannie once berated me for after reading my works.

There is too much to say about him really - I've scratched the surface and have realised how hard it is to write an obituary. I will never give you a sufficient glimpse of my friend to do him justice. He was an incredible man; a modest, funny, light hearted and down to

earth genius. The tone of warm humanism that runs throughout his works is perhaps the closest you can get to his character and I recommend that you take pleasure reading his poetry and read his autobiography: *Goodbye Twentieth Century*.

Roughly eighteen months ago, Dannie released a new book of poems entitled 'Speak Old Parrot'. He invited me and my partner to the book launch at the same place where we met 3 years ago in Golder's Green. I didn't realise that it would be the last time I saw him and I will admit that writing this now saddens me. Dannie told the organiser of the event quite wrongly that I was a 'Dannie Abse scholar' and the man subsequently came over to ask me if I would

lead the questioning after he had read some of his new poems. Funnily enough I asked about a poem called 'Old Doctor' which he publicly admitted, to everyone's amusement and while sitting next to his publisher, that he had submitted it unfinished and had another verse to add to it. I think that is telling of his characteristic ability not to take himself too seriously; an impressive feat considering his world wide successes as a poet for us all. His last book of poems is a beautiful one and is accompanied by a mournful tone of painful uncertainty about his future. I leave you with the final poem 'Gone?', the last words of a brilliant man who I was honoured to know.

## **Gone? - Dannie Abse**

Always I wanted to hear the heartbeat  
of words and summoned you, oneiric one.  
I changed your feathers to purple and to white.

So what did you, ventriloquist bird, say  
besides, It's closing time, old dear?  
You only spoke when compelled -

as when the long whistle blew on happiness  
or when sunlight was such a dazzle  
you flew into it, thinking you could sing.

Wide awake or half asleep you like to be  
deceptive, yet never babblative enough  
to employ the bald serious scholars.

Odd that you imagined you could wear  
and blend purple feathers with the white  
to abate the panic of a blank page.

When I fed you with my two lives you took  
your fill of both and soliloquised.  
Always your style was in the error.

Sometimes you choired loudly, dionysiac  
(the drama of an exclamation mark!)  
and sometimes you word-whispered sedately.

Now I'm tired and you nest elsewhere.  
Bird, your cage is empty. Will you come back?  
I see no feathers in the wind.

# GP Society Conference



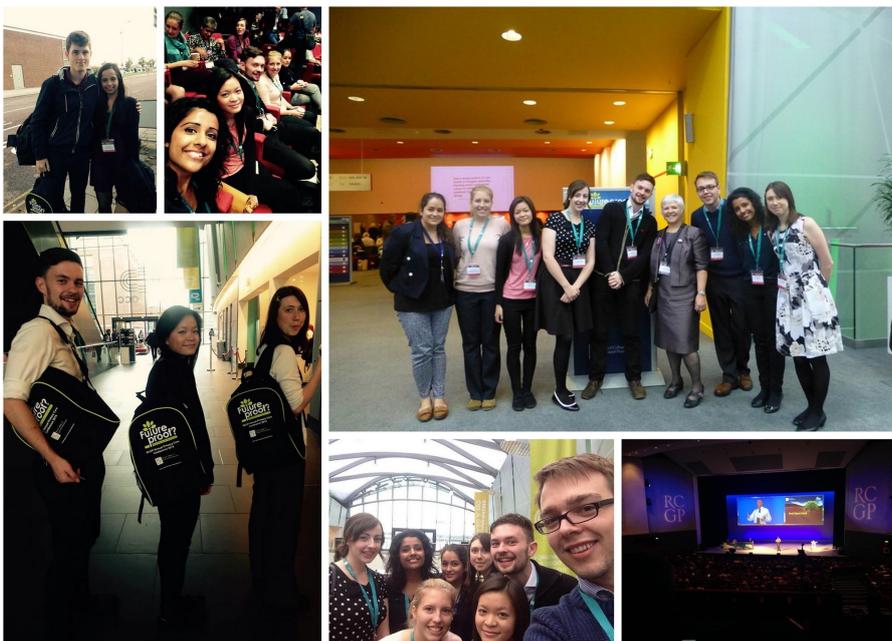
UEA GP Society recently attended the RCGP (Royal College of General Practitioners) Annual Conference in Liverpool. This year's theme was "Futureproof: Resilience in Practice" with discussions on how best to work together towards a robust, resilient general practice for the future. Alongside the large plenary sessions there were also talks especially for medical students on deciding on why to choose a career as a GP.

"I really enjoyed the talks, especially the "question time" style ones with people bringing their ideas and perspectives from different parts of the country. I found a few of the ideas particularly inspirational in the sense that I could see potential for better medical practice if resources were used differently (for example having sets of hospital beds attached to care homes with nursing staff so that all the elderly who need admitting for short courses of antibiotics could go there instead, less stressful for them and allows freeing up of beds in the acute trust hospitals)"

**Rebecca Neal, Year 4**

"It was inspiring to listen to the speakers, hear about upcoming research and see the range of opportunities available to GPs in terms of education, research and politics. The RCGP conference really highlighted that general practice isn't just a desk job, there's so much more that you can do if you have the motivation. I came back from it feeling even more enthused about the future."

**Victoria Lawlor, Year 3**



"I found it interesting to hear the opinions and perspectives of General Practitioners from around the UK and how a variety of health problems affect their practises differently. It was inspiring to hear how they proposed to overcome these difficulties and the importance of focusing on the general care of their patients rather than 'over-medicalising' issues."

**Sophie Paddock, Year 3**

## About UEA GP Society

UEA GP Society is a fun and enthusiastic society, appealing to all interested in finding out more about General Practice. We offer a wide range of interactive talks giving you an insight into the varied roles and opportunities within a primary care setting. We also offer career workshops, conference trips and revision sessions to further your understanding and better inform your decision about whether a career in General Practice is for you.

Membership is £3 per year.

We would love to hear from you, please feel free to contact us for further information!

- Website: [www.ueagpsociety.org.uk](http://www.ueagpsociety.org.uk)
- Like Our Facebook Page: [www.facebook.com/ueagpsociety](http://www.facebook.com/ueagpsociety)
- Email: [info@ueagpsociety.org.uk](mailto:info@ueagpsociety.org.uk)
- Twitter: [www.twitter.com/ueagpsociety](http://www.twitter.com/ueagpsociety)

## Upcoming Event

**Dealing with sexual violence in primary care:** UEA GP Society's first event of the year: The role of a GP in caring for victims. A talk by Professor Amanda Howe, Vice Chair of the Royal College of General Practitioners (RCGP). 28<sup>th</sup> October 18:30 Room TBA – RSVP online.

Drinks and snacks provided.

Free for members, £1 non-members.

# Freshers Week



**Freshers Week**; those fond first few days of University that see you grow from a simple youngling with classroom aspirations, into a fully fledged, PBL-loving, Kumar & Clark wrangling Norwich Medical Student. 7 days of repetitious conversation, regretful encounters, fancy dress, nervous excitement that hold a special place in the heart of every University student.

This year was no exception. We took 170 brave young things and put them through their paces with a jam-packed week of events that rendered many of the Medical School cohort, old and new alike, feeling ironically far from fresh.

The first night was the infamous White T-shirt Night; the premise is simple – wear a white t-shirt, bring a pen, and scribble to your heart's desire as you crawl your way around some of Norwich's finest establishments. As ever, it was a mighty success, as the excited newbies and nosey older years came, drank and doodled the night away, getting the week off to a flying start.

Unfortunately, due to circumstances beyond the control of MedSoc, we were unable to provide the much-loved Dr's Mess this year, and instead invited the

Freshers to 'Get Lost' on Saturday. Fortunately, nobody got lost and everyone managed to find themselves at the Family Quiz on Sunday, where all the Freshers were adopted into their new medical families. There was just enough time to absorb some parental pearls of wisdom, before everyone was inspired to ditch their wardrobes for the return of Monday's Anything But Clothes (cracking effort this year!).

On Tuesday we got sporty, before getting cosy with a film on Wednesday. At the risk of sounding like Craig David, we chilled on Thursday in mental preparation for the week's grand finale on Friday – the Freshers Ball. This year we brought you all the fun of the fair at St Andrews Hall, complete with a balloon man, fairground stalls, popcorn, candyfloss and a gypsy jazz band to top it all off. Our Fresher royalty were crowned; King Josh Chambers and Queen Sian-Marie Kelly, along with the 'Dick-Of-The-Week' Ethan Sikorski, who dutifully received his penis stethoscope for shamefully knowing all the words to 'Frozen'.

The week long hangovers were forgotten as everyone donned their glad rags and danced into

the night, making it the perfect end to a (hopefully) memorable week.

So there you have it Freshers, your journey to Medical Student status is complete. Welcome to the fam. MedSoc acknowledges that there is a high number of students currently suffering with post-Freshers blues, but have no fear and dry those tears – there's only ten and half months until Freshers '15!

Stay fresh. Peace out, A town.

Rachel & Jack  
UEA MedSoc Presidents



# NMRFC's Super Saturday

Sam Brabazon, Year Four



On Saturday 4th October, NMRFC hosted 3 matches and a Vice Presidents lunch. It was a fantastic day, with us stepping into new ground by playing Cambridge University.

Kicking off early, the Ladies took on Cambridge University Women's team. A gutsy performance followed and it showed that all the Cambridge Girls already had at least a season under their belts, whilst a lot of our newer girls needed that bit of nouse that comes with experience and playing the game for a while.

Despite Cambridge reporting the score as a 55-5 win for them, it was definitely agreed late on that the next try would win, and with the final play of the game Sarah Carlton cut a fantastic line scything through the Cambridge defence to run in unopposed.

After this we hosted a number of guests for a fantastic 3-course lunch of Pate, Roast Beef and Cheesecake.

Then came the men's games; the 1st XV against Cambridge Uni U21's and the 2nd XV against Wymondham 3's. From the off it seemed like Cambridge expected to put 50 points on us, bringing 2 full teams, but NMRFC came out all guns blazing dominating the early exchanges and shocking Cambridge to the bone. It seemed that Cambridge couldn't cope with NMRFC's dominance of the contact, and NMRFC started to do what the teams they regularly play in Norfolk try to do

to them. It must be said the poor weather conditions did probably suit NMRFC's gameplan. That dominance at the breakdown and scrum time, led to 2 penalties which Fabian Roberts coolly slotted home, NMRFC went into half time 6 – nil up.

It shocked Cambridge so much they changed their entire team. This team seemed a lot better drilled and much stronger in the contact, and that strength led to Cambridge getting a score back leaving it at 6 – 5. Then, though NMRFC replied straight away at the Cambridge end; after a few rumbles to get to the Cambridge line Ethan Sikorski lept like a salmon over the ruck to score, which unfortunately Fabian Roberts was unable to convert, leaving the score at 11 – 5. This looked to be the final nail in Cambridge's coffin and appeared to cement the biggest win in the entire history of NMRFC.

However Cambridge had other ideas and fought their way out of the coffin and after a series of lineouts in the medics territory managed to squeeze in leaving the score at 11 – 10. Leaving the balance of the game resting on the conversion, which the Cambridge kicker managed to sneak over. And despite the unrelenting pressure that NMRFC piled onto the Cambridge defensive line they couldn't breach their defence and so conceded the game. And with the 2's losing 22 – nil as well it was a hat trick of losses for NMRFC, but that doesn't mean the day was a waste far from it.

Dr Terry Jones who has supported the club since day 1 even said that it was the best performance by the club he'd ever seen. And Cambridge were overheard saying that they were happy they'd won that only for one of their older players to pipe up and put them in their place by saying: "We changed our entire team at half time, they played a full 80, we should've put 100 points on them, you happy about that?"

Needless to say that picked us up for what we believe was a great night out. And its also interesting to note that on the Cambridge University Rugby Club website there is no mention of the Mens game at all, and they actually say that their U21 Road to Varsity starts on Saturday 11th October with an in house game. So it's safe to say a few opinions were changed.



## Upcoming Ziggurats Events

<b>Event 2</b>	Mixed Indoor Rounders	<b>Tuesday Week 4</b> 14 <sup>th</sup> October	5pm to 7.40pm	Sportspark Halls 4 & 5 Haydn Morris	3 female & 3 male + 1 other (1 team per school)
<b>Event 3</b>	Men's 5-aside Football	<b>Tuesday Week 5</b> 21 <sup>st</sup> October	5.10 pm & 6.10pm	Sportspark 3g (cages) pitches 1,2,3,4	5+ male (FA rules men only) (2 teams per school)
<b>Event 4</b>	Women's Netball	<b>Tuesday Week 6</b> 28 <sup>th</sup> October	5.10pm & 6.10pm	Sportspark Halls 4 & 5 Haydn Morris	5-7 female (EN rules women only) (1 team per school)