



## Editorial

Dear Reader

My student editor Gui Movio (soon to be Dr Movio) is off to pastures new. It is a moment of mixed emotions; pride that I know a student who is definitely destined for greatness, blended in with joy as the new Student Editor is the extremely talented Eabha Lynn. She is already Editorial Scholar (student editor) of The BMJ Student; what more could I ask for?

The articles in this issue are par excellence. Read and be riveted. There is a pathology quiz and book review by Dr Phuoc-Tan Diep – his intelligence makes the world nervous. Topical issues covered are articles on measles and sexism/gender disparities. There are seminal case reports, historic NHS perspectives and a systematic review on multimorbidity associated adverse outcomes in chronic kidney disease; enough to make many of my editor peers envious! Recent developments in the Trust and Lancaster and Morecambe Medical Book Club activities are added in too.

Another round of applications for PubMed inclusion is imminent by the MBMJ Team. The MBMJ articles continue to attract a high number of hits and citations.

<b>MBMJ Vol 9 No 4 2023 Article Title</b>	<b>Abstract Views</b>	<b>Total Galley Views</b>	<b>PDF</b>
<b>Published 17/07/2023</b>			
How is deprivation in different regions of England related to Accident and Emergency admissions in August 2019?	59	88	88
PSIRF – A significant shift in Patient Safety Incident Management and Cultural Change	131	81	81
Rupture of anterior cruciate ligaments and the Lever Test in diagnosis: a critical review	93	66	66
Developing a modern focus on dementia care; an empathetic perspective on the life of the older adult	95	61	61
A secondary care retrospective clinical audit: assessing coronary angiography door-to-catheter times in acute coronary syndrome	117	61	61
Lancaster University Peer-associated Learning Society (LUPALS) – making learning more efficient	85	48	48
Understanding fear of falling in the elderly through the Fear Avoidance Model	69	46	46
Case report: Psychiatry's Triple A – Anorexia, Anxiety, and Anankastia	65	43	43
Abstracts from the Lancaster Clinical Academic Trainee Symposium 2023	92	43	43
Effects of non-pharmaceutical interventions for COVID-19 on influenza incidence: A systematic review	71	42	42
Editorial	28	33	33
Case report: the management of a central mucoepidermoid tumour	50	33	33
Professionalism, Ethics and Values at Lancaster Medical School	55	32	32
Immuno-oncology therapy and COVID-19: What are the potential benefits and risks of undergoing immune checkpoint inhibitor-based therapy for advanced non-small cell lung cancer during a COVID-19 pandemic?	119	31	31

The chart above is a testament to the progress and expansion of MBMJ. I endeavour to ensure a consistent pattern and theme to the publications in keeping with PubMed requirements. The peer review process is consistent and chronological order of completed submissions is the key to compilation of each issue of MBMJ.

We are all aware that worldwide there is an unprecedented need for healthcare, but demand continues to far outstrip availability of all manner of healthcare resources. The unfortunate human suffering and bereavement continues unperturbed despite all the digital and in-person protests. Global news is permanently brimming over with violent and tragic events. Conflict in the middle east, attacks with corrosives, volcanic eruptions, political turmoil, doctors strikes and rising core temperatures of planet earth continue to occupy our thoughts; “the world around you is only beautiful when you are at peace with the world within you” (source unknown).

Closer to home waiting times for patients continue to increase, community services are buckling, productivity within the NHS is questioned and skilled immigration has peaked. Michael Marmot (Director of Institute of Health Equity) says in a recent BMJ article<sup>1</sup> that the UK government must implement fairer social and economic policies, with “health at the heart”.

In my speciality of ENT, tonsillectomies have been vastly reduced, yet a multicentre multi-author paper published in the Lancet recently concluded that compared with conservative management immediate tonsillectomy is clinically effective and cost-efficient in adults with acute recurrent tonsillitis.<sup>2</sup> In contrast, the outbreak of measles is partially linked to the hesitancy in uptake of the MMR vaccine which is abundantly available. There is no single best answer on offer really!

I end with the poem Fire and Ice by Robert Frost.  
Some say the world will end in fire,  
Some say in ice.  
From what I've tasted of desire  
I hold with those who favor fire.

But if it had to perish twice,  
I think I know enough of hate  
To say that for destruction ice  
Is also great  
And would suffice.

THANKS for reading,



Shadaba Ahmed, Editor

## REFERENCES

1. Marmot, M. UK shows what not to do to tackle health inequalities, says Marmot. *BMJ* 2024;384:q41. Available from: <https://doi.org/10.1136/bmj.q41>
2. Wilson JA, O'Hara J, Fouweather T, et al. Conservative management versus tonsillectomy in adults with recurrent acute tonsillitis in the UK (NATTINA): a multicentre, open-label, randomised controlled trial. *Lancet*. 2023 17;401(10393):2051-2059. Available from: [https://doi.org/10.1016/S0140-6736\(23\)00519-6](https://doi.org/10.1016/S0140-6736(23)00519-6)

# Closing Chapter: Three Years with the Morecambe Bay Medical Journal

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As I reflect on the last three years as the student editor of the Morecambe Bay Medical Journal (MBMJ), a wave of nostalgia and accomplishment washes over me. In this time, I have had the privilege of steering the ship alongside the editor Ms. Shadaba Ahmed, academic, consultant, and mentor. Together we have not only strengthened the journal, but I hope left a mark on the medical community it serves.

The MBMJ, proudly the only fully funded NHS journal, has been a beacon of knowledge and innovation for over 30 years. Published by the University Hospitals of Morecambe Bay, it has been my honour to contribute to its legacy and uphold its strapline: "Spreading Information and gathering interest". The journal acts as a vital academic and research conduit, connecting Lancaster University, primary and secondary care, and various healthcare stakeholders. It plays a pivotal role in supporting and promoting local healthcare, benefiting students, trainees, nurses, doctors, allied healthcare professionals, and healthcare managers in the local community.

One of the highlights of my tenure has been working with Ms. Ahmed, whose unwavering commitment to excellence has been the cornerstone of the journal's success. During my time, I have also been fortunate to delve into a magnitude of projects, publishing a systematic review piece on paediatric tracheostomy and producing a comprehensive 6-part educational series titled "Fast-Bleeped." This educational series, I hope, has served as a valuable resource for healthcare practitioners, offering guidance on approaching acutely unwell patients. All these academic endeavours have taught me the importance of academic rigour, quality and the value of collaboration.

Now, as I take the next step into my postgraduate medical journey at the Essex Cardiothoracic Centre, specialising in cardiac intensive care research, I am filled with excitement and anticipation. However, I am equally aware of the responsibility to carry forward the values instilled in me during my time at the MBMJ. The lessons learned and experiences gained will undoubtedly shape my future projects, influencing how I approach research, education, and collaboration.

Looking ahead, I envision a bright future for the MBMJ, one that involves reaching even greater heights. Having the journal available in PubMed will undoubtedly amplify its reach, making the valuable insights and research accessible to a global audience. Greater dissemination efforts will be key, ensuring that the journal's impact extends far beyond the Morecambe Bay region. Strengthening links with the university further will be crucial for fostering a continuous exchange of knowledge and ideas, nurturing a dynamic environment that encourages innovation and collaboration.

As I take my leave from the editorial team at the Morecambe Bay Medical Journal, I am filled with gratitude for the opportunities it has provided and the incredible team that makes it all possible.