

Welcome to the January 2021 issue of The British Student Doctor Journal!

In our editorial a year ago, we looked ahead to a new decade full of challenges; however, 2020 managed to trump all but the wildest predictions. We would like to extend our heartfelt thoughts and wishes to all those who have been tragically affected by this pandemic, lost loved ones, their good health, financial stability and so many other things. Furthermore, sincere thanks are owed to the many healthcare professionals and other key workers who have worked so hard throughout this pandemic to protect, care and serve society.

## Editorial

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*No conflicts of interest to declare*

Accepted for publication: 19.02.21

This issue features a guest editorial by Dr Ed Cantelo, co-founder of Medics' Money, who writes about a topic that often goes under the radar in medical training: doctors' finances. His piece takes a very useful and practical approach, which readers at all stages of training will certainly find informative.

In the Original Research section of this issue, Hannah Withers and colleagues from the University of Birmingham, share a review of the evidence on the best treatment of post-stroke depression. Depression is a common facet of the aftermath of a stroke, and its treatment is often overlooked, possibly resulting in worse outcomes in terms of rehabilitation and recovery. Critically reviewing guidelines is a very important skill for any physician, and Withers and colleagues have demonstrated an excellent example of this with their insightful study.

Further, we feature a high-quality study by Lianne Fakes and colleagues from Cardiff University, entitled "The role of the glucocorticoid receptor in anti-hormone resistance in breast cancer". Breast cancer being another commonly encountered condition, this is an important piece elucidating a key mechanism of resistance to common oncological treatments.

While reviewing the management of common conditions and finding new ways of enhancing diagnosis and treatment constitutes a critical part of medical research and practice, rare conditions can be difficult to diagnose and it can often take years or even decades for sufferers to receive a diagnosis. Improving teaching of rare disease may make a substantial difference to these sufferers, as Lucia Lazzereschi from the University of Southampton writes in her Discussion Starters piece.

In the title piece of this issue, Ryan McFall updates our readers on the hot topic of antimicrobial resistance and summarises current approaches on tackling this critical issue. Through this, McFall tackles the key theories that underpin modern antimicrobial stewardship; an issue that is more important today than ever before with the ever-increasing rise in multi-drug resistant organisms seen in clinical practice.

Our Education section additionally features a piece on scabies, focussing on its epidemiology, pathogenesis and treatment. Adnan Haseeb Hussain and colleagues provide important insights into a common but often overlooked condition in medical education, providing the key information to appropriately equip students and doctors if they encounter it in their practice.

Another outstanding addition to this year's January issue is Callum Phillips' guide on informed consent. This is an important piece on a pertinent topic, and relevant not just to medical students but for the whole of the healthcare professional community, regardless of specialty or stage of training.

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Finally, we feature an article that is perhaps especially important in the current times, which is Haroon Ali Shah, Yasmin Gabrielle Nikookam and Riaz Nawaz's Reflection piece, making a case for instating a wellbeing representative at medical schools. With COVID-19 affecting medical education and the mental health of medical students in an unprecedented manner, this interesting proposal is certainly well worth a read.

We hope you enjoy this January issue of The British Student Doctor Journal. We would like to thank each and every member of our superb editorial team for their hard work and dedication, as well as our peer reviewers, faculty advisor board and publisher, Cardiff University Press. Finally, thank you also to you, our faithful readers!

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Journal DOI

10.18573/issn.2514-3174

Issue DOI

10.18573/bsdj.v5i1



The **British Student Doctor** is published by **The Foundation for Medical Publishing**, a charitable incorporated organisation registered in England and Wales (Charity No. 1189006), and a subsidiary of **The Academy of Medical Educators**.

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