

Editorial

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Welcome to the Summer Issue of The British Student Doctor Journal!

2021 has already proven to be quite an exciting and busy year for everyone at the journal. A key highlight was the publication of our LGBTQ+ Supplementary Issue in collaboration with GLADD in the Spring. We feel this is one of our most important projects to date as promoting diversity has always been one of our core values. We are thrilled to have been able to share this with you.

Here at The BSDJ, we always try to promote an inclusive environment, incorporate new ideas and implement change. The latest small improvement of this kind has been the re-branding of our regular issues into Summer and Winter issues, replacing the old January and June issues. This gives us more flexibility to create a thought-provoking issue, that can be released at a time when our articles are most relevant to students.

One area we pride ourselves at The BSDJ, is publishing high-quality student research, which is typically underrepresented in medical journals. This Summer Issue starts off with Luke Ottewell's study on the optimal management of recurrent pituitary adenoma, a great example of a well-conducted student project. We are also pleased to share an important study by Emily Pattinson and colleagues, which addresses inequalities in LGBTQ+ mental health provision across the UK. Further, Dr Jennifer Hobbiss and Ms Helen Doran present their audit on general surgical readmissions.

Once again, we will see newly qualified foundation trainees graduate and start work during a pandemic. We appreciate how challenging this must be and are particularly pleased to feature a piece by Dr Pakinee Pooprasert and Dr Ehinomen Inegbedion, who give clinical and practical advice for all newly qualified doctors. We congratulate all junior doctors starting Foundation training in August on passing their final exams under these stressful circumstances and wish them all the best for their first days and weeks as new doctors. Welcome to the NHS family!

Another article that is useful for revision and often overlooked in clinical practice, by Dr Mark Watts and Dr Zarina Shaikh, is the differential diagnosis of intra-oral white lesions and the potentially worrying signs that should prompt referral. Atrial fibrillation and sleep apnoea are also areas that new doctors will come across frequently in clinical practice. However, we know little about the fascinating interplay between the two, which is covered by Vaibhav Mishra. Evolving areas of research may also play an important role in future clinical practice.

Dr James Booker and Dr Rebecca McCarthy, from the University Hospital Southampton, review the role of neuronavigation in current and future neurosurgical practice. We also feature a fascinating review by Jonathan Drake of Oxford University, elucidating the role the gut microbiota plays in metabolic health and disease.

Increasingly, medical schools are reducing the amount of time students spend learning about anatomy. This is addressed by Rami Elias of St George's, who reflects on the use of the cadaver for teaching and learning purposes in medical education today and throughout history. Moving from the anatomy lab to the bedside, we feature an important reflective article by Vishnu Shivanand of Cardiff University highlighting the importance of thanking patients as a medical student. And, is thanking our colleagues as important as thanking patients? Norah O'Sullivan has written a thoughtful response correspondence article in this issue about the power of positive feedback.

As always, we extend our gratitude to our hard-working and dedicated editorial team, peer reviewers, faculty advisory board and our publisher, Cardiff University Press. We look forward to continuing our mission for medical student publishing throughout the coming years and are excited for what the future holds.

We hope you enjoy the Summer 2021 Issue of The British Student Doctor Journal!



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