East Midlands Foundation Showcase

7th July 2026

Summary Report



Overall Feedback

The event received overwhelmingly positive feedback from attendees, with the vast majority rating the conference **5/5** for overall satisfaction and educational value. Participants consistently described the event as **well organised, informative, inspiring and motivational**, with many commenting that they left feeling encouraged to undertake further audits, quality improvement projects (QIPs), and research.

What Attendees Enjoyed Most

Several common themes emerged regarding the most valued aspects of the conference:

Keynote Speakers

The keynote speakers were the most frequently praised component of the event. Delegates particularly appreciated:

- Inspirational personal career journeys
- Honest discussions around challenges in medicine
- Career development advice
- Dr Laura Taylor's presentation on overcoming personal and professional challenges
- Dr Brown's presentation on medical education





Keynote Speakers: Dr Caroline Brown and Dr Laura Taylor

Many attendees stated these talks reassured them that careers in medicine do not need to follow a traditional or linear pathway.

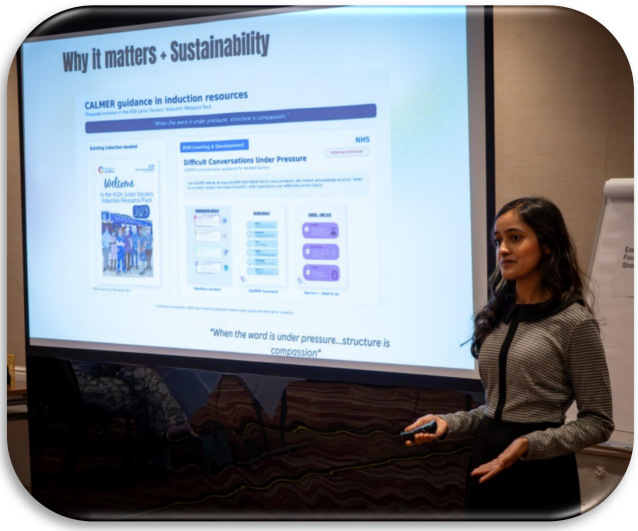
Oral and Poster Presentations

Participants highly valued the opportunity to:

- Learn from a wide variety of audits and QIPs
- See projects from Foundation Doctors across the East Midlands
- Gain ideas for future projects
- Improve presentation skills
- Share examples of successful quality improvement work

The overall standard of presentations was repeatedly described as excellent.





Dr J Dimitry – Poster Presentation Winner

Dr K Vora – Oral Presentation Winner

Networking

Attendees appreciated the opportunity to:

- Meet Foundation Doctors from other hospitals
- Network with colleagues across the region
- Discuss projects and future collaborations



Judges discussing presentations

Organisation

The event organisation received consistently positive feedback, with delegates highlighting:

- Smooth running of the day
- Good venue
- Clear communication beforehand
- Comfortable breaks
- Good food and refreshments
- Professional atmosphere

Many respondents commented that the day ran to schedule and was enjoyable throughout.

Key Learning Points

Several educational themes were consistently identified.

Clinical Learning

The most frequently mentioned clinical learning point was:

- **Appropriate use of Laxido (macrogol) rather than lactulose following Caesarean section**, with attendees recognising its potential to improve patient outcomes and reduce side effects.

Other clinical learning included:

- Prescription system improvements
- Respect forms
- Tracheo-oesophageal fistulae

- Lemierre's syndrome
- Appropriate communication and documentation
- Collaborative working between teams

Career Development

One of the strongest themes throughout the feedback was reassurance regarding career progression.

Attendees frequently reported learning that:

- Careers in medicine are rarely linear.
- Alternative career paths should be embraced.
- There are many opportunities outside traditional training pathways.
- Career flexibility is normal and valuable.

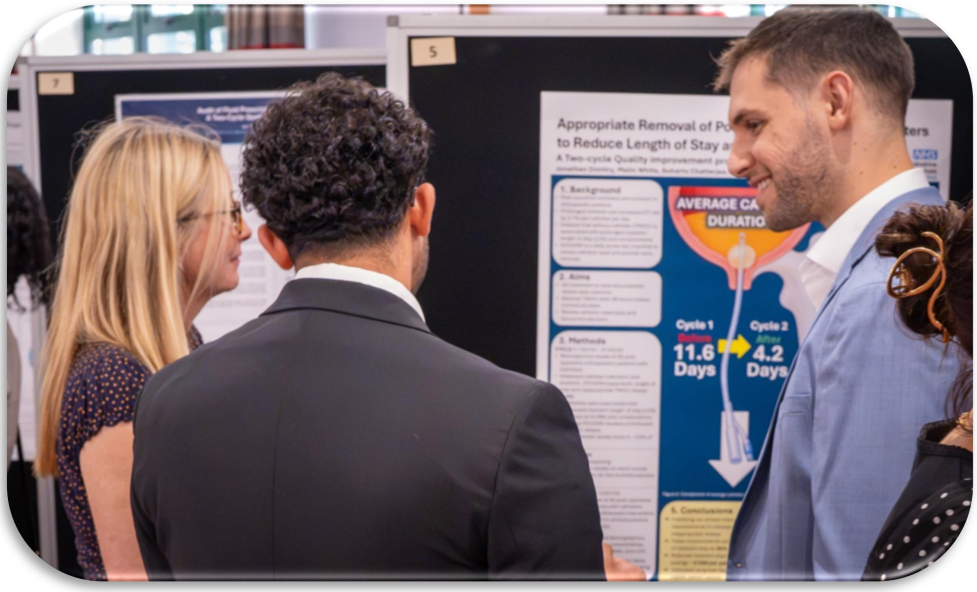
Many specifically cited the keynote speakers as providing reassurance and inspiration about their future careers.

Research, Audit and Quality Improvement

Delegates reported increased motivation to:

- Undertake more audits and QIPs
- Become involved in research
- Improve their portfolios
- Present future work
- Learn from successful projects across different trusts

Many attendees described leaving the conference feeling inspired and motivated.



Poster viewing

Communication and Teamwork

Attendees also highlighted learning about:

- Effective communication under pressure using the CALMER framework
- Importance of teamwork
- Collaborative research
- Clear documentation
- Presentation skills
- Confidence when answering questions

Suggestions for Improvement

Although overall feedback was extremely positive, several recurring suggestions were made.

Poster Sessions

The most common recommendation related to poster presentations.

Suggestions included:

- More formal poster viewing sessions
- Splitting posters across different breaks
- More time to view posters
- More opportunities for presenters to view other posters

Event Schedule

Delegates suggested:

- Slightly shorter breaks to reduce the overall length of the day
- Small gaps between presentations for a mental break
- Providing an itinerary before the event
- Holding the event on a Friday

Additional Suggestions

Other suggestions included:

- More keynote speakers
- Greater advertising of the event
- More presentations from Derby, Burton and Chesterfield
- Career and sponsor stalls
- Use of Mentimeter for audience questions
- Speaker notes available during presentations
- Improved vegetarian and gluten-free food options

Overall Themes

The conference was widely regarded as an excellent educational event that successfully showcased Foundation Doctor achievements across the East Midlands. Attendees particularly valued the inspirational keynote speakers, high-quality oral and poster presentations, networking opportunities, and exposure to innovative audit and quality improvement projects.

The event successfully motivated participants to engage in future research and quality improvement work while providing reassurance that careers in medicine are diverse and non-linear. Clinical learning—particularly regarding post-caesarean laxative prescribing—was a memorable takeaway for many delegates.

Overall, delegates considered the conference highly successful, with only minor suggestions relating to scheduling, poster presentation format, and additional networking opportunities. The overwhelmingly positive feedback suggests the event met its educational and professional development objectives and was greatly appreciated by attendees.



Dr Kath Higgins Deputy Foundation School Director with Dr Karisma Vora, winner of the Oral Presentation category



Dr Jonathan Dimitry, winner of the Poster Presentation category with Dr Vincent Lam, Foundation Training Programme Director

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