

# Editorial

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Medicine is celebrated as a career that offers lifelong learning. We have been reminded of how true this is since a previously unknown virus transformed every aspect of our personal and working lives. It has been a time of great loss and we acknowledge and honor all those working in the front line who personally sacrifice themselves by risking their lives daily. Our thoughts and condolences go out to the families and friends of all those affected by the pandemic.

Covid-19 has also highlighted the underlying structural inequalities in our society. When we founded The British Student Doctor, we established our policy on diversity and inclusion, with equality and equity in publishing being a vital aspect of our mission. We cannot be any clearer: Black lives matter. Black medical students matter. Black voices matter. In her editorial, Olamide Dada, a medical student from Cardiff University and Founder of Melanin Medics, voices that our current medical school curriculum does not equip medical students to provide optimum care for all. As medical students and doctors, we have the responsibility to ensure our curriculum is inclusive and provides us with the knowledge to care for all patients regardless of their ethnicity.

Obesity, like ethnicity, has been shown to be another risk factor of covid-19. In our last issue, we published Biyyam Meghna Rao's article on "Should obesity be considered a disability?". In response to this article, Dr Sagar Sharma and Pippa Oakeshott from St. George's University of London, share that ethnic minority groups often lack awareness that obesity is a risk factor for diabetes and argue that we must prioritize educating patients of this.

The pandemic has also highlighted the psychological demands of clinical practice. Dr Emma Salter explores the concept of Balint groups, a reflective group to explore patient-doctor relationships, and the potential benefits of such groups.

Whilst, we can be critical of our health system, the celebration of the NHS has been possibly the only uniting factor of political parties, media pundits and the general public. Commentators say it has "replaced the Church of England as Britain's national religion." Wafaa Binti Mowlabaccus is a student at the University of Mauritius, and through her reflection on spending an elective placement in a UK hospital she reminds us of the value of our health service.

Medical students have been taking up healthcare assistant positions within hospitals or graduating early to join the medical workforce. We have published some of their stories in our short blog series, 'Coronavirus: Stories from the Frontline', which has received wide interest from local and national media. One author, Dr Natalie Farmer, a Foundation Doctor and editor at The BSDJ, shares her experience of the privilege of providing care to the most vulnerable in our society.

Although we are allowing students to join the workforce early, are they well prepared? In this issue, Dr Emma Poynton-Smith and colleagues from the University of Nottingham explored the question of student preparedness on the ward and they share that more support is required.

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And what about digital literacy? Virtual GP consultations have become the new normal, almost overnight, and this is just the beginning. Mark Khurana, a student from the University of Copenhagen, calls medical schools to not forget to press the update button.

It has been difficult to consider anything else outside of covid-19 in the past few months. Yet, as lockdown measures ease, doctors and students are slowly resuming work in their usual areas. In this issue we share a systematic review and meta-analysis on corticosteroid use in cardiac surgery, a discussion on the impact of poor sleep quality on patient outcomes and

the contentious and highly topical issue of androgens in female elite athletes.

Jessica Leighton from the University of Newcastle and her colleagues at St Benedict's Hospice in Sunderland share an important education article on the physical and psychological impact of Lymphoedema.

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Although the challenges ahead are plenty, we are also pleased to take a moment to celebrate a new milestone for The BSDJ of attaining a charitable status under 'The Foundation for Medical Publishing'. Dr James Kilgour, Dr Shivali Fulchand and Dr Eleni Panagoulas will be stepping down from the senior editorial team and will be taking an executive role within the newly formed foundation. Dr Isabel Schulz, formerly Deputy Editor-in-Chief of the journal, will take over the Editor-in-Chief position, and Dr Natalie Farmer will be our new Deputy Editor-in-Chief. We would also like to introduce and welcome three new members to our editorial team. Senior Editors, Thomas Franchi from Sheffield University and Daniel Newport from Warwick University, and Original Research Section Editor Helena Brezovjakova from Imperial College, and Design Editor Rubab Abdi from Cardiff University.

Whether you are working and learning from home or fighting against the pandemic on the frontline, we hope that this June 2020 issue of The BSDJ finds you well. Please keep safe during these uncertain times. If you feel inspired and you would like to have your voice heard, you can submit your work for our next issue in January. See our website for the author guidelines.

Thank you to Dr Emma Rachel Rengasamy, a Foundation Doctor at the Princess of Wales Hospital, for sharing her artwork for our issue cover. She was inspired by the theme of time and how health professionals can be on the frontline fighting the virus, yet equally vulnerable: *"Time has been a recurring theme throughout the COVID-19 pandemic. Whether this has been the incubation period of the virus, counting down the days of lockdown or the uncertain progress of those affected."*

We would like to extend our gratitude to our dedicated editorial team, peer reviewers, faculty advisory board, our publisher, Cardiff University Press, and above all you, our readers. Our success as a journal is due to the hard work that our community has invested during these unprecedented times.



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