



#### Editor-in-Chief

**Bernard Cheung** (HK)

#### Associate Editors

**Aaysha Cader** (Bangladesh)

**Martin Chung** (South Korea)

**Jamie Coleman** (UK)

**Wade Dimitri** (UK)

**Ana Grenfell** (Ireland)

**Albert Ferro** (UK)

**Emmanuel Nsutebu** (UK)

**Mark Weatherall** (New Zealand)

**Philip Welsby** (UK)

**Aimin Xu** (HK)

**Xiang Zhou** (China)

#### On Reflection

**John Launer** (UK)

#### Guidelines for Authors and Reviewers

Full instructions are available online at <http://pmj.bmj.com/pages/authors/>. Articles must be submitted electronically <https://mc.manuscriptcentral.com/postgradmed>. Authors retain copyright but are required to grant *Postgraduate Medical Journal* an exclusive licence to publish <http://authors.bmj.com/submitting-your-paper/copyright-and-authors-rights/>

**Impact factor:** 2.401

#### Disclaimer

The Editor of *Postgraduate Medical Journal* has been granted editorial freedom and *Postgraduate Medical Journal* is published in accordance with editorial guidelines issued by the World Association of Medical Editors and the Committee on Publication Ethics. *Postgraduate Medical Journal* is primarily intended for healthcare professionals and its content is for information only. The Journal is published without any guarantee as to its accuracy or completeness and any representations or warranties are expressly excluded to the fullest extent permitted by law. Readers are advised to independently verify any information on which they choose to rely. Acceptance of advertising by *Postgraduate Medical Journal* does not imply endorsement. Neither FPM nor BMJ Publishing Group Limited shall have any liability for any loss, injury or damage howsoever arising from *Postgraduate Medical Journal* (except for liability which cannot be legally excluded).

**Copyright:** © 2022 The Fellowship of Postgraduate Medicine. All rights reserved; no part of this publication may be reproduced in any form without permission.

*Postgraduate Medical Journal* is published by BMJ Publishing Group Ltd, typeset by Exeter Premedia Services Private Ltd, Chennai, India and printed in the UK on acid-free paper from sustainable forests.

*Postgraduate Medical Journal* (ISSN 0032-5473) is distributed in the USA by Air Business Ltd. Periodicals postage paid at Jamaica NY 11431. POSTMASTER: Send address changes to *Postgraduate Medical Journal*, Air Business Ltd, c/o Worldnet Shipping Inc, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA

***Postgraduate Medical Journal*** is a peer reviewed journal published on behalf of the Fellowship of Postgraduate Medicine. The journal aims to support junior doctors and their teachers and contribute to the continuing professional development of all doctors by publishing papers on a wide range of topics relevant to the practising clinician and teacher. Papers published include those that focus on core competencies; that describe current practice and new developments in all branches of medicine; that describe relevance and impact of translational research on clinical practice; that provide background relevant to examinations and medical education and medical education research. The *PMJ* supports CPD by providing the opportunity for doctors to publish many types of articles including original clinical research; reviews; quality improvement reports; editorials; and correspondence on clinical matters.

## The Fellowship of Postgraduate Medicine

### President

**Professor Donald R J Singer**

### Honorary Secretary

**Dr Tim Nicholson**

### Honorary Treasurer

**Mr Wade Dimitri**

### Council Members

**Professor Peter Barnes**

**Professor Bernard Cheung**

**Dr Jan Willem Elte**

**Professor Albert Ferro**

**Dr Andrew Long**

**Professor Ken Redekop**

**Dr David Slovick**

**Professor Allister Vale**

## The Fellowship of Postgraduate Medicine

The Fellowship of Postgraduate Medicine was founded after the First World War and was a pioneer in the UK in the development of programmes of postgraduate study in all branches of medicine. It is, and always has been, independent of universities, the health service and government. The Fellowship does not give personal grants for educational purposes or research. It achieves its objectives through publishing the *Postgraduate Medical Journal* and sponsoring national postgraduate education programmes. Further details can be obtained from the Executive Secretary, Fellowship of Postgraduate Medicine, 12 Chandos Street, London W1G 9DR, UK; <http://thefpm.co.uk>. The Fellowship is a registered charity.

## Subscription Information

*Postgraduate Medical Journal* is published monthly; subscribers have access to all supplements

### Institutional Rates 2022

**Print**  
£698

### Online

Site licences are priced on FTE basis and allow access by the whole institution. Please contact Subscriptions for details.

### Personal Rates 2022

**Print** (includes online access at no additional cost)  
£303

### Online Only

£201

ISSN 0032-5473 (print);  
1469-0756 (online)

Personal print or online only and institutional print subscriptions may be purchased online at <http://pmj.bmj.com/pages/subscribe/> (payment by Visa/Mastercard only).

Residents of some EC countries must pay VAT; for details, email [support@bmj.com](mailto:support@bmj.com)

## Contact Details

### Editorial Office

*Postgraduate Medical Journal*, BMA House, Tavistock Square London, WC1H 9JR, UK

E: [pmj@bmj.com](mailto:pmj@bmj.com)

Twitter: @PMJ\_BMJ

### Production Editor

E: [production.pmj@bmj.com](mailto:production.pmj@bmj.com)

### Customer support

For general queries and support with existing and new subscriptions:

W: [support.bmj.com](mailto:support.bmj.com)

T: +44 (0)20 7111 1105

E: [support@bmj.com](mailto:support@bmj.com)

### Self-archiving and permissions

W: [bmj.com/company/products-services/rights-and-licensing/](http://bmj.com/company/products-services/rights-and-licensing/)

E: [bmj.permissions@bmj.com](mailto:bmj.permissions@bmj.com)

### Advertising

W: [bmj.com/company/for-advertisers-and-sponsor/](http://bmj.com/company/for-advertisers-and-sponsor/)

### Display Advertising ROW

Sophie Fitzsimmons

T: +44 (0)20 3655 5612

E: [sfitzsimmons@bmj.com](mailto:sfitzsimmons@bmj.com)

### Online Advertising ROW

Marc Clifford

T: +44 (0)20 3655 5610

E: [mclifford@bmj.com](mailto:mclifford@bmj.com)

### Display & Online Advertising Americas

American Medical Communications (AMC)

T: +1 973 214 4374

E: [rgordon@americanmedicalcomm.com](mailto:rgordon@americanmedicalcomm.com)

### Reprints

#### Author Reprints

BMJ Reprints Team

E: [admin.reprints@bmj.com](mailto:admin.reprints@bmj.com)

#### Commercial Reprints ROW

Nadia Gurney-Randall

M: +44 (0)7866 262 344

E: [ngurneyrandall@bmj.com](mailto:ngurneyrandall@bmj.com)

#### Commercial Reprints Americas

Ray Thibodeau

T: +1 267 895 1758

M: +1 215 933 8484

E: [ray.thibodeau@contentednet.com](mailto:ray.thibodeau@contentednet.com)

### For all other journal contacts:

[pmj.bmj.com/pages/contact-us/](http://pmj.bmj.com/pages/contact-us/)