

From the editorial team

At the beginning of a New Year, many of us will reflect on how we can improve and enhance both our own lives and of those we care for at work. Ways of doing so might include more exercise, an improved diet or a greater disconnect between work and home lives (such as with less email checking cluttering up weekends and evenings), plus renewed vigour relating to pursuing internal CPD obtained from reading journals. This is the first issue of the *JRCPE* in 2019 and, along with subsequent issues during the year, will help with the latter.

Miller's pyramid is a well known descriptive framework distinguishing between lower levels of knowledge ('knows', 'knows how') that leads onto higher levels of action ('shows how', 'does'). Over the past few decades, simulation (which lends itself nicely to 'showing how') has become integral in both under- and post-graduate education. The paper by So et al. provides a thorough overview. Staying with educational matters, the Academic Foundation Programme was introduced in the UK in 2005 in an attempt to boost the credentials of, and encourage entry into, research and education. Like all programmes, evaluation and worth require exploring from time to time; Darbyshire et al. make some steps in doing so in a questionnaire study.

Moving into clinical matters, Holt et al. remind us of the power of audit in helping improve and shape appropriate administration of drugs; in their case intravenous immunoglobulin. Also in the clinical section, Burton et al. provide an overview of the characteristics of patients living in Scottish care homes. They argue that such knowledge may help authorities plan for the future and perhaps lead to better overall care. Although their paper focuses upon Scotland's elderly population, the College and Journal prides itself in being a global brand. In this respect, we welcome a paper by Al-khairalla describing the trials and tribulations of respiratory medicine in Iraq; he tells a story that needs to be told. Similarly, Noone and Moideen describe how in India, with

use of a mobile applications, they have managed to reduce door-to-needle time for thrombolysis in those with an acute ischaemic stroke.

Over the past two centuries, medicine has had more than its fair share of giants, innovators and 'movers and shakers'. In the medical history and humanities section, several of these are described, including one of the first to describe 'granular cells', probably what are now known as eosinophils. While many of us might strive – perhaps with varying degrees of success – to separate work from domestic life (perhaps as one of our New Year resolutions), Hussey tells us about the home of Sir Patrick Manson, and how he very spectacularly failed to do so! Perhaps we should *not* follow his example during 2019 and beyond, and attempt to improve our work–life balance. Electronic abstinence out with working hours, for example, might be a good way to start.

The *JRCPE* would like to thank Dr Mohaned Egred for his hard work and contributions to the Journal. Dr Egred is stepping down from the Editorial Board following serving as Education Editor and more recently as Clinical Editor.

The Journal's Editorial team are reviewing the role and purpose of the 'From the editor' piece. We would welcome readers' comments going forward, as well as feedback or suggestions regarding any aspect of the *JRCPE* by email to the editorial office at editorial@rcpe.ac.uk.

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