

Sarah Eljamel Scholarship Funding Report



The BNMS 41st Annual Meeting was set on the waterfront of the beautiful seaside town of Brighton. A stroll along the promenade was a welcome calm before the action packed day which lay ahead. One look at the number of pages in the thick colourful programme was an indicator of the vast scope of topics to be covered in this bi-annual meeting. The meeting was spread across three days and the venue split

across four main areas; three large lecture halls for presentations from every field of Nuclear Medicine conceivable, from specialty specific talks to advice on setting up your own NM department. The final area was a large central hall for sponsors, poster presentations and interactive live demonstrations.

My knowledge of Nuclear Medicine before this meeting was at the very least limited and I knew that at times I would feel out of my depth, but following a two week taster in this field I was keen to explore and build on this knowledge. Fresh from my FRCR Part 1 examination in Physics, I was able to appreciate the concepts behind Nuclear Imaging and in part understand the advances being described in SPECT and PET imaging. I joined the morning of lectures in the main hall, finding it hard to narrow down the number of talks I wished to attend, and sat through short punchy lectures in general topics such as bone scintigraphy – the main workhorse of NM imaging, before moving on to one of the smaller theatres where the topic of presentation became more specialty specific. On my particular day of attendance the talks given were focussed on Neurology and it was fascinating to see how NM was helping in the understanding of debilitating illnesses such as epilepsy and dementia. I was surprised to see the number of non-radiological clinicians and health professionals present at the meeting and was impressed at their depth and understanding of imaging in their own fields.

Between the morning and afternoon line-ups, there was the opportunity to present my own poster to a panel of honorary judges. During my attachment to the NM Department at the Western General Hospital I came across a rare extra-osseous finding on bone scintigraphy in a 68 year old man with a history of prostate cancer and a rising PSA. Following isotope injection, the scan revealed traumatic uptake in the right rib as well as degenerate uptake in the lumbar spine. However in addition, unusual asymmetric activity was noted in the left forearm, hand and fingers (glove distribution). Further imaging revealed no abnormality on

plain film or cross section and the patient reported no pain in this area. Differentials for a painless hot arm were investigated and we came across a rare finding coined the “glove phenomenon” caused by partially arterialised isotope injection. We felt this was an important cause to highlight as incorrect interpretation could have devastating effects on patient management. In addition it was important to repeat imaging in such cases using a different site of injection to confirm and rule out any underlying metastatic disease hidden by this effect. I had an interesting discussion with the judges about their own personal experiences of this imaging artefact, which has also been described in other NM studies such as PET FDG, renal and myocardial perfusion imaging. The competition was tough, with over 80 posters covering every aspect of NM. I am proud to say we were one of three posters from Scotland invited to the event. I would love to see this number increase in the years to come and would encourage anyone with an interest or even a curiosity in NM to attend future events. I hope to return as a senior trainee following more experience and training to contribute once again.

Nuclear Medicine is an area of radiology quite unlike anything else. The huge advances in PET imaging, in particular, has already revolutionised cancer staging and management. Judging the topics of discussion at this year’s meeting I believe there are huge advances yet to come, with molecular imaging just around the corner. This is an exciting and promising field that I would invite any trainee of any level to become involved.

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