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Dr Dominique Florin
Editor

From the Editor

Welcome

Welcome to the Spring 2024 issue of Alcoholis. We have a range of activities planned for the year ahead including several in-person meetings which are so important for

networking, as well as on-line events which allow us to widen participation to include those unable to be present in-person.

2023 MCA Alcohol and Health Symposium

In November last year we held our annual Alcohol and Health Symposium at the RCP in London. It was an excellent day with morning talks on alcohol and inequality and the no-low alcohol field, which is rapidly evolving. There was plenty of time for audience interaction which was much valued. Professor Anne Lingford-Hughes gave an inspiring Max Glatt lecture drawing together themes from science and her own particular journey. In the afternoon the focus was on more practical clinical applications, including recent new NICE and Clinical Treatment Guidelines as well as research into Alcohol Care Teams. Again we made time for audience questions and delegate feedback was extremely positive. The whole day is available to view through the MCA website for 6 months for those who have paid the delegate fee; Anne Lingford-Hughes' talk is available to all. In this issue of Alcoholis you can see some photos giving a flavour of the event.

MCA Competitions

The MCA ran two competitions last year, as part of our mission to promote the education of health professionals in training on alcohol-related health harm. The Essay competition was open to all UK medical students on the theme of youth drinking. There were excellent entries

and the winning essay has been published in the MCA Annual Report. The second competition was our NAAD Competition open to UK medical, nursing and midwifery students. This was on the theme of alcohol and inequality, to tie in with our 2023 Symposium. The winning entries will be available to view on the MCA website. Prize-winners from both competitions were invited to attend the MCA Symposium and presented with their certificates.

Two competitions will be run this year. The Essay Prize is currently open with details in this issue of Alcoholis, on the theme of stigma, again to tie in with our 2024 Symposium. Later this year the biennial Health Improvement Prize will be launched, open to qualified doctors up to consultant grade. Any readers of this issue of Alcoholis please do pass on the details to relevant audiences, all the details are also available on the MCA website.

2024 MCA Symposium and Max Glatt lecture

The MCA Annual Symposium will be held in person at the RCP in London on **27th November 2024**. We are currently building the programme and will include a particular focus on the role of stigma in the alcohol field, as well other talks of relevance to clinicians and researchers across the disciplines working on alcohol and health. We are delighted to announce that the Max Glatt lecture will be given by Dr Lorenzo Leggio, the joint Editor in Chief of Alcohol and Alcoholism, who will be flying in from Baltimore, Maryland to join us in London. Dr Leggio is a physician-scientist whose illustrious body of work has focussed on the treatment and consequences of alcohol and substance use. Please do **save the date** and look out for more details.

Contact details

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MCA Annual Symposium on Alcohol & Health 22 November 2023



From left to right: Dr Laura Goodwin / Dr Steve Masson / Prof John Holmes / Exhibitors Hall / Exhibitors Hall / Q&A: Chair, Dr Peter Rice with speakers Prof Julia Sinclair, Dr Louise Sell, Dr Steve Masson / Max Glatt Lecture by Prof Anne Lingford-Hughes / Max Glatt Medal presentation to Prof Anne Lingford-Hughes by Prof Colin Drummond

Overleaf: Student Essay Competitions presented by Prof Colin Drummond - 1st prize: Bethany Whittard-Swift / 3rd prize: Shubb Kumar / NAAD Competition - 1st prize: Toby Speirs / 3rd prize (joint): Cheon Hoi Koo



Medical Council on Alcohol 2024 Quality Improvement Prize

This competition is open to all qualified doctors in any specialty working in the UK, in any non-consultant training grade. You should report a completed audit, clinical governance or quality improvement project on an alcohol-related health harm topic and reflect current best practice guidelines/evidence.

The topic can reflect the full range of interventions from prevention to detection to treatment.

Please submit your entry as one A3 size poster in a structured abstract format describing a Quality Improvement project.

Entrants must be current qualified trainee doctors working in the United Kingdom.

Word count: 500-700 words (*figures and references not included in word count*).

If your submission is part of a team effort with others, please confirm your own contribution.

Please inform the MCA if you have used ChatGPT or similar software for any part of your entry.

The winning entrants will receive:

1st Prize	£750
2nd Prize	£500
3rd Prize	£300

Opening Date:

Closing Date:

To apply go to: m-c-a.org.uk/education and upload your A3 poster (*in both pdf and jpeg formats*).

You will also need to include the following:

- **Full name**
- **Contact e-mail**
- **Contact telephone number**
- **Contact address**

All winners shall receive free attendance at the MCA 2024 Annual Symposium.

If appropriate the winning entries will be published in the MCA newsletter *Alcoholis* and exhibited at the MCA Annual Symposium.

1 March 2024

1 July 2024

SAVE THE DATE:

MCA 2024 Annual Symposium on Alcohol & Health

The MCA 2024 Annual Symposium on Alcohol & Health will take place on **Wednesday 27th November 2024** at The RCP London. **The Max Glatt Memorial Lecture** will be by Dr Lorenzo Leggio.

2024

MCA Legacy Essay Competition

Entrants must be current medical students in the United Kingdom.

Please submit your maximum 3,000 word essay in the Vancouver referencing style.

Only single-authored entries will be accepted.

Please inform the MCA at the time of your submission if you have used ChatGPT or similar software for any part of your entry.

The winning essays will receive:

1st Place	£500
2nd Place	£300
3rd Place	£200

All winners will be invited to attend the MCA 2024 Annual Symposium and be awarded a certificate. The winning essay will be published in the MCA Annual Report.

Application

To apply send your essay (MS Word format only) to **contact@m-c-a.org.uk**

Please remember to include the following:

- **Full name**
- **University/Medical School**
- **Name of course and year of study**
- **Contact telephone number**
- **Contact e-mail**



2024 MCA Legacy Essay Competition

What can be done to reduce the stigma associated with alcohol use disorders?

Patients with mental health issues are often subject to stigma and those with alcohol use disorders particularly so, both from the general public and from health professionals. What can be done to eliminate stigma, which impacts negatively on the way in which patients are perceived and treated?

Write a 3,000 word essay referenced in the Vancouver style to address this topic. The word count does not include references, diagrams and tables.



The MCA Legacy Essay Competition is held every year on a different alcohol related topic.

This competition is open to all UK medical students.

To view previous competitions please go to **www.m-c-a.org.uk**

Opening date: 1 January 2024

Closing date: 1 May 2024