**Report on the spring meeting of the CCMAA held at Christ’s on the 9th and 10th April 2016**

For photographs see:

<https://www.flickr.com/photos/christsalumnievents/albums/72157665997328844>

We met for lunch at 12.30 in the function room of the Hamied Centre, where we were able to admire the recently hung pictures and photographs from the college collection, before moving to the theatre for the business meeting of the CCMAA at 13.30, chaired with verve and efficiency by the retiring secretary Tom Turmezei (m. 1996).

Then at 13.00, the newly elected President, Tony Jewell (m. 1969) welcomed the members and their guests, as well as those members of the CCMS, who had joined us, before handing over to the chairs of the first session, Judith Allanson (m. 1980) and Andrew Sharkey (m. 1979). Three absorbing and varied 20 minute presentations then ensued.

First off was Tom Turmezei (m. 1996), who gave a delightful talk, illustrated by movie clips, about his experiences imaging “art works and archeological artefacts” in association with the Fitzwilliam Museum, including the coffins of Egyptian mummies, mannequins used by artists, and a small Egyptian funerary-like box that seemed to contain the remains of a late aborted foetus.

Second, Jai Chitnavis (m. 1982) gave a talk about Problem knees, in which he skillfully reminded us of our functional anatomy as he took us through the injuries experienced by, and the treatments available for, this most vulnerable of joints, which as he amply demonstrated was required for both stability and flexibility – in both cases taking really heavy loads.

Finally, Arnold Fertig (m. 1968) set his recent experiences of commissioning and helping to provide a better integrated service for frail older people within a historical context that embraced the organisational changes seen in the NHS since its conception. His conclusion that the current model is just not fit for purpose was widely supported. Some interesting video clips can be viewed here, you can also view [Arnold’s](https://alumni.christs.cam.ac.uk/file/Arnold-Fertig-Presentation-April-2016-1.pdf) [presentation here.](https://alumni.christs.cam.ac.uk/file/Arnold-Fertig-Presentation-April-2016-1.pdf)

After a break for tea, during which members had the opportunity to view posters prepared by Tom Turmezei, we resumed for a discussion on the very topical question of “seven-day” NHS services. The chair, Theresa Marteau (fellow), first asked people present whether they supported the junior hospital doctors in their action, and they received strong support. To kick off, Rashmi Patel (m.2002) presented his research study investigating clinical outcomes of people admitted to psychiatric hospitals at the weekend. Unlike previous studies in acute hospitals suggesting worse clinical outcomes and increased risk of inpatient mortality for patients admitted at the weekend, Rashmi reported the opposite in psychiatric hospitals, where patients admitted at the weekend are likely to have a shorter duration of admission and reduced risk of inpatient mortality. He reported that this outcome was probably because the population of patients admitted to psychiatric hospitals at the weekend is quite different to that during the week (e.g.younger, possibly more likely to have presentations associated with alcohol/illicit substances and so recover quickly). He suggested that this probably means that delivering a mental healthcare service, which is uniformly resourced on every day of the week, is unlikely to be the optimal way of structuring services and could result in an opportunity cost by diverting resources away from weekdays to the weekend. He also suspected that the same is true of other areas in acute and community healthcare. Then each of three panel members expressed their views on a seven-day NHS –Mike Morgan (m. 1969, consultant), James Jones (m. 2005, Junior hospital doctor), and Mike Knapton (m. 1977, formerly general practitioner), which was followed by a lively discussion. You can view [Rashmi’s presentation here](https://alumni.christs.cam.ac.uk/file/Rashmi-Patel-Presentation-April-2016.pdf).

Then we admitted members of the public for our second public lecture given by Paul Elliott (m. 1972), who was introduced by our president, Tony Jewell (m. 1969). Paul then gave a brilliantly clear account of the epidemiology of cardiovascular disease, historically, nationally and internationally. He showed that the key factors in rising levels of cardiovascular disease was lack of exercise and changes in diet, especially the increased salt intake, and that only by changing these had cardiovascular disease started to decline here in the UK. Particularly telling was his data on the slight effect that blood pressure controlling medication had had on cardiovascular disease, largely because most of the population with high blood pressure are not diagnosed and thus not treated. View [Paul’s presentation here](https://alumni.christs.cam.ac.uk/file/Paul-Elliott-Presentation-April-2016.pdf).

We then repaired to the old combination room for pre-dinner drinks, before proceeding to Hall, where preceded by grace read by Visvan Navaratnam (fellow), we then dined on a sumptuous meal in convivial company. After dinner, Sir Christopher Edwards (m. 1960) gave a wide-ranging and thought provoking speech, based on his considerable experiences of medicine and higher education, illustrated by amusing and informative anecdotes. The evening was rounded off by a speech of thanks to Sir Christopher, to all the speakers and chairs, to the staff in the alumnus office and to the chef and the waiting staff, given by Fazal Hasan (m.1979), who ended by proposing a toast to the CCMAA.

The following delightfully sunny morning, we were warmly welcomed by Jackie Kelly, to coffee in the Master’s garden, where we were amazed to learn that most of the brightly coloured carp had been eaten by an otter, which was spotted crossing third court carpark on video cameras, presumably *en route* from the Cam! So we left with yet another unlikely an anecdote to add to the fund of stories that Christ’s provides its members.