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Message from Guest Editor | Mr Vipin Zamvar, Consultant Cardiothoracic Surgeon, Royal Infirmary of Edinburgh, Edinburgh zamvarv@hotmail.com

## **Inequality and Diversity**

When I was growing up in India, I often heard about how "Unity in Diversity" was one of the pillars of the Indian nation. Diverse ethnic populations thrived in the melting pots of Bombay, Delhi and other metros. However, there was always an undercurrent of inequality behind the facades of these slogans, and beyond the major cities.

## **Dr Ramesh Mehta | Editor-In-Chief**

Inequality thrives at various levels even in the UK. Social scientists and politicians debate a lot about our unequal society and have at times diametrically opposite ideas for dealing with it. However, there is another kind of inequality that affects mainly the minority groups in the UK. As you skim through this issue of the Physician, you will come across many articles that explore why South Asians lag in many of the health indicators in areas as diverse as mental health, and breast cancer.

## **Dr Parag Singhal | Editor**

Mammographic technical quality appears much lower for Asian women who cannot understand English (page 23); Significant disparities exist in post-mastectomy breast reconstruction between Asian and Caucasian women in Manchester (page 39); Breast screening uptake rates remain low in ethnic minority women (page 38).

## **Message from Editors**

Inequality is suffered not only by the recipients of healthcare but by the providers as well. A recent GMC report concluded that Black and Ethnic Minority doctors from the UK are twice as likely to face sanctions from the GMC compared to White UK medical graduates. A peer-reviewed medical journal was conceived by the British Association of Physicians of Indian Origin (BAPIO) as part of its continuous education platform and evidence of BAPIO's commitment to enhancing Good Medical Practice. 'The Physician' was launched in 2012 at the Wembley Stadium by Lord Ajay Kakkar. We are pleased to publish this special edition to coincide with the BAPIO Annual Conference which has attracted a high calibre of presentations on innovation and academic excellence. The Editorial team has thus decided to include the abstracts of both oral and poster presentations at the conference. We were pleased to see the overwhelming response and the high quality of the work. Due to space constraints, we could not accommodate all the abstracts. Readers will be pleased to see in this edition, the diversity of academic subjects from motivation and leadership to the future of the elderly and dementia. There is discussion on the 'Model for Improvement' to Health Care and clinical topics like a diagnosis of breast cancer and solid tumours. We are committed to promoting academic excellence through 'The Physician'. Your feedback will be much appreciated.

This issue of the Physician also highlights some of the various quality improvement projects in the NHS. Dr Abhaya Gupta describes how a geriatrician-led system for the care of elderly patients with hip fractures improves outcomes. Many may consider this a no-brainer (quality improves if you shift responsibility for the care of elderly patients with multiple co-morbidities from orthopaedic surgeons to any other group of physicians) (apologies to my many orthopod friends). Prof. Bhugra explores how cultural influences play an important role in the patient-physician relationship. It behoves physicians to be aware of the cultural beliefs of the patients they serve. Prof. Sandhu explores the various factors that motivate doctors. Very poignant is his quotation of Muhammad Iqbal's epic poem.

"Khudi ko kar buland itna  
ke har taqdeer se pehle  
khuda bande se khud pooche,  
bata teri raza kya hai".

"Rise to such heights that God himself asks you,  
what do you wish your fate to be"

With this meeting in Manchester (Towards excellence in patient care), and with this issue of the Physician, if young BAPIO members can feel motivated to dream and look beyond the immediate horizons, BAPIO would have partly served its mission.

"Sitaron se aage jahan aur bhi hai, aur bhi hai".

'The Physician' provides a perfect opportunity for doctors to showcase their contribution to Education and Research. We urge all, especially young doctors to use this vehicle to enhance their careers. We would like to thank all the members of the Advisory Editorial Board and the colleagues who have given time to contribute to this special edition of 'The Physician'. We acknowledge the support provided by Mr Vipin Zamvar who so kindly agreed to be our Guest Editor. We also thank Mr Buddhdev Pandya MBE, the Managing Director for coordinating the publication process. Dr Ramesh Mehta, President of BAPIO and Consultant Paediatrician, Dr Parag Singhal, Hon Secretary of BAPIO and Consultant Endocrinology and Diabetes Mellitus.