

In this special COVID-19 issue: The Imager's Guide to the Pandemic //
A Neuroradiologist's Perspective // A Radiographer's Perspective // Mansfield
Research Innovation Awards // Upcoming Meetings // Home Schooling for PhDs //
Medical Devices Legislation // Committee Communications Officer // Join the REFs //
Twitter Logo Competition // Zoom in on...Cardiff



Positive Spin

The newsletter of: [ISMIRM](#) | **British & Irish**
CHAPTER



DON'T PANIC

The Imager's Guide to the Pandemic

It's safe to say that 2020 is not turning out the way any of us intended. ISMRM has been postponed, the status of our Chapter's Annual Meeting and Postgrad Meeting is 'to be decided', MRI scanning of research patients and most non-emergency clinical patients have been suspended, and most of us are working at home with only occasional trips outside. How should we respond to this crisis?

1. Business as usual?

For some of us with caring responsibilities for children and older relatives, or close family members working extended shifts in the NHS/key jobs, in addition to those directly affected by COVID-19, it is very hard to continue as 'normal'. For others, working at home isn't all that tricky -- we probably all have data to process, papers or theses to write, and it has been interesting to find that many meetings work just as well on the internet as sitting around a table. Consider your mental and physical wellbeing, work when/if you can, remember to take regular breaks and don't get disheartened if you can't work as usual – these are challenging times especially for those with caring responsibilities, key jobs, etc. Remember, we are currently dealing with a pandemic and not a productivity contest.

2. Volunteer

If you have more spare time than usual, do think about how you might be of use to society. If you have lab skills, you may be able to [volunteer to help process Covid tests at facilities](#) in Milton Keynes, Cheshire and Glasgow. There are calls for 'healthcare scientists' including engineers to [volunteer for redeployment to the Nightingale hospitals](#). In addition, there may be people in your local community who desperately need help obtaining food and medicine. There is [guidance on how you can help here](#).

3. Play

Remember to take some time every day to switch off the news and go for exercise outside, talk and play games with your housemates, connect online with relatives and friends or search out and share entertainment online. Remember to use @bcismrm or #bicismrm hashtag on Twitter or post to the British and Irish Chapter of ISMRM group on Facebook to share interesting or funny links with any remote connection to MR. And if you're struggling to cope, there are resources to help with your emotional as well as physical wellbeing. The following wellbeing apps are now free for NHS staff until 31st December 2020.

- [Unmind](#)
- [Headspace](#)
- [Sleepio](#) (enter redeem code NHS2020)
- [Daylight](#)

We might currently all be self-isolating, but we are still a community, and we can get through this together.

ISMRM & SMRT Joint Virtual Meeting

COVID-19: Perspectives from the MRI Front-Line

SESSION 1: WEDNESDAY, 15 APRIL 2020 • 06:30 PDT | 13:30 UTC

SESSION 2: FRIDAY, 17 APRIL 2020 • 22:30 PDT
SATURDAY, 18 APRIL 2020 • 05:30 UTC

ISMRM & SMRT invite you to this important “live” virtual meeting discussing global perspectives of COVID-19 and its impact from members on the MRI front-line. Listen and learn from the experts and participate in the Q&A after the presentations. Talks will include perspectives from Italy, Korea, Australia, UK and Singapore.

Sign up ASAP for a live broadcast of session 2 on **Saturday, 6:30AM BST** (5:30 UTC).

- [Log into your member login page](#)
- Click on My Meeting Registrations and then click on Register for an Upcoming Event.
- Click on Joint Virtual Meeting: COVID-19 Virtual Event – Please only select the event date you are able to attend.
- Answer all the registration questions and then proceed until you have successfully confirmed your order (registration is complete only when the order has been confirmed)
- Once Confirmed, you can then click on the option to Add to Calendar on the receipt section.
- Virtual Meetings are complementary to members. There is no fee for this registration.
- This meeting will be up to one hour in length.

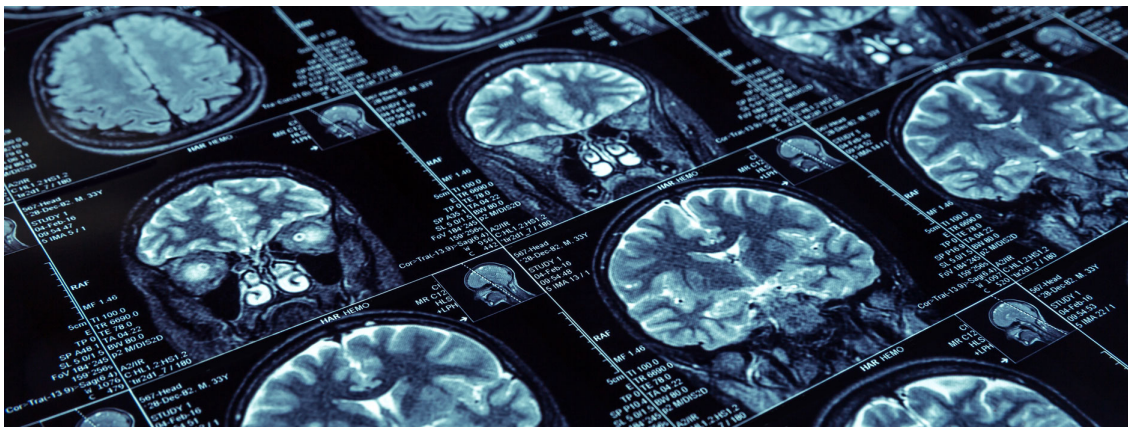
If you are having difficulty registering for the virtual meeting, please do not hesitate to contact the membership department: membership@ismrm.org. The virtual meeting login instructions will be emailed the afternoon before the event.

A Neuroradiologist’s Perspective

The COVID response has had a significant impact on clinical MRI departments across the country. Whilst the bulk of the imaging COVID response has been borne by X-Ray and CT (in terms of Chest Imaging), most clinical MRI

Departments are operating a skeleton service, focussing on emergency MRI work with a reduction in elective MRI apart from Cancer Services. For example, at UCLH, when MRI is performed on a COVID positive patient, it has been for non-COVID clinical indications such as stroke or spinal cord compression. Although the typical symptoms of COVID positive patients are chest-related, neurological manifestations have been reported. [A recent report of a presumed case of necrotising encephalitis](#) reminds us of the importance of MRI in neurology and the importance of having a low threshold for imaging patients who present with confusion.

Whilst we all believe that our MRI work, whether research or clinical, is of importance, perhaps the COVID crisis has put things into perspective. Please spare a thought for the frontline workers [as seen last week on this special report by the BBC](#).



A Radiographer's Perspective

How can we ensure the safety of patients and staff during a pandemic? Each MRI unit should have clear policies in place. Referrals should clearly state whether a patient has suspected or confirmed COVID-19 (guidance [here](#)), and referrals of positive patients should follow a discussion between the clinician and radiologist to confirm that the MRI scan is required and clinically indicated. Standard Operating Procedures should cover the PPE required for patient transfer, imaging and for decontamination of the scanners themselves (guidance [here](#)) and their local infection control team. These SOPs should be kept under review as this guidance is being continuously updated as the situation progresses and more is understood about COVID-19. Each scanner manufacturer will also have recommendations for which cleaning agents can be used on each of the different surfaces of their MRI systems.

Mansfield Research Innovation Awards

These awards, generously funded by Siemens, aim to help enable travel to the conference for early career researchers (~5 years postdoc level) who are too senior

to qualify as trainees but who do not yet have their own grants. Congratulations to the winners of the Mansfield Research Innovation awards for Sydney Paris 2020:

1st Prize: James Grist
(Birmingham and now Oxford)

Runners Up: Francesco Grussu and Fabio Nery (both at UCL)



Upcoming Meetings

Postgrad BICISMRM 2022 (UCL) - Postponed

We have had to cancel/postpone our popular post-graduate meeting which was meant to be held at UCL on 6th April. Organizer Charith Perera would like to thank everyone involved in planning, as well as all those who signed up and submitted abstracts for review. We hope there will still be a chance for PhD students and early-Postdocs to present their work within the year, but we will let things settle before we decide whether to hold it later this year (as ISMRM has) or postpone it to next year (as the Olympics has done). Planning for the annual main scientific meeting in Cardiff (9-11th September) is ongoing but follow [@bicismrm](#), our Facebook group, and JISCMail regarding news.

ISMRM London 2022

Steven Sourbron, programme chair for ISMRM London 2022, has invited the Chapter to be local organisers of some special events and features during ISMRM 2022. The Chapter is delighted to welcome David Carmichael to Chair our Chapter sub-committee for ISMRM London 2022. We will be engaging with BIC-ISMRM members to help us make it extra special. Interested in getting involved? Contact David Carmichael informally (david.carmichael@kcl.ac.uk) or

[@DNeuroimaging](#)). We are particularly interested in hearing from PhD and post-docs with public engagement experience. Look out for future announcements.

Home Schooling for PhDs

While we're unable to organize physical meetings, why not catch up on virtual proceedings from the recent past, and other MR educational material? Here are a few resources – find more and share with the group on Facebook and Twitter.

- [ISMRM educational material](#)
- [Hyperpolarized Carbon-13 MRI Technology Development Workshop \(UCSF, March 2020\)](#)



Medical Devices Legislation



It looks as if the long-anticipated changes to the Medical Devices Legislation will be postponed for a year (more info [here](#)). In the meantime, the International Commission on Non-Ionizing Radiation Protection (ICNIRP) has published its [2020 Guidelines for Limiting Exposure to Electromagnetic Fields](#). This updates the radiofrequency electromagnetic field (RF EMF) part of the ICNIRP 1998 guidelines, and the 100 kHz to 10 MHz part of the ICNIRP (2010) low frequency guidelines. It seems partly motivated by the need to address concerns around 5G. This new document is compared to previous guidelines [here](#), in terms of the overall approach of the protection systems, as well as the restrictions themselves. This has an interesting section considering scope, types of adverse health effects considered, quantities used to set the restrictions, and the way that restrictions are determined. Changes to the restrictions (a set of RF EMF values that should not be exceeded in order to ensure protection from adverse health effects) are summarized in the graphs at the end of the same document.

Calling for a new communications officer!

There is an exciting opportunity for an enthusiastic individual to **join the Chapter Management Committee as our Communications Officer**, since Mary McLean will be stepping down (many thanks to Mary for fulfilling this role admirably in past years). This vital **3-year post** will help ensure the Chapter's values are articulated appropriately and **underpin all communication activities and materials**. The individual will work with the Committee to develop and **manage the Chapter's online presence** including on social media platforms; **lead the editorial board of the Chapter's newsletter** and ensure **publication of newsletters**; and facilitate **virtual meetings**. To apply (and/or request further info) by 28th May, 2020, please email po-wah.so@kcl.ac.uk, detailing your relevant experience and why the role is for you.



Join the REFs - Extension!

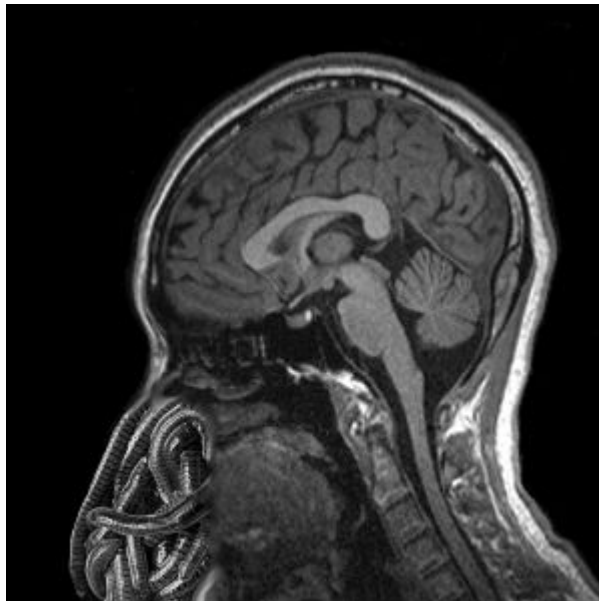
Thanks to those who have already volunteered as possible nominees for a Research Excellence Framework (REF) sub-panel, aiming to ensure that published novel MR research is suitably acknowledged. This call has been extended due to the coronavirus situation, so there is still time to contact Po-Wah (po-wah.so@kcl.ac.uk) if you are interested.

Twitter Logo Competition!

Introducing @bicismrm, the new Twitter account for the Chapter following the recent name change. We need a logo for the new profile! Send your entries to bicismrm@gmail.com by 31st May, 2020, winner gets free registration at the next BIC-ISMRM annual scientific meeting.



Zoom in on... Cardiff



MR spectroscopy at Cardiff dates back to the late 1980s, when it was still part of the University of Wales, and it remains an active area of research in the Chemistry Dept, which has 8 spectrometers. More recent additions are the Experimental MRI Centre (EMRIC) in the School of Biosciences, with a 9.4T small-bore device, and most famously CUBRIC, the Cardiff University Brain Research Imaging Centre. CUBRIC houses one 7T and three 3T clinical scanners in an architectural masterpiece of a building -- it won several awards, presumably for the feat of being bigger on the

inside. At its reopening by the Queen in 2016, CUBRIC was said to be the top brain imaging site in Europe.

Less well known is Cardiff's ground-breaking diagnostic work on aliens who fall sick during the filming of popular documentary series Doctor Who. Cardiff University Hospital radiologists were the first to identify Sontaran cervical spondylosis and Silurian scale rot, as well as (pictured) tentacular torsion in the Ood.

One of us... One of us... Join the British and Irish Chapter

Our community is growing, but we are still short of the total number of ISMRM members with work addresses in the UK. If you aren't already a member of the Chapter, **please join** now (it's free!):

<https://goo.gl/forms/VH5Lavy49QCCp38m2>

And finally... from the Editors

Thanks again for reading! And, massive thanks to everyone who contributed to this issue's newsletter:

Harpeet Hyare
Penny Gowland
Po-Wah So
Ben Stratton

If you want to be featured in the newsletter, or you've got news for us, send us an email:

newsletter@ismrm.org.uk

Mary McLean (University of Cambridge)
Charith Perera (UCL)

Photo credits: Don't Panic Hitchhiker's Guide to the Galaxy Logo - redbubble.com, Neuroradiology image - hunter-healthcare.com, Eiffel Tower - insider.com, Sydney Harbour Bridge - australiantraveller.com, Home Schooling - famagustafpn.business.site, EU Commission logo - ec.europa.eu, Social Media art - www.isolated.es

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)



