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I was very grateful to the BDIAP for providing a bursary to me to help attend both the Molecular Study Day, and Approach to Cut-Up Study Day in London in March.

I wanted to attend the study days to gain a deeper understanding of molecular pathology, an ever-growing field, and in order to further develop my cut-up skills. As cut-up is a large part of our workload as trainees I wanted to ensure that I had the most up to date knowledge and try to pick up some pointers for making my cut-up even more efficient.

I learned a great deal from both days, and it was an excellent opportunity to hear from expert speakers on their various subspecialty areas. The molecular study day was a great way to get myself up to date, not only with the day-to-day molecular tests in current clinical practise, but also with upcoming molecular advances and current research.

The cut-up study day was perhaps even more beneficial to me at this stage of training. While in my second year I already have a bit of experience with the cut-up of many different specimens it was a really great opportunity to go over each specialty, taking notes for any areas that I had struggled with before, and to hear about the less common specimens that you might encounter and the best way to approach them. The talks were very engaging and offered advice on how to approach specimens in the most efficient and practical way, highlighting the importance of block selection for ensuring accurate diagnoses, and also highlighting fixation issues and block selection to ensure molecular tests can be carried out. Having heard all about molecular the day before it was nice to have this practical tie in to it. All of the speakers had hints and tips on various aspects of cut up and these are things I will continue to consider every time I cut a specimen.

Overall, both days were very educational and very enjoyable, and they definitely met my expectations. I would recommend both days to any other trainee as I think no matter what stage you could gain some educational benefit from them, whether a new trainee's first time learning about certain specimens, or as a final year to use the day as a concise and practical overview and refresher course.