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I have wanted to be a Histopathologist since medical school, however, entering the training programme in August 2020 has been bittersweet. Due to the COVID-19 pandemic, I was not able to meet my peers and thus missed the opportunities to build connections, share ideas and be inspired by others. Attending Liverpool Pathology 2023 with generous help of BDIAP bursary has helped me to breach this gap.

Attending talks from a variety of specialties exposed me to a plethora of new knowledge. It was also uplifting to hear that our practice and teaching are in line with scientific research. The expansion of renal tumours classification has introduced a variety of new entities which can be extremely confusing, however, the talk I attended about the approach to renal tumours will definitely be useful for both everyday practice and exam settings. There were some fantastic practical tips of using Ki-67 index to help differentiate between colonic gland misplacement versus invasion. Dr Dan Berney's talk on prostate cancer served as an unwavering reminder to remain pragmatic when reporting and to never forget that the end goal is to help the patient. The trainee-focused sessions were particularly welcome as these helped to ease the apprehension towards the histological enigma of soft tissue tumours.

Undoubtedly, it was exciting for me to contribute towards the event. I discussed the practicalities of tumour diagnosis with the gynaecology consultants while demonstrating to them the results of our local audit involving HRD mutation testing in high-grade ovarian carcinomas (accepted as a poster). I also gave a talk to the Association of Clinical Electron Microscopists on an unusual case which required correlation across a number of specialties to achieve the diagnosis for the patient.

The breakout time allowed me to browse the stands and speak to companies about current progress in software. I was shown how AI could be utilised to support prostate and breast reporting and optimise the daily workflow of a busy pathologist. My colleagues were particularly excited to purchase the infamous books written by Dr Jerad Gardner at one of the stands.

I would wholeheartedly recommend attending future meetings to my colleagues! It was a great opportunity to connect with like-minded people and share excitement for pathology. The Conference dinner was particularly a highlight – and not simply because I won the Trainee Slide Seminar in the ST3+ category! My trip was further enriched by the opportunity of attending the Liverpool Philharmonic and a Q&A session with the conductor was a particularly enjoyable closure to the overall fantastic experience.