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I am currently in training as a trainee year 1- ST1, in Histopathology in the East of England Deanery (Broomfield Hospital, Chelmsford).

After a colleague of mine recommended, the reason for attending the Molecular and cut up day was because, as new trainee in the field, I wanted to be informed and learn the general but very useful techniques in the cut-up sessions and well as the new molecular studies that are out and being used.

Following the cut-up day, I feel more confident in my ability to cut up most specimens. I now understand that it can be the same specimen but could have different approaches depending on the pathologist's experience and the nature of the disease.

There are new aspects of molecular pathology/cut-up that I learnt from the study days which I was not aware of prior to the day. These are the breast and lung ones, which I could only mention but I did not have a good understanding of how they actually work and how they help in reaching the diagnosis and even helping the pathologists and oncologists to reach into a conclusion of the type of treatment a patient can receive. Following these 2 days, I now have a better understanding at my level and I understand I will have to read more and more and ask questions where I still have a doubt.

Although I am at the beginning of my career, I would consider incorporating the cut-up methods I learned in the cut-up session, which to me seemed straightforward and simple, with exception of complicated case which may need a different approach. Before doing anything new or that I am not comfortable doing, I will speak to my supervisor first.

All that I learned during the Molecular Pathology/Cut-up study days study day met expectations and I would definitely recommend it to my colleagues (as a senior colleague recommended to me, of which I am grateful as I learned a lot and I got to meet face to face with other colleagues).

It was as wonderful experience and I am planning to attend in the future.

I would also take this opportunity to thank you all for the bursary support I received which enabled me to attend. I am very grateful for that.