Background and Aims Uncertainty is at the heart of clinical practice. The learning curve leading from apprentice to expert brings us into contact with uncertainty on a daily basis yet there is relatively little emphasis on it in medical training.

This project aimed to explore GP trainees’ experience of uncertainty, its impact, and the skills required to counter it.

Methods An eight question survey was distributed to trainees on the Western Training Programme in General Practice exploring their decisiveness, their experience of uncertainty, and the resources they employed to deal with it. Results were analysed with Excel.

Results 45 questionnaires were returned (78% response rate).

In terms of combating uncertainty, experience and knowledge of “red flags” ranked highest. Clinical knowledge and experience had the biggest impact on decision making, with fear of making a mistake more pronounced among trainees reporting higher degrees of uncertainty (94% said it influenced their decisions compared to 58% of the occasionally uncertain). Patients’ anxieties and expectancies impacted to a lesser extent (74%).

Conclusion How often trainees experience uncertainty may lessen with advancing clinical knowledge and experience. Support from senior colleagues is important, as is fear of making mistakes. Building personal resilience (emotional support, good lifestyle), and developing self-awareness didn’t rank as highly in terms of what trainees found helpful in dealing with uncertainty; perhaps a reflection of a lack of emphasis on these in general in medical training and something that could be explored as a basis for student education in coping with uncertainty.

Conclusions It is feasible to use an oximeter during low-risk deliveries at home or in hospital, but was not considered an important contribution for evaluation in majority of the cases. However, midwives would prefer the availability of this device in case of suboptimal neonatal condition.

Matstis is defined as an inflammation of the mammary gland. It often presents with the disease already at an advanced stage when the treatment is less effective and the health consequences for nursing mothers and their newborn babies are more severe.

From the pediatric viewpoint it is extremely important to predict occurrence of lactating mastitis as early as possible in order to prevent vertical transmission of infections from mother to infant as well as to prevent stopping of newborn breast feeding.

Biochemical investigations have shown that indigenous milk enzyme such as alkaline phosphatase (ALP) which is detectable in the cuboidal (epithelial) mammary gland cells, plays a very important diagnostic role in clinical medicine, since its activity varies in different tissues and serves as a specific indicator of disease states.

The purpose of this study was to evaluate ALP activity in human colostrum as a possible early predictive biomarker for lactating mastitis in nursing mothers.

During a period from May to July 2010, a total of 60 healthy nursing mothers were prospectively followed from day 1 post-partum to the end of their lactation.

There was a significant difference in colostrum ALP activity (p<0.001) from the breast with mastitis when compared with both the contralateral asymptomatic breast and “healthy” breasts.

In our opinion, determining ALP activity in colostrums could be a valuable biochemical marker for an early prediction of mastitis in nursing mothers.

Conclusions It is feasible to use an oximeter during low-risk deliveries at home or in hospital, but was not considered an important contribution for evaluation in majority of the cases. However, midwives would prefer the availability of this device in case of suboptimal neonatal condition.