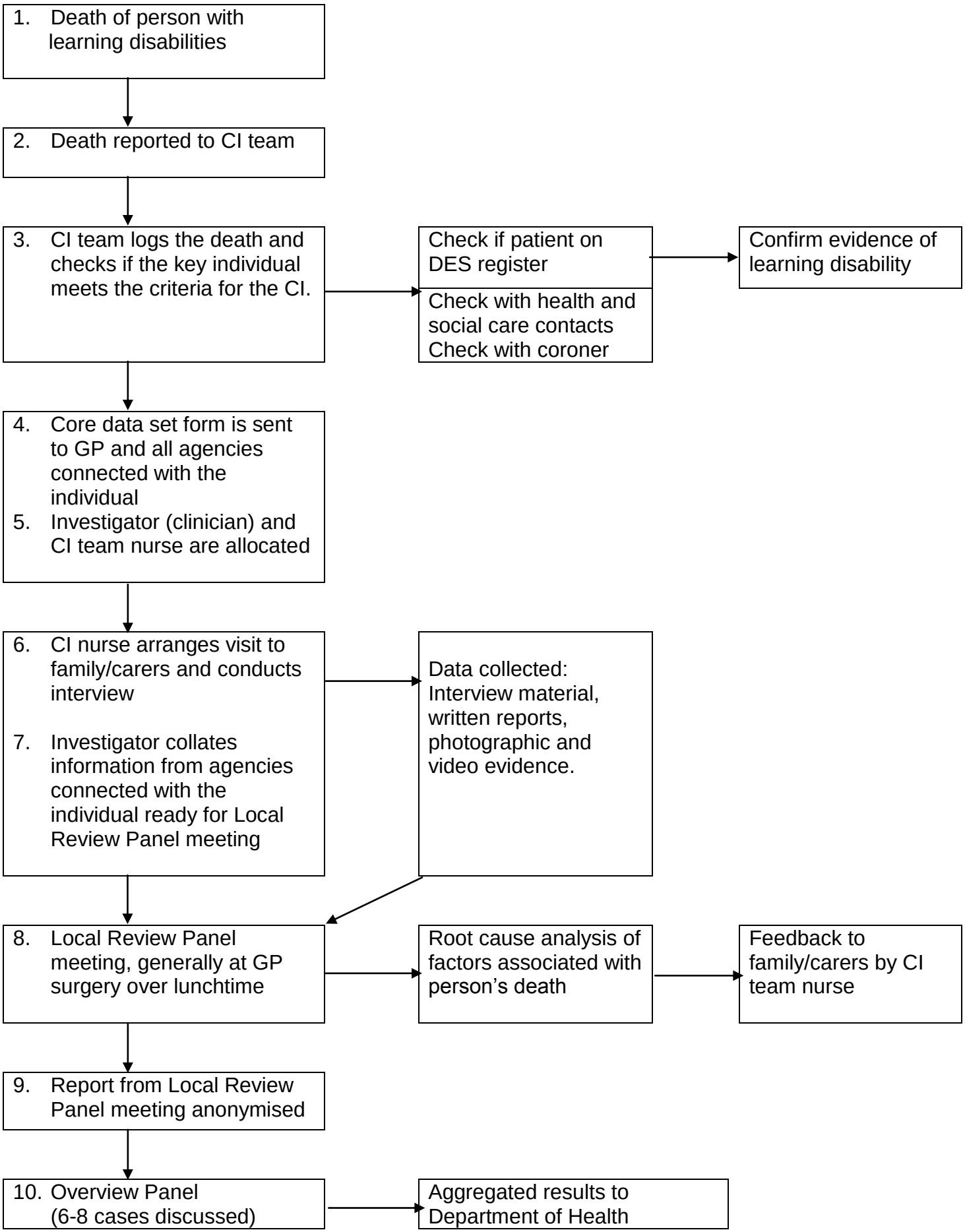Step-by-step guide to the Confidential Inquiry process 2010-2011