

# How to apply to medicine

Life as a medical student

Emma Gill

Life as an FY

Callum Cruickshank

Life as a consultant

Jeremy Hughes

Applying to Medicine

Ryan Hamilton (Access to the Professions)



YOU CAN BE A  
**DOCTOR**

# Life as a medical student

**Emma Gill**

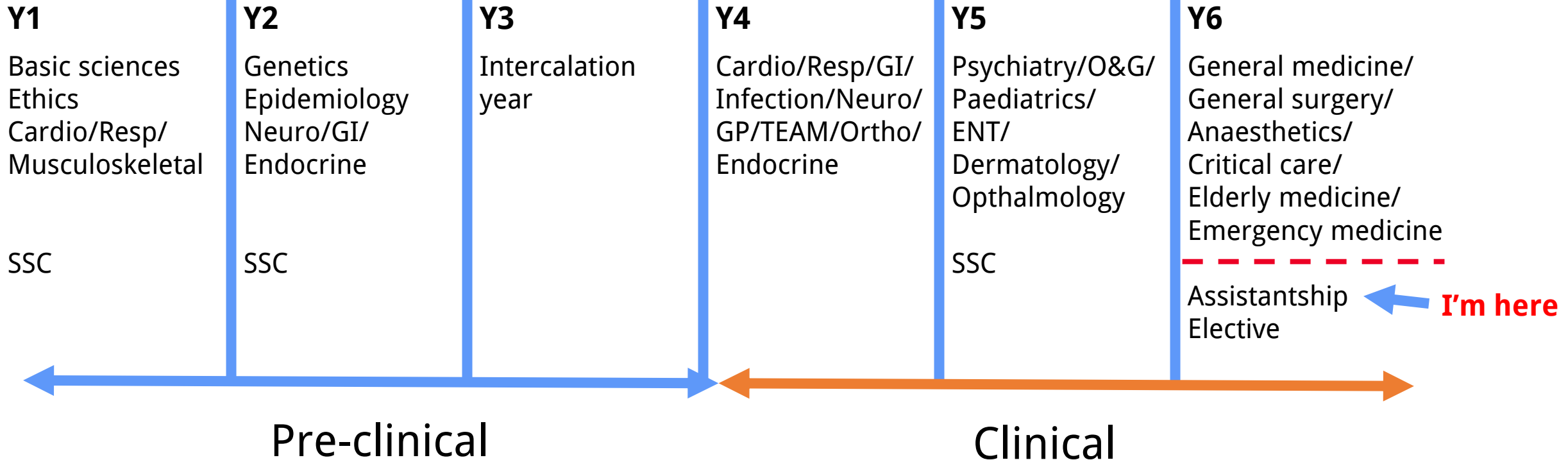
6<sup>th</sup> year medical student

Edinburgh medical school



# My Medical School Journey

As a postgraduate medical sciences student I started here



# What skills have I learnt?

Turn to the person next to you and come up with skills you think you might learn at medical school- other than the science!

You have 2 minutes

# At the start...

First shift on the wards complete 🙄 — with Adeola Akindele.



 Charis Duong, Lucy Stanton and 89 others

7 comments





Injury, Int. J. Care Injured xxx (2019) xxx-xxx

Contents lists available at ScienceDirect

**Injury**

journal homepage: [www.elsevier.com/locate/injury](http://www.elsevier.com/locate/injury)




## Selective fixation of the medial malleolus in unstable ankle fractures

Thomas H. Carter\*, Samuel P. Mackenzie, Katrina R. Bell, Marcus A. Hollyer, Emma C. Gill, Deborah J. MacDonald, Andrew D. Duckworth, Timothy O. White

Edinburgh Orthopaedic Trauma, Royal Infirmary of Edinburgh, Edinburgh, EH16 4SA, United Kingdom

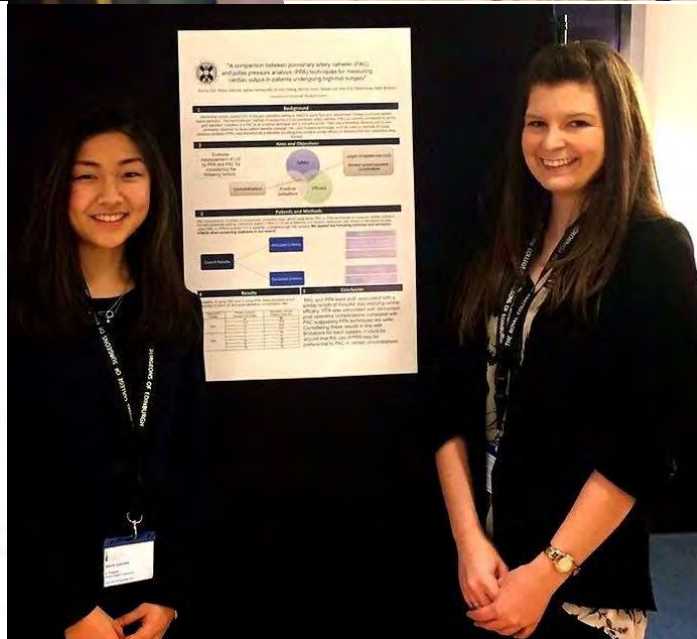
### ARTICLE INFO

**Keywords:**  
Ankle fractures  
Trauma  
Medial malleolus  
Patient outcome

### ABSTRACT

**Background:** Whilst the lateral malleolus appears to be crucial in controlling anatomical reduction of the talus, the role of the medial malleolus is less clear. Medial sided complications including infection, damage to local structures and symptomatic hardware are not without morbidity. This study compares the outcomes of patients with bimalleolar or trimalleolar ankle fractures who underwent fibular nail stabilisation with or without medial malleolar fixation.

**Methods:** From a prospective single-centre trauma database, we identified 342 patients over a nine-year period who underwent fibular nail insertion to stabilise a bimalleolar or trimalleolar ankle fracture. Isolated lateral malleolar fractures were excluded. Demographic data, clinical outcomes, radiographic



**Emma Gill**  
11 November 2015 · 🌍  
Amazing watching a kidney transplant today #organdonation #saveslives #secondchance



# And now...



Emma Gill is with Kirsten Holly and 5 others.



5 March at 00:48 · 🧑🏻‍🦲 📌

Made it... finished finals ✅ thank you to all those who've believed in me and the special ladies featured who got me through the last few months of study sessions #wevemadeit #finalsfinallyover #holidaytime #andrelax





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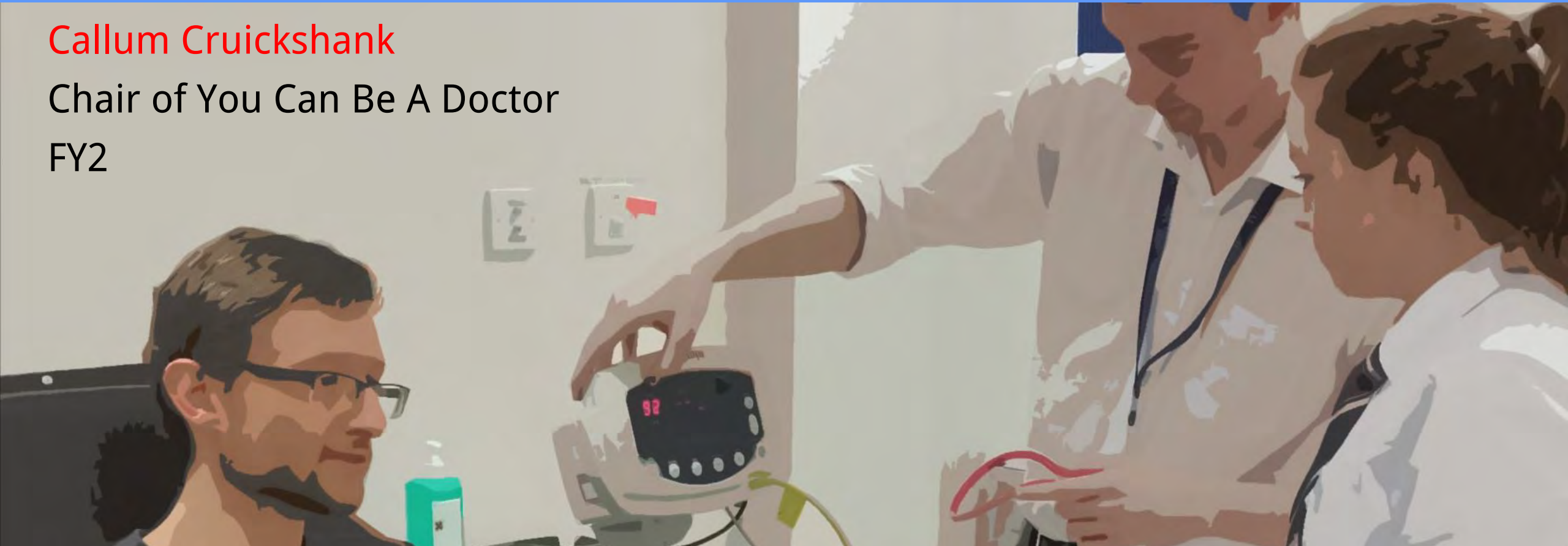
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# Life as an FY

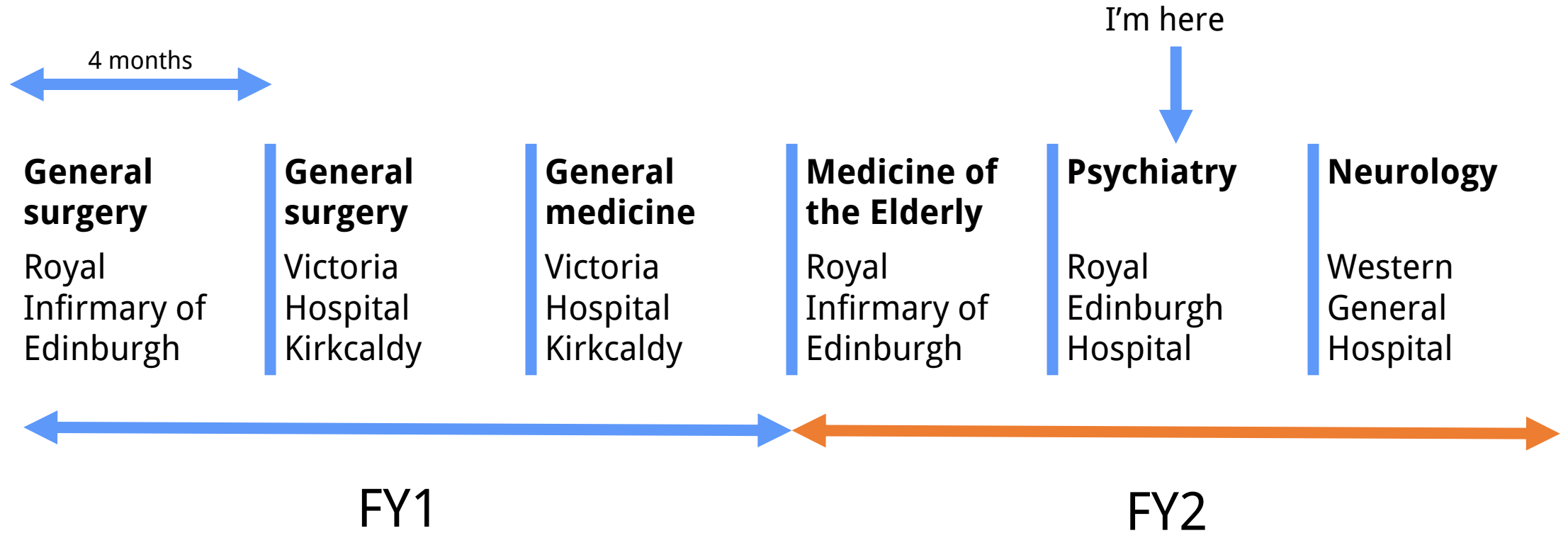
**Callum Cruickshank**

Chair of You Can Be A Doctor

FY2



# My jobs



# What do I do all day?

Turn to the person next to you and come up with something a Foundation Year Trainee (junior doctor) does most days

You have 30 seconds

# After Foundation

Core  
Psychiatric  
training

Internal  
Medicine  
Training

Acute care  
common  
stem

Run through  
specialty e.g.  
obs & gynae

GP training

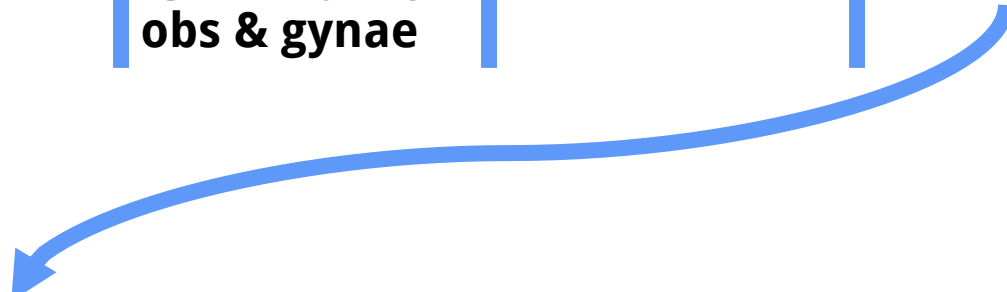
Something  
else

Clinical fellow

Going abroad

Locum work

Another  
career

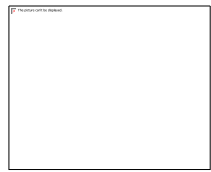


# You Can Be A Doctor



More!

youcanbeadoctor.co.uk



@youcanbeadoctor

The screenshot shows the website's header with the logo 'YOU CAN BE A DOCTOR' and a navigation menu with options: Home, Events, Where you can study, We become doctors (selected), How to become a doctor, and About us. The main content area is titled 'We became doctors' and includes a sub-header: 'Profiles of people who are at medical school or have become doctors. If you went to state school and are now a medic why not make a profile?'. Below this, there are three circular profile pictures of individuals.

The screenshot shows the 'Being a doctor' page. The navigation menu is the same as the previous screenshot, with 'How to become a doctor' selected. The page title is 'Being a doctor'. The main text reads: 'It's important that you have some idea what you're letting yourself in for when you apply to medicine. You shouldn't worry too much about individual specialities though. Some people come into medical school with a very clear idea of what they want to do at the end but many more leave medical school not really knowing. So what you want to get is an idea of what doctors do generally and an idea of how things like general practice differ from hospital medicine. You'll find out a lot about that during your career exploration and by talking to doctors and medical students and you can watch our profiles. NHS Education for Scotland have some excellent videos about being a doctor in Scotland.' Below the text is a video player with the title 'What's it like training and working as a rural GP in Scotland' and a thumbnail image of a woman looking out over a landscape.

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# Life as a consultant: pros, cons and qualities needed

Professor Jeremy Hughes  
MRC Centre for Inflammation Research  
University of Edinburgh



# Talk Outline

- What does a consultant do?
- Pros and Cons of being a consultant
- Personal qualities needed to be a good consultant

# Wide Range of Potential Specialities









# and many more choices!

- Anaesthesia
- Intensive care
- Microbiology
- Dermatology
- Cardiology
- Chest medicine
- Psychiatry
- Infectious disease
- Obstetrics
- Neurology
- Health Care for the Elderly

**Clinical work**



# Out-patient clinics



# In-Patient Ward work (daily)



# Assess Referrals from GPs and other consultants



# **On-Call Clinical Work: weekends, nights & shifts**



# Teaching & Mentoring

- **Medical students**
- **Junior Doctors**  
**(Educational supervisor)**
- **Nurses,**
- **Paramedics**
- **GPs**
- **Pharmacists**

# Bedside clinical teaching



# Teaching – Formal Lectures & On-line Programmes



# Formal student supervision: medical students, BSc, MSc & PhD students





# **Academic and Administration Work**

# Laboratory Research



# Clinical Research



# Committee work



# Administration Work

- Clinical Director
- Programme Training Director
- Professional Associations and Colleges
- External work (NICE, NES, Medical Charities, CSO, BMA etc)

# Pros

- Well paid profession
- Public servant with rewarding work
- Interesting and varied work
- Offers many potential future career options

# Pros

- Should be able to identify a potential career that ***suits your interests, ability and personality***
- Can be very satisfying (e.g. long term care, transforming surgery)
- Management role possible
- Research opportunities

# Cons

- Competitive at every level
- Can be demanding - physically and emotionally
- Hard work, stressful and tiring
- There are always challenges to face



# **Personal qualities needed to be a good consultant**

- Communication skills (verbal/written)
- Respectful and professional
- Compassionate & Considerate
- Hard working & determined
- Team player & Multitasker
- Efficient (clinic/ward round)

# **Personal qualities needed to be a good consultant**

- Resilient and cool under pressure
- Practical skills (orthopaedics)
- Visual ability (pathology/radiology)
- Attention to detail
- Sense of humour
- Creative and logical
- Lifelong learner



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# You Can Be a Doctor

## S2/S2 Information Evening

Ryan Hamilton

Widening Participation Officer

2<sup>nd</sup> April 2019

# Access to the Professions

Reach  
Scotland



THE UNIVERSITY  
of EDINBURGH



University  
of Dundee



University of  
St Andrews



University  
of Glasgow



THE UNIVERSITY  
of EDINBURGH

[www.ed.ac.uk](http://www.ed.ac.uk)  
[reach@ed.ac.uk](mailto:reach@ed.ac.uk)



## What do medical schools want?

- Academic
- Non-academic



## Academics – S4

- A **range** of subjects
  - Could include Maths, English, Chemistry, Biology
- Some medical schools do look at S4 performance
- Best grades possible
- If you don't sit N5s, this isn't a problem – can pick up as crash Higher



## Academics – S5

- S5 most important year for academics
- 5 Highers by end of S5
- Biology/Human Biology, Chemistry and Maths **OR** Physics (can pick up required subjects in S6)
- Other Highers in whatever you want – pick subjects you know you'll do well in!
- **DO NOT NEED HIGHER ENGLISH!**

## Academics – S6

- 3 examinable subjects
- **EITHER:**
  - 2 Advanced Highers + 1 Higher; OR
  - 3 Advanced Highers
- Biology/Human Biology and Chemistry recommended
  - AH Chemistry **REQUIRED** at UoE currently

## Non-academic

- Career Exploration
- UCAT
- Personal Statement
- Interview



# Career Exploration

- More than just work experience
- Work/Voluntary Experience to cover 3 D's:
  - **Diseased:** clinical work experience (e.g wards, GPs)
  - **Disabled:** working with ASN pupils, RDA etc.
  - **Disadvantaged:** vulnerable groups (e.g. care home, homeless)
- Public lectures or medicine-related events
- Keeping up to date with current affairs related to healthcare
- Independent research (e.g. journals/publications)
- Keep a log of career exploration

## Reflecting on Key Skills/Qualities

- Compassionate
- Empathetic
- Good listeners
- Good communicators
- Team players
- Good leaders

## UCAT (formerly UKCAT)

- Universities Clinical Aptitude Test (UCAT)
- Used as part of the admissions selection process
  - Every medical schools uses it differently
- Taken in the summer before applying to medical school
- 5 Sections:
  - Verbal Reasoning
  - Decision Making
  - Quantitative Reasoning
  - Abstract Reasoning
  - Situational Judgement Test
- Associated cost, but bursaries may be available

## Personal Statement/Interview

- All medical schools interview
- Multiple Mini Interviews (MMIs) or Panel Interview
- Demonstration of:
  - Commitment
  - Research into Medicine
  - Relevant personal attributes

## How can we help?

- S4-S6 pupils
- 41 target schools across south east Scotland
- 
- Additional eligibility criteria for non-target school pupils





## How can we help?

### Career Exploration

- On campus events
- Public Lectures
- Work Experience Advice

### Application Help

- Course choice advice
- UCAT Workshops
- Personal Statement Guidance
- Interview Workshop



## What to do now?

- Study hard!
- Use time to think about whether medicine is for you
- Keep you guidance teachers informed!
- Sign up for Access to the Professions in S4, if eligible



## Additional Resources

- Medical Schools Council (MSC) Resources:  
[www.medschools.ac.uk/studying-medicine/applications/resources-for-students-and-teachers](http://www.medschools.ac.uk/studying-medicine/applications/resources-for-students-and-teachers)
- Medic Insight (MI) Edinburgh – S4 Day  
[www.medicinsightedinburgh.wordpress.com/](http://www.medicinsightedinburgh.wordpress.com/)
- General Medical Council (GMC) – Good Medical Practice  
[www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors/good-medical-practice](http://www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors/good-medical-practice)
- How to Keep an Effective Work Experience Diary (The Medic Portal)  
[www.themedicportal.com/blog/how-to-keep-an-effective-work-experience-diary/](http://www.themedicportal.com/blog/how-to-keep-an-effective-work-experience-diary/)

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