Cardiff Muslim Medics Presents...

A COMPREHENSIVE GUIDE TO YEAR 1

CARDIFF EST. 2016 MUSLIM MEDICS

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Introduction

As-salamu alaykum everyone! This guide has been created collaboratively to help you embark on your university journey. We aim to provide practical advice, personal experiences and valuable insights to help you balance your academic aspirations with your faith and well-being. Feel free to share it with your peers to help them benefit too!

Our Aims

Our aim is to equip you with the tools and confidence you need to thrive as both a student and a Muslim. We hope this guide serves as a source of inspiration, guidance, and comfort throughout your medical school experience In'Sha'Allah.





Credits

A huge thank you to all of the Year 2 CMM members that contributed to this booklet. None of this would have been possible without their help and support.



Anatomy

Anatomy is a fundamental aspect of medical education. offering a comprehensive understanding of the human body's structures and the spatial relationships between organs.

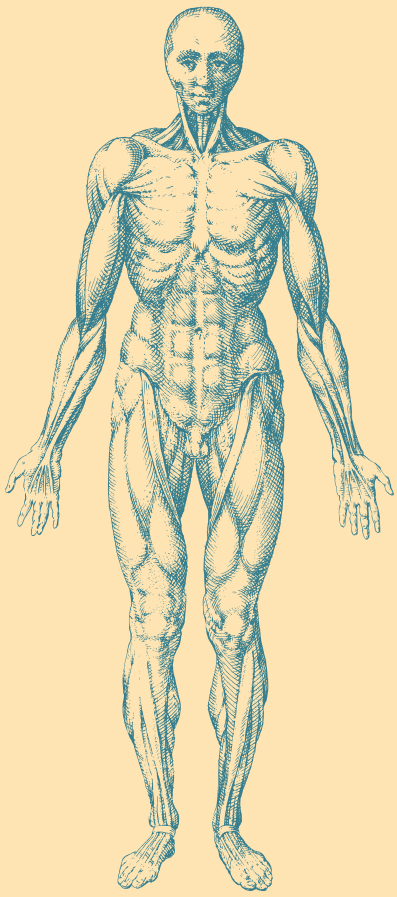
In the first semester of studying PCS, you begin laying the foundation of your anatomical knowledge. Anatomy is taught through lectures and reinforced with group-based practical sessions.

During PCS, the primary regions of the body covered are the abdomen, pelvis, thorax and upper limb. With Cardiff's spiral curriculum, you'll revisit these topics throughout the year while exploring various cases.

Your anatomical knowledge will be evaluated through a formative F2 exam at the start of the second semester. The summative assessment for anatomy (S1B) will be held at the end of the third semester.

PCS

- [ ] Platform for Clinical Science (PCS) is the content covered in the first semester that is split into 3 units.
- [ ] The content is taught through lectures, tutorials, practicals, anatomy sessions/dissections and clinical skills.
- [ ] During PCS, you'll explore a variety of topics, including human physiology and biochemistry, building a foundational knowledge base for further studies
- [ ] PCS can feel overwhelming due to the depth of content, but don't be discouraged—it's only covered during the first three months.
- [ ] Following PCS, you will have two formative exams that assess the material covered in the first semester. These exams are an excellent way to evaluate the effectiveness of your revision strategies.



Case Based Learning



Case-based learning involves small group sessions led by a facilitator, with each case lasting two weeks. These sessions integrate lectures, practicals and group discussions. Since facilitators vary in teaching styles, the amount of content covered can differ between case groups.

The S1A exam uses SBAs, so get familiar with them early. Aim to create 3-4 SBAs per lecture or learning outcome and use PeerWise to practice. End-of-case quizzes help sharpen your revision. External resources like Medicosis Perfectionalis on YouTube can clarify tough content, but don't rely only on in-class material, as it might not fully match what's needed. Attend and actively engage in revision sessions from societies like CMM and CHIPs for optimal results.

Placement

- Cardiff's medical program offers first-year placements to help prepare for future years.
- Placements start after PCS; smart attire is required, scrubs are optional.
- Ensure completion of occupational health checks and online training before placement.
- Attendance is monitored, though placements are not assessed in the first year.
- Placement isn't mandatory for passing but is crucial for developing future skills.



SSCs

Student-selected components are summative and provide opportunities for independent research on topics outside the core curriculum. In the first year, these include:

1. Medical Humanities Project: Create artwork to express gratitude to donors and their families.
2. Group Presentation: Present on the pathophysiology of your donors alongside your anatomy group.
3. Literature Review: Research a given topic using published articles.
4. Group Presentation: Follow a practical research project with a group presentation.



For group presentations, remember to contribute equally and engage in the planning process. You'll either present or answer questions from the panel, and you'll have time to confer with your group when responding. Feeling nervous is normal, but keep in mind that you'll only be speaking for about a minute—just take a deep breath and share what you know!

The literature review can be tricky to get your head around, but make sure to read the example ones to get an idea for what you need to do. The best thing to do is to get it out of the way early, so you can focus on other aspects of revision. Make sure to ask your facilitator questions and don't be afraid to reach out for help. The first submission is a formative draft, so it is imperative to act on the feedback given to maximise marks in the final submission.

Recommended Resources

Textbooks:

Moore's Essential Clinical Anatomy OR Gray's Anatomy for Studies.

The university will provide you access to them online through 'Recommended Reading' on Learning Central once you start.

Websites:

TeachMeAnatomy - Notes & quizzes.

TeachMePhysiology - Notes & quizzes.

Osmosis - Videos, quizzes flashcards & notes.

Aclands Anatomy - Videos & questions.

Question Banks:

Passmedicine - For S1A & S1B, you will need the preclinical section, which does ***not*** require subscription.

Pastest - You have free access if you are a MedSoc member.

Peerwise - The med school will give you more information.

Youtubers:

Ninja Nerd - Physiology & Biochemistry.

TOWHID AHMED - Anatomy dissection.

Anatomy Innsbruck - Anatomy dissection.

Armando Hasudungan - Anatomy & Physiology.

Revision Summaries:

Golden Notes

CMM Revision Slides

TJ's Notes

CHIPs' Revision Slides

OSCEazy's Revision Slides

CMM will provide the first 2 at the beginning of the year.

Apps:

Complete Anatomy - Software for 3D human models. Also has videos & questions.

Anki - It is very popular but don't feel pressured to use it. Many top-performing students don't rely on it.

Regardless of what recourse you use, **spaced repetition** is crucial for retaining information you learn!



Prayer

Prayer Room Information

Heath Campus Quiet Room

- Michael Griffith's 2nd floor - follow corridor to the end for prayer room (2F07)

Jumuah Prayer

- The khutbah typically starts at 13:30 and Iqama is at 13:45.
- Location: University Hospital of Wales (Heath Hospital) in the multi faith prayer room.

Indeed the first deed by which a servant will be called to account on the Day of Resurrection is his Salat. If it is complete, he is successful and saved, but if it is defective, he has failed and lost

Jami` at-Tirmidhi 413

Local Masajid

In Cathays/Roath:

- Dar-Ul-Isra (Wyeverne Rd)
- Al Manar (Glynrhondda St)
- Shahjalal Mosque (Crwys Rd)
- Madinah Mosque (Crwys Rd) ,
- Madni Masjid (Albany Rd)

In Grangetown:

- Masjid At-Tawheed (Penarth Rd)
- Masjid Abu Bakr (Clydach St)
- South Wales Islamic Centre (Alice St)
- Uthman Mosque (Plantagenet St)



Dhikr & Dua

As you start medical school, staying *connected* to your *faith* is *critical*. It will provide strength, comfort, and *professional success*. We hope these resources nurture your faith on this journey.

{فَٱذۡكُرُونِيٓ أَذۡكُرۡكُمۡ وَٱشۡكُرُواْ لِي وَلَا تَكۡفُرُونِ}
remember Me; I will remember you. And thank Me, and never be ungrateful (2:152)

Dua Before Studying

Oh Allah! Make useful for me what you have taught me and teach me knowledge that will be useful to me.	اللَّهُمَّ انْفَعْنِي بِمَا عَلَّمْتَنِي وَ عَلِّمْنِي مَا يَنْفَعُنِي
Allahumma infa'nii bimaa 'allamtanii wa'allimnii maa yanfa'uunii	

Dua After Studying

Oh Allah! I entrust you with what I have read and I have studied, so bring it back to me when I am in need of it. You do whatever you wish and you are my availer and protector and the best of aid.	اللَّهُمَّ إِنِّي أَسْتَوْدِعُكَ مَا قَرأتُ وَمَا حَفَظْتُ، فَرُدُهُ عَلَيّ عِنْدَ حَاجَتِي إِلَيهِ، إِنّكَ عَلى مَا تَشَاءُ قَدِيرُ وَأَنْتَ حَسْبِي وَنِعْمَ الوَكِيل.
Allahumma inni astaodeeka ma qara'tu wama hafazt,fFarudduhu 'allaya inda hajati elahi. Innaka 'ala ma-tasha'-u qadeer wa anta hasbeeya wa na'mal w Akeel.	

Dua For Finding Something Difficult

O Allah, honour me by the light of understanding and take me out of the darknesses of doubt and open the doors of Your knowledge upon us.	اللهم اَكْرِمْنِيْ بِنُوْرِ الْفَهْمِ وَ أَخْرِجْنِيْ مِنْ ظُلُمَاتِ الْوَهْمِ، وَ افْتَحْ عَلَيْنَا اَبْوَابَ عِلْمَك
Allaahumma akrimnee binooril fahmi wa akharrijnee min z'ulumaatil wahmi *waftah' a'lainaa abwaaba i'lmak*	

Dua Before Entering Class

O God open to us the doors of your mercy and unfold for us the treasure of your knowledge by your mercy, O the most merciful of the merciful ones.	اَللّٰهُمَّ افْتَحْ عَلَيْنَا اَبْوَابَ رَحْمَتِكَ وَ انْشُرْ عَلَيْنَا خَزَآئِنَ عُلُوْمِكَ بِرَحْمَتِكَ يَا اَرْحَمَ الرَّاحِمِيْنَ.
Allahumma afta alayna abwaba rahmateka, wa anshur alyna khazaena uloomeka be rahmateka ya arrahamar rahemeen.	

Dua Before Exams

“O my Lord! Widen for me my bossom (grant me self-confidence, contentment, and boldness); And ease my task for me; And make loose the knot (i.e. the defect restricting speech) from my tongue; So they may understand what I say"	رَبِّ اشْرَحْ لِي صَدْرِي * وَيَسِّرْ لِي أَمْرِي * وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي * يَفْقَهُوا قَوْلِي
rabbish-raḥ lee ṣadree wa yassir lee amree waḥlul 'uqdatan min lisaanee yafqahoo qawlee	

Dua Before Exams 2

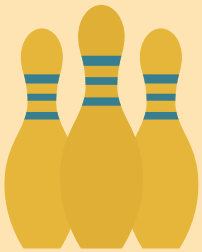
رَبِّ أَدْخِلْنِي مُدْخَلَ صِدْقٍ وَأَخْرِجْنِي مُخْرَجَ صِدْقٍ وَاجْعَل لِّي مِن لَّدُنكَ سُلْطَانًا نَّصِيرًا	'My Lord! cause me to enter a goodly entrance and cause me to go out (of) a goodly exit, and grant me from Your part a (powerful) authority to assist (me)
Rabee adkhilnee mudkhala sidling was akhrijnee mukhtars sidqin wajalnee min ladunka sultaanan naseera	

Dua For Forgetfulness

اللهم إني أعوذ بك من النسيان بعد الحفظ، ومن الجهل بعد العلم، ومن الكسل بعد النشاط، اللهم قوي بدني على العلم، وعقلي على الفهم، واكرمني بفضلك	O Allah, I seek refuge in You from forgetfulness after having memorised, from ignorance after having knowledge, and from laziness after being active. O Allah, strengthen my body for acquiring knowledge, my mind for understanding, and honour me with Your grace.
Allahumma inni a'oodhu bika min an-nisyan ba'da al-hifz, wa min al-jahl ba'da al-'ilm, wa min al-kasl ba'da an-nashat. Allahumma qawwi badani 'ala al-'ilm, wa 'aqli 'ala al-fahm, wa akrimni bifadlik.	

Dua For Stress & Anxiety

اللّهُمَّ رَحْمَتَكَ أَرْجو فَلا تَكِلني إِلى نَفْسي طَرْفَةَ عَيْنٍ، وَأَصْلِحْ لي شَأْني كُلَّه لَا إِلَهَ إِلَّا أنْتَ	O Allah, I hope for Your mercy. Do not leave me to myself even for the blinking of an eye. Correct all of my affairs for me. There is none worthy of worship but You.
Allāhumma raḥmataka arjū. falā takilnī ilā nafsī ṭarfata `ayn,wa aṣliḥ lī sha'nī kullah, lā ilāha illā ant.	



What to do in Cardiff

Food

- Shaam Nights
- Steakout Meathouse
- Chilli Flames
- Zaika Asian Cuisine
- Fowl and Fury
- Longa Turkish Cafe

- La Mina
- Spice Hut
- Shawarma Laziz
- South Kitchen
- Jollibee
- Cafe Yakamoz

- Magic Wrap
- Falafel Corner
- Roscoe's
- Wingstop
- Makhalal
- Bennys

Leisure

Indoor Activites

- Vue/Odeon
- Bowling at Superbowl
- Pottery Pegs
- New Theatre
- TeamSport Go Karting
- Ninja Warrior
- Cardiff International Pool

Outdoors

- Climb Pen y fan
- Visit the Brecon Beacons
- Waterfall Country (Vale of Neath)
- Dan yr Ogof caves
- International White Water
- Delta Force paintball

Shopping

- St Davids Centre
- McArthur Glen Outlet

Nearby areas

- Rhossili near Swansea for beaches
- Tenby

Sports

Indoor football

- Ocean Park Arena (8 a side)
- Talybont (5 a side)

Outdoor football

- Power league (5 a side)
- Gol (5 & 7 a side)
- Talybont (7 a side)

Talybont

- Indoor Cricket, Badminton, Squash, Volleyball, Basketball.
- House of sports also provide a lot of facilities for Sports. Outdoor nets for Cricket at Llandaff Fields.

- Grab a tennis membership costing £20 annually and you can play across multiple courts for the whole year.
- Isoc will run sports events too so get involved!