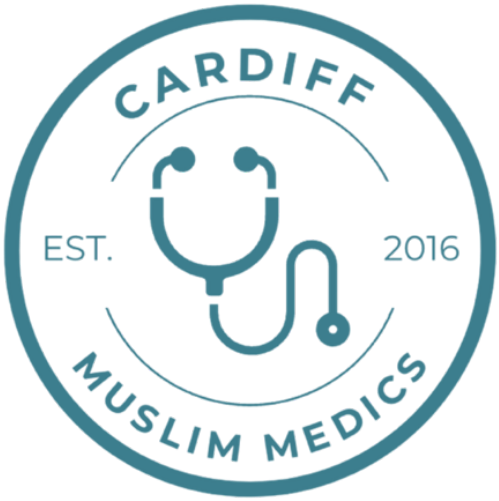
Cardiff Muslim Medics Presents...

A COMPREHENSIVE GUIDE TO YEAR 2



بسم الله الرحمن الرحيم

In the name of Allah, Most Gracious, Most Merciful

Congratulations on reaching the second year of your medical studies! This booklet, filled with advice from past second-year medical students, is designed to help make year 2 as simple as possible.

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CBL & S2

Year 2 is much more case-based than Year 1. Each case runs for two weeks and includes CBL sessions, tutorials, workshops, anatomy practicals, and clinical/communication skills. Cases 7–11 take place before Christmas, and cases 12–17 follow after.

After each case wrap-up, learning outcomes are uploaded to Learning Central, make these your main focus. The first week of a case is usually lighter, so it's a good time to consolidate pharmacology lightbulbs and lectures. The second week tends to be more intense, so staying on top of the content is essential. Work through each case as it is taught and complete as much as possible before moving on, as it's very easy for work to build up in Year 2.

Similar to the S1A exam, the S2 also is made of SBAs, so get familiar with them early. Use PeerWise to practice and also PassMedicine (using the search tool, search specific conditions you come across in your cases). End-of-case quizzes help sharpen your revision and be sure to make note of them as you won't be able to see them again. Attend and actively engage in revision sessions that are put on by older CMM members.



Case check-list

- [ ] I have attended / watched the recording of each lecture and made notes
- [ ] I have revised those notes within the 2-week period of the case and solidified my knowledge
- [ ] I have tested my knowledge using Peerwise and / or PassMedicine
- [ ] I have learned the Pharmacology lightbulb (including indications of drugs, MOAs, adverse reactions)
- [ ] I have gone over the EBM (on LC) for this case (this makes up an easy 10% of S2 questions!)



CBL & S2

The S2 examination can assess any content from both Year 1 and Year 2, so it's important not to completely forget the material you've already covered.

Cases 1-17:

1. **Musculoskeletal (MSK)**
2. **Cardiology**
3. **Respiratory**
4. **Sexual Health**
5. **Neurology**
6. **Upper Gastrointestinal**
7. **Embryology (Year 2 content begins here)**
8. **Obstetrics & Gynaecology**
9. **Immunology**
10. **Psychiatry**
11. **Endocrinology (including Diabetes)**
12. **Cardiology**
13. **Head Injury**
14. **Spine**
15. **Lower Gastrointestinal**
16. **Cancer**
17. **Shock / Emergency Medicine**



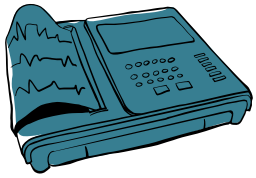
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ISCE PREPARATION



Link for Virtual ISCE!: ***https://alt-5fd150846bae0.blackboard.com/bbcswebdav/pid-7467797-dt-content-rid-15024706_4/institution/Medic/360s/Virtual%20ISCEs%20Apps/year-2/index.html?one_hash=AE5C67AB24DF7959B039895C0A250556&f_hash=4D9886E9BAA649F1BEBE6065455184EB***



Your ISCE will be comprised of 6 stations, each lasting 15 minutes. In 3 of the stations, you'll be asked to carry out a clinical examination and the other 3 you'll do a history.
Each station will be composed of:

- History or examination (simulated patients or student volunteers)
- A practical procedure
- Interpretation of simple clinical data e.g. X-rays, MRIs, ECGs, clinical photographs and blood results
- Questions relating to diagnostic synthesis, clinical care, basic management planning and patient safety

Clinical exams you may be asked to carry out (P2):

- Cardiovascular
- Respiratory
- Gastrointestinal (abdominal exam)
- Peripheral vascular
- MSK - knees, spine, hands and GALS
- Nervous system - upper limb neurology, lower limb neurology, cranial nerves exam
- Breast
- MORE DETAIL IN YOUR ISCE HANDBOOK ON LC!

You will be expected to demonstrate:

- Basic life support, basic first aid (including arm sling)
- Dressing wound + wound swab
- Urinalysis of mid-stream urine (MSU) + pregnancy test
- Nasal swab
- IM + subcut injections
- Measuring blood glucose
- ECG recording
- Inhaler technique + Peak flow measurement
- Venipuncture + blood cultures
- Digital rectal exam
- Measurement of height and weight

Practise, practise, practise! That is the biggest advice for ISCE. Don't leave it until the week before the exam. Book SDL every week (especially on Wednesdays as there is a SDL tutor) and practise exams and histories throughout the year.

https://resourcebooker.cardiff.ac.uk



You will be assessed on these 5 domains:
P1: Clinical examination/communication - process (How you do it?)
P2: Clinical examination/communication - content (What you find?)
P3: Technical performance
P4: Data interpretation & clinical reasoning
P5: Professionalism

You will also be formatively asked on how to plan appropriate clinical care for patients, but this doesn't contribute to your mark. Your score for all stations will be added up to get a *mean*, and you must get above *50% to pass*.



SSCs

Reflective Writing

- Similar to year 1, you will be required to submit 4 summative reflective writings, so passing is crucial.
- Make the most of the resources available and previous feedback to ensure your reflections are as strong as possible.
- Aim to complete them early and efficiently, so you can focus on other priorities without added pressure.

Learning how to write them:

- Go over the reflective writing handbook
  - Medic Yr2 - Admin & Assessment > Assessment > ME2100 Practice 2 domain > reflective guidance and examples
- Familiarise yourself with the marking rubric, available in the submission portal.

Year 2/5 Conference:

- In groups of 2-3, you'll create and present a poster on your first SSC experience.
- Your poster and presentation will be assessed by Year 5 students.
- **Tips:** Make your poster visually appealing with minimal text, be organized, and practice beforehand.

Journalistic Article SSC:

- Choose an original, recent research paper and present its findings as a 500-word newspaper-style article.
- Be concise but accurate. Pick a topic in a specialty that interests you.

Experience Weeks 1 & 2:

- You'll receive a booklet with information on all SSCs, and you'll rank your top 30 choices. Choose from over 70 SSCs designed to enrich the curriculum and explore your interests.
- Options range from clinical, research, and social experiences to relaxed activities like drawing classes.
- Some SSCs may last one week, while others are spread throughout the year (in which case you only participate in one experience).
- **Week 2 can be self-arranged if you have a specific person or SSC in mind.**
- Reminder: Don't worry if you don't get a clinical SSC right away; you can always arrange one yourself for the second experience week.
- Some non-clinical SSCs may provide research opportunities, which are valuable for building your portfolio.

Assessment: Reflective writing, essay, or presentation

- Use your time wisely and stay on top of assessment deadlines (usually the Monday after SSC week)

Important Tips:

- Take notes during placements, to draw inspiration from when it's time to write.
- Research before you start writing your reflection
- Focus on one topic area and make that clear in your reflection
- Use feedback from previous reflective writings to improve

PROGRESS TESTS

How are you ranked?

- You will be ranked against your year group where you can be given one of four possible scores: excellent (although there is no excellent aggregate grade), satisfactory, borderline, unsatisfactory
- You must get an aggregate grade of satisfactory/ borderline to pass the year
- You must not get borderline aggregate in consecutive years- this will result in a fail
- If you end the year on an unsatisfactory aggregate, you fail the year and must resit.

What is PT?

- An exam which tests all the medical knowledge that a starting F1 should have after medical school training
- Focus on clinical knowledge- features, investigations and management of conditions
- 2.5h exam with 125 SBAs

Previous aggregate grade following two or more tests	New progress test grade	Aggregate grade
U	U	U
U	B	B
U	S	B
U	E	B
B	U	U
B	B	B
B	S	S
B	E	S
S	U	B
S	B	B
S	S	S
S	E	S

2	Y2PT3	Y2PT4	AVERAGE
4.1%	4.2%	7.6%	5.2%
8.8%	17.0%	5.1%	9.7%
83.0%	74.6%	82.8%	80.8%
4.1%	4.2%	4.5%	4.3%



PROGRESS TESTS

What is PT?

- Each Progress Test consists of:
- 125 questions
- 120 Single Best Answer (SBA) questions
- 5 Very Short Answer (VSA) questions
- 2.5 hours
- Unlike most university exams, Progress Tests can examine any content, so there isn't a fixed syllabus for each individual test.
- However, in contrast to pre-clinical exams which may focus more on pathophysiology, pharmacology MOA, etc, the PT normally focus on management

THE BIG 5

Although all content is fair game, many previous students have focused heavily on the following subjects:

- **Cardiology**
- **Respiratory**
- **Gastrointestinal**
- **Endocrinology**
- **Neurology**

These are often referred to as the "Big Five" for Progress Tests.
Obviously there are no guarantees, and the difficulty depends on the exam itself, but many previous students have achieved satisfactory grades by prioritising these alongside general revision.

Other sections that may be good to look into are:

- **Psychiatry (during/ after Case 10)**
- **Dermatology (You don't really cover this in preclinical, but if you do lots of Qs, it can become pattern recognition, InshAllah). It may be good to make anki/online flashcard Image occlusions to memorise the images- but don't just memorise the photos, memorise the specific features of the bumps/ skin, etc**
- **Obs/Gynae: You can look at this during / after case 7-8 as it's covering a similar topic.**

PT STRATEGY

An example strategy for passmed/ PT revision
(remember that there isn't any specific correct way. → the overall goal is to just keep doing lots of questions)

Keep very short notes using the same headings for every condition:

- Pathophysiology
- Sx (symptoms)
- Ix (investigations
- Dx (diagnosing: anything very SPECIFC that will almost certainly link to a specific condition)
- Mx (Management)
- High-yield notes (could be pharmacology, cancer markers, or anything relevant)

The important point is that I didn't complete every section immediately.
For example, if I answered a Passmed question about asthma management, I'd only update my Management notes.

Later on, if another question explained the investigations particularly well, I'd add those.
Gradually, each condition became more complete through repeated exposure.

This made note-taking far more manageable and prevented me from spending hours writing information that I hadn't yet encountered naturally.

Remember that management often differs depending on factors such as age, severity or guideline updates (for example, asthma), so keep refining your notes as you continue answering questions.

PT TIPS AND ADVICE (from previous students)

How do I pass in Y2?

If you maintain a level where you are consistently above the bottom 15% of the year, you will pass with no worries. This might seem easy, but many people end up ignoring PT and failing into this trap.

Revise - you don't want to stress at the end of the year whilst also having to worry about S2 and ISCE

Treat PT1 as a way to test your revision. If you are c
then
adjus

PT3
you
pass

Use

Top
exam
poss

How to use PassMed?

Use UKMLA/ med student finals resource

You get what you put in- the more questions you do, the higher your score will be

Focus on the medicine question bank

Whenever you come across a disease in

- **It doesn't get easier, you simply get better.**
- **Don't compare yourself to someone who answers questions much faster. Everyone starts somewhere, and speed develops naturally through repetition.**
- **Pattern recognition is one of the biggest skills you'll develop. Aim to understand conditions, but don't feel the need to memorise every sentence in every explanation.**
- **Memorise the green High Yield boxes. They're there for a reason.**
- **If you're unsure where to begin with a topic, spend a few minutes reading the top 10 conditions from the High Yield textbook for that speciality, before attempting questions.**
- **Early on, you might only complete 30–50 questions in a session. As you gain experience, you'll naturally complete much larger sessions because you'll recognise far more material.**
- **Don't become discouraged by low percentages during your first few weeks. The goal initially is exposure, not perfection.**
- **Doing more questions will give you a more realistic percentage! If you get 14/20 it appears you're getting 70%, but if you do 100 questions and get 40, then that means you're averaging 40%, and that's more realistic.**



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، فَرُضْهُ عَليّ 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 خَرِّجْنِيْ مِنْ ظُلُمَاتِ الْوَهْمِ، وَ افْتَحْ عَلَيْنَا اَبْوَابَ عِلْمَك
Allaahumma akrimnee binooril fahmi wa kharrajanee 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

'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)	رَّبِّ أَدْخِلْنِي مُدْخَلَ صِدْقٍ وَأَخْرِجْنِي مُخْرَجَ صِدْقٍ وَاجْعَل لِّي مِن لَّدُنكَ سُلْطَانًا نَّصِيرًا
Rabee adkhilnee mudkhala sidling was akhrijnee mukhtars sidqin wajalnee min ladunka sultaanan naseera	

Dua For Forgetfulness

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.	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
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

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.	اللَّهُمَّ رَحْمَتَكَ أَرْجو فَلا تَكِلني إِلى نَفْسي طَرْفَةَ عَيْنٍ، وَأَصْلِحْ لِي شَأْنِي كُلَّه لَا إِلَهَ إِلَّا أَنْتَ
Allāhumma raḥmataka arjū. falā takilnī ilā nafsī ṭarfata `ayn,wa aṣliḥ lī sha'nī kullah, lā ilāha illā ant.	