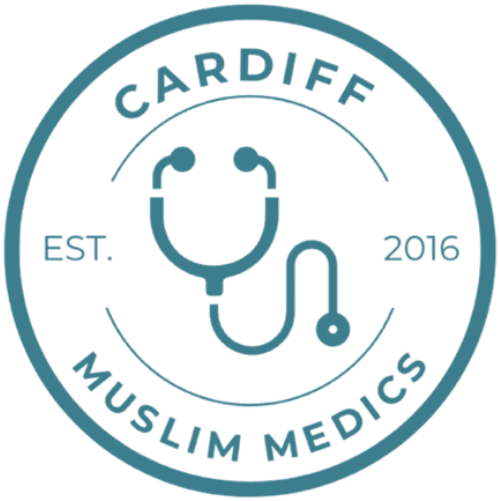
Cardiff Muslim Medics Presents...

A COMPREHENSIVE GUIDE TO YEAR 3





In the name of Allah, Most Gracious, Most Merciful

Congratulations on reaching Year 3 of your medical studies. This handbook contains practical advice from previous third-year students to help make the year as smooth and manageable as possible.

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PLACEMENT Introduction

Placement Advice

- Check the handbook before each block to understand the specific requirements.
- Get SLEs and skills signed off early, including during CSCP for skills where possible.
- Attend placement teaching, as it is useful for ISCEs and PTs.
- Use placement time efficiently to improve your clerking skills.
- If you cannot complete all three examination sign-offs in a block, they can be made up later (worst case scenario, don't leave it to this!).

CD1	**MiniCEXs** • 1x Cardio Exam • 1x Gastro Exam • 1x Resp Exam • 1x History	**CBDs** • 1x CBD • 1x CBD	**Long Cases** • 1x Resp • 1x MSK
ONC	**MiniCEXs** • 1x Cardio Exam • 1x Gastro Exam • 1x Resp Exam • 1x History	**CBDs** • 1x CBD • 1x CBD	**Long Cases** • 1x Gastro • 1x Other
HFD	**MiniCEXs** • 1x Cardio Exam • 1x Gastro Exam • 1x Resp Exam • 1x History	**CBDs** • 1x CBD • 1x CBD	**Long Cases** • 1x CVS • 1x CNS



PLACEMENT SLEs & PSL

Mini-CEX

- This is a history **OR** an exam, it needs to be supervised.
- They can be signed off by a HCP (e.g. Nurse, PA, Pharmacist) **1x** per **block** but REST must be signed by an **FY1** and above.

CBD

- Talk about a patient with a medical condition doctor and discuss the typical presentations, investigations and management.
- They can be signed off by an HCP (e.g. Nurse, PA, Pharmacist) **1x** per **block** but REST must be signed by an **FY1** and above

Long Case

- History AND Exam (so full clerking of a patient) in a specific speciality
- **Must** be signed by a doctor (FY1→ Consultant)

Practical Skills Log

- The best blocks to get these skills done are ONC and HFD. The best place would be in A&E, AMU, SDEC and triage.
- In your 2 or 7 week GP blocks, there are lots of oppurtunities to do skills
- These can be signed off by anyone who does the skill often (eg. nurses, F1, HCA etc)

This is a **link** to a notion template to keep track of the SLEs + PSL you have done and which ones are pending.

SSCs

Choosing your SSC

In Year 3, you can use your SSC in two main ways (ensure it is organised early):

- Choose a project with the potential for a publication or conference presentation.
- Choose a less demanding SSC, giving you more time to focus on other commitments, revision, or a break (holiday!)

How to organise an SSC?

- Here is a link to what previous years have used and submitted as there SSC as an example to help you come up with ideas. Please use these as **examples only.**
- Generally speaking a clinical audit can look at any aspect of healthcare or treatment and compare it to what NICE guidelines recommend.
- We are currently working on creating a network of doctors that students can reach out to for organising an SSC in each field.

Intercalation?

- Don’t do a panic intercalation!
- Make sure you have a reason behind it as intercalated degrees no longer give portfolio points for speciality training
- The best time to intercalate would probably be after year 4 as you would have passed already ISCE.

Oncology Project

- The Oncology Project is a 4,000-word essay based on a patient with a specific type of cancer, following their journey from diagnosis through treatment.
- Contact your patient early and arrange regular meetings throughout the project.
- During these meetings, explore how the illness affects the patient's physical, emotional, and social well-being, as the biopsychosocial impact of cancer is a key component of the marking criteria.
- **Linked** you will find example projects with their marks to help guide you.

Patient Pathway

- Patient Pathway is always due at the end of whenever your HFD block is. You have to find a patient with a **new** condition or worsening **chronic** illness in A&E or MAU and follow their pathway till discharge. This is **3000** words but much easier to write than an Oncology project. Focus mainly on linking everything back to NICE guidelines and you will do well.
- Good examples of conditions to write about are Heart Failure, COPD exacerbations, Asthma exacerbations, Pneumonia etc.
- **Linked** you will find example projects with their marks to help guide you.

For both projects, make sure you **DON'T** leave it to the last minute.

Please note that copying any of these project paragraphs is **PLAGIARISM** and will raise professionalism issues for you and the student who submitted their example. **DO NOT** share these around.

PROGRESS TESTS

Progress Test Advice

- Find a revision method that works for you, whether that's Anki, Notion, flashcards, or something else, and try to stick with it consistently.
- Make the most of placement case teaching for both learning and PT revision, and remember that attendance is monitored.
- Try to match your PT questions to the placement you're on (for example, gastro questions during gastro week) as it helps the material stick.
- Aim to complete most of the Medicine section of Passmed before PT1.
- After that, start adding specialties you see on placement or that are commonly tested, especially Paediatrics and Obstetrics & Gynaecology.
- Work towards having a satisfactory aggregate by PT3 so you're not stressing for PT4.
- The general advice is 100 Passmed questions a day, followed by a review of the key points using Anki or another spaced-repetition method, is an effective target (however its important to remember this is general advice and you must do what works best for you).
- Year 3 is one of the build confidence in your PT knowledge, so try to make regular question practice part of your routine rather than something you cram before PT.

PT Resources

Pastest+ BMJ Best Practice QUESMED

SIDE Quests

☐ Information Governance

Normally due at the end of Term 1 of year 3. You just need to watch the videos till the end and then answer some straight forward MCQs. Linked is a document to help you move through it faster. 🔗

☐ IQT Bronze

Normally, this is due in the earlier parts of term 1. You can find the details for how to complete it in Learning Central. Linked is a document to help you. 🔗

☐ Learn 2 Teach

Learn2Teach (LT2) is formative contact point. This means that you **must** do it in order to progress to 4th year. The easiest way to do this is by teaching one the CMM revision session either for Case, PT or ISCE. At the end of the year you will receive a consultant certificate for your teaching which can be used as evidence for your L2T. You also need a peer to peer-review your teachings. The teaching session needs to be delivered to at **minimum 4** other people. Linked is an example of LT2 Project and Peer-review. 🔗

☐ EDI Module

The **EDI module** is contact point that **MUST** be completed by the end of the year. It is fairly simple and will take a maximum of 30 minutes to complete. Follow the instructions on Learning Central for further details

SIDE Quests

☐ EBM Presentation

This is normally a presentation based on a condition given to you by the university. You will work in groups to create a slide deck about how to treat the condition using an evidence-based approach. Simply use websites like NICE Guidelines, and BMJ Best Medical Practice to justify each investigation and management. You then need each member to voice over a specific slide. This is **formative** but you **must** complete this.

☐ GP Portfolio

This assignment is typically due 1 week after your 2 weeks in GP. The structure, format, and template are outlined in the CD1 Guide for the GP placement in LC.

During your GP placement, you will need to take three key histories:

1. Polypharmacy (Medication Review) – Obtain a list of the patient's medications, assess compliance, ask about side effects, explore the impact on daily life, and note any recent medication changes.
2. Triple Diagnosis History – Take a history that includes social and psychological aspects, using the Bio-Psycho-Social model to understand the patient's condition holistically.
3. Differential Diagnosis (Long Case) – Conduct a full history and examination for a patient with a potentially serious differential diagnosis, considering key red flags.

Linked is an example of the GP portfolio.

ADVICE
FROM PREVIOUS STUDENTS

Side quests, inside and outside of medicine.
Year 3 is likely the most free time you'll have before Years 4 and 5, so make the most of it. Use this time for "side quests" both within and outside medicine - from organising your portfolio and pursuing SSC projects with publication or presentation potential, to hobbies, travel and personal projects.

Bang out PT
Use Year 3 to get ahead with PT. The best way to improve is by doing lots of questions consistently. Aim to stay ahead of the cohort average and complete both Medicine and specialty topics by PT4, which will also help with ISCE management questions in Year 4.

Chill and Prep for Year 4
Year 3 is generally a more manageable year compared to previous years and the intensity of Year 4, so try to make the most of the extra time you have.
The biggest recommendation is to bang out Passmed consistently so that PTs in Year 4 feel much more manageable. Also, use your placement time to get comfortable taking histories and clerking patients, as these skills will be invaluable for ISCE preparation.
Most importantly, enjoy the year!

Go to Placement
Try to attend regularly, especially at the start of each block, to understand how the department works and find learning opportunities.
Get involved with patients, ask questions, and practise your clinical skills — placement is where you'll apply your Passmed knowledge and improve the most for PTs.
Make the most of any opportunities, such as assisting in surgery or spending time in specialties you enjoy. For GP, attend as much as possible to practise histories and clinical reasoning.

Organisation
Year 3 comes with lots of deadlines and random side quests throughout the year, so keep track of important dates from the start. Find a system that works for you, whether that's a calendar, planner, or countdown app, and avoid leaving things until the last minute.

Away Placements

Wrexham

Accommodation (Bron-Y-Nant)

- Located around a 5-minute walk from the main hospital entrance.
- Free parking is available outside if you have a car.
- Rooms are spacious and en-suite, with a TV (bring a Fire Stick if you have one), WiFi, and a large desk. Bring your own bedding.
- Accommodation includes a single bed, kitchen with utensils, a shared living room with TV, and free washing/drying facilities.
- Close to town with a nearby train station.

Mosque / Prayer

- Wrexham Islamic Cultural Centre is around a 10-minute walk from the accommodation.
- There is also a prayer room in the hospital (multi-faith room).

Halal Food

- Ramen Superstore
- Wrexham World Food Centre

Eating Out

- Pepe's is around a 10-minute walk away.
- Liverpool and Manchester are around a 1-hour drive away (if you have a car) with lots of food options.

Education

- The Medical Education Building has a library and NHS computers, which are useful for studying and any research projects.

Things to do

- Gym around a 10-minute walk away.
- Explore local hikes and countryside walks.
- Visit Pontcysyllte Aqueduct.
- Watch a Wrexham football match.
- Day trips to Liverpool or Manchester.

If you'd like to be placed with someone for religious reasons or prefer a **male-only** or **female-only flat**, you can request this by emailing the University. Be sure to make your **request early to ensure** your preferences are accommodated.

Away Placements

Bangor

Accommodation (Long Stay Accommodation)

- Long-stay accommodation is comfortable and practical, with a shared kitchen and bathroom facilities (usually shared between 3–5 people). The 3 bedroom is better.
- There are typically 2 toilets and 2 showers available for a maximum of 5 people.
- Kitchen comes with utensils provided.
- Ask for washing tokens on arrival, as students can use the washing machine and dryer for free.

Mosque / Prayer

- Bangor Islamic Centre is around a 10-minute drive away (parking available at ASDA).
- There is also a prayer room in the hospital (multi-faith room).

Halal Food

- Barakah Food Store
- ASDA (kept halal chicken butchers there as well as some frozen such as Hamza)
- Farmfoods

Eating Out

- Pepe's
- Smashies
- Lucky's Diner
- Wood Fire Shack Pizza - not halal, good veggie options
- Clio Lounge - not halal, good veggie options
- Sometimes I went full veggie or vegan when in Bangor hence why not much to eat out in terms of meat

Things to do

- Explore Snowdon (Yr Wyddfa) and Tryfan
- Visit Anglesey for beaches and coastal walks
- Walk along Bangor Pier
- Explore the local area and North Wales countryside
- Preferably have a car

Away Placements

Rhyl

Accommodation

- Spacious rooms with en-suite bathrooms and a TV, kitchen only shared area.
- Basic bedding, consider bringing some.
- Kitchen has basic utensils, plates, and bowls, but bringing your own cookware (pots, pans, knives, chopping board) is recommended.

Mosque / Prayer

- Hospital prayer room is located in the hospital chapel on the ground floor (follow signs towards maternity).
- Local mosques (difficult to access without a car):
  - Rhyl Education & Community Centre (Friday prayers only)
  - Islamic Cultural Centre

Halal Food

- Halal food store available in Rhyl, but access is easier with a car.
- Many students bring halal meat from Cardiff or larger cities when travelling home.

Eating Out

- Lucky's
- Pepe's

Things to Do

- Rhyl is the most isolated of the North Wales placements, especially without a car.
- Good train links make trips to Liverpool and Manchester accessible.
- Explore nearby beaches, countryside walks, Kinmel Bay, and Colwyn Bay.
- Local transport is limited, with buses and taxis being the main options (Uber is generally unavailable).

Education / Placement

- The hospital and accommodation are quite isolated, so having a car is very helpful.
- Plan ahead for shopping, food, and travel as nearby options are limited.

Away Placements

Aberystwyth (Bronglais Hospital)

Accommodation

- Good-sized rooms with a small sink; kitchen and bathrooms shared between four people.
- Bring your own bedding and mattress topper as the provided bedding is basic.
- Kitchen has basic equipment, but bringing your own essentials is recommended.
- Laundry is nearby but coin-operated (~£5 per wash/dry).
- No lifts, so be prepared to carry luggage upstairs.
- Common room, computer room, and nearby hospital library are useful study spaces.

Mosque / Prayer

- Hospital prayer room available.
- Aberystwyth Masjid in town.

Halal Food

- Halal meat options are limited; many students bring meat with them or buy it elsewhere.
- Hospital canteen serves halal chicken (check availability).
- Halal shawarma takeaway available.
- Supermarkets are 15–20 minutes away on foot, but the hill back can be difficult.
- A car is helpful for shopping and transport.

Things to do

- Great for nature and outdoor activities:
  - Devil's Bridge
  - Beaches and coastal walks
  - National Library of Wales (study space and café)
- Aberystwyth University nearby with library and gym facilities.

Education / Placement

- Speak to the Medical Education team early if you are not getting enough opportunities.
- A car is useful for exploring the area.

Away Placements

Carmarthen (Glangwili)

Accommodation

There are two flats; one mixed and one girls at the top. There is no lift so carrying the items be aware. Have had issues with requesting single sex accommodation so contact them early and keep email records. Need coins for the laundry. Shared bathroom accommodation so bear in mind you might have to keep your lota with you in case the cleaners take it. Even if you're a girls-only flat, the cleaner might be male so be aware. There is a spacious lounge living room with a TV. There have been silverfish problems in rooms so get the keys ahead of time and spray the entire room down with insect disinfectant.

Prayer room in hospital

- Yes available

Halal food store

Eating out

- Grain Pizza place
- Florentinos
- Noodle 101
- Pizza Express

Stuff to do

Local Masjid

- 24 min walk down the road from the hospital accommodation

Away Placements

Withybush (Haverfordwest)

Accommodation

- Email them early to request single sex accommodation and follow up regularly
- Accommodation quality varies greatly - some are decent and some aren't great, but they have been renovating recently
- Laundry is done via tokens system, there's plenty of information about it when you're there

Prayer room in hospital

- Main floor as you go down the corridor, very easy to find
- It's mainly a chapel but there is a corner you can use which has prayer mats

Halal food store

- None, but you can get halal chicken from Tesco

Eating out

- Not many options near the hospital that are BDS safe, but the hospital canteen has halal chicken (check before ordering though, just in case)
- There are one or two halal takeaways

Stuff to do

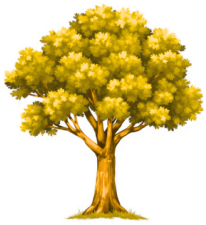
- If you drive, there are lots of scenic beaches around Haverfordwest
- There is a town centre with a small shopping centre and a museum

Local masjid

- Haverfordwest Central Mosque (SA61 2NZ) is a 15 mins walk, 4 min drive from the hospital, close to the town centre
- It has a prayer hall for women too

Placement tips

- Make use of the SDL and the staff - they are very very helpful for learning ISCE skills and simulation training
- They only do minor/day surgeries so you may have limited theatre opportunities
- They are under a lot of pressure and have space constraints so you have to be very proactive and tell the staff what you need to get done so they can help you from the beginning
- You can request several pairs of free scrubs in advance which is so useful



Personal Development

- Medicine is a journey of constant growth.
- While we focus on developing our clinical knowledge and skills, it is equally important to nurture our relationship with Allah and continue growing spiritually.

{أَلَا بِذِكْرِ ٱللَّهِ تَطْمَئِنُّ ٱلْقُلُوبُ}
Surely in the remembrance of Allah do hearts find comfort. Quran 13:28

- Year 3 brings many opportunities for personal development, not only academically, but spiritually and personally.
- Try to build habits that strengthen your connection with Allah and remember that studying medicine can itself become an act of worship when the intention is to serve others.

"Whoever fulfils the needs of his brother, Allah will fulfil his needs…"
Sahih al-Bukhari (2442), Sahih Muslim (2580)

- A key part of becoming a good doctor is learning to serve others. This extends beyond patients to our friends, CMM and wider community.
- Small acts of service can have a lasting impact, whether it is helping a friend understand a difficult topic or helping the younger years with ISCE/teaching, these are all opportunities to benefit those around us.

Personal Development

- There are lots of opportunities throughout the year to contribute to greater causes like the Cardiff-Palestine Civic Mission or get involved with community outreach doing health checks in local mosques.



Anas ibn Malik reported: A man said, “O Messenger of Allah, should I tie my camel and trust in Allah, or should I leave her untied and trust in Allah?” The Prophet, peace and blessings be upon him, said, **“Tie her and trust in Allah.”**

- Medicine requires effort, resilience and trust in Allah. The above reminds us to take the necessary steps, whether that is preparing for exams, improving our clinical skills, or seeking opportunities to grow, striving to do our best while placing our trust in Allah for the outcome.

Recommended Reading (should be avaliable in Cochrane Prayer Room!)

- Developing Khushu in the Salah
- Timeless Seeds of Advice
- The Quran! (it is also a great time to work on your memorisation as you have the time to dedicate to it)