Cardiff Muslim Medics Presents...

A COMPREHENSIVE GUIDE TO YEAR 4

CARDIFF MUSLIM MEDICS EST. 2016



In the name of Allah, Most Gracious, Most Merciful

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

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NAVIGATING PLACEMENT

Placement Advice

- **Check the handbook before each block** so you're aware of the requirements
- Sign off your SLEs and skills ASAP
- Reserve **2 CBDs for your formative & summative ISCEs**
- Attend placement teaching as it is useful for ISCE & PTs
- Use your time efficiently to improve your clerking
- A notion link to keep track of your SLEs and lectures

CD2	• 2 long cases • 2 MiniCEXs • 3 CBDs • 3 CBD/ MiniCEXs		
WCF	**Paediatrics** • 1 Long case • 2 MiniCEXs • 2 CBDs • Paediatrics portfolio (12-16 clerkings, easiest to complete in CAU)	**Obs & Gynae** • 1 long case • 2 MiniCEXs • 2 CBDs • 2 Pregnant abdo exam • 2 intimate exams (speculum or bimanual)	
PNO	**Psychiatry** • 2 CBDs • 2 MiniCEXs • 1 Long Case	**Neurosciences** • 3 CBDs • 1 Long Case	**Ophthalmology** • 1CBD/MiniCEX



NAVIGATING PLACEMENT

CD2

MiniCEX	• MiniCEX 1 - Joint examination (can be observed by F1/2) • MiniCEX 2- Lying and standing blood pressure (can be observed by F1/2)
CBD	• CBD 1- complex patient with multiple co-morbidities • CBD 2 - medication review (polypharmacy case) • CBD 3 - dermatology case
CBD/ MiniCEX	• CBD/ MiniCEX 1- stroke / focal neurology • CBD/ MiniCEX 2- cognitive impairment case (delirium or dementia) • CBD/ MiniCEX 3 - falls / instability (MiniCEX should include gait and balance assessment)
Long Case (signed by senior reg/ consultant)	1. CVS → Cardio + Resp 2. CNS → MSK



NAVIGATING PLACEMENT

PNO

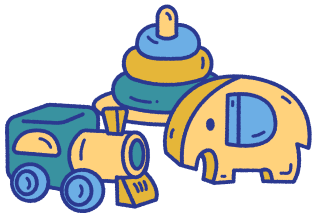
Psychiatry	• CBD 1 • CBD 2 • MiniCex 1 • MiniCex 2 One SLE should focus on self-harm and one should focus on Mood disorder and/or psychosis • Long Case - has to be signed/ done with your consultant (or another SLE) OR signed off by a ST3 or above. Mood disorder and/or psychotic disorder • Risk (to self and/or others) should be considered in all SLEs.
Neuroscience	• CBD 1 • CBD 2 • CBD 3? • Long case
Ophthamology	• MiniCEX OR CBD



NAVIGATING PLACEMENT

WCF - O&G

CBD	• CBD 1 • CBD2
MiniCEX	• MiniCex 1 - Pregnant Woman • MiniCex 2
Long case	• 1 Long case - pregnant woman or long term gynae problem
Special exams	• Intimate female exam 1(speculum or bimanual) • Intimate female exam 2 (speculum or bimanual) • Pregnant abdomen exam 1 • Pregnant abdomen exam 2



NAVIGATING PLACEMENT

WCF - Paediatrics

CBD	• CBD 1 • CBD2
MiniCEX	• MiniCEX 1 • MiniCEX 2
Long case	• 1 Long case
Special	• 12-16 clerkings (confirm with ES how many they want you to do and if you are required to have evidence from each one)



SSC

Choosing your SSC

- Try and sort this out early in the year.
- You can choose an area of medicine you want to explore, but it may require regular attendance.
- Bear in mind that the SSC period is straight after the ISCE and during PT 4, so it may be worth choosing a more relaxed SSC to give yourself a much-deserved break.
- Remember that you can opt for an online SSC, meaning you can technically start your holiday from after PT4 (assuming you are not resitting the ISCE) and go home.
- After ISCE, many people go home and come back for PT before moving out officially. So it gets pretty quiet in Cardiff.

Intercalation



Intercalation?

- Using the updated University's intercalation guidance, check your eligibility for internal and external intercalation and all the deadlines.
- Do your research thoroughly to decide whether the pros outweigh the cons for you.
- Intercalated degrees are no longer awarded points in foundation training applications. However, take a look at the specialties you're interested in, as they may be awarded points in specialty applications. Criteria can change in the future.
- Intercalation can offer you new opportunities to advance in research, academia and topics of your interest. Even if you don't get awarded portfolio points for the degree itself, you could receive points for publications you produced or conferences you attended during that time. Either way, you can still talk about your intercalation experience/motivations at an interview.
- Some students undertake an intercalated Master's degree over a Bachelor's degree.
- Check NHS Bursary eligibility, as you could have your entire Bachelor's tuition fees covered, or the majority of your Master's fees. Remember that you may have to factor in an extra year's worth of living costs.
- Some intercalated degrees can even be undertaken online, allowing students to travel or live anywhere whilst obtaining an additional degree.
- You will have to re-enter Medicine with a new year group. To some, this can be quite challenging, and to others, an opportunity to meet new people.

PROGRESS TESTS

Progress Test Advice

- Have a revision style that works for you, whether that is to be completing your daily Anki decks or notion pages, **be regular and consistent with PT revision**
- Use your placement blocks case teaching to really help you with your knowledge and revision for PT
- Try to cover all specialities on passmed by PT1

PT averages (23/24)

- PT1: **63%**
- PT2: **69%**
- PT3: **71%**
- PT4: **71%**

Pastest

BMJ Best Practice

QUESMED

ISCE PREPARATION

Early in the year

- Read the **ISCE handbook** early, ideally by December.
- Use placements to practice history-taking, examining, and presenting patients to build confidence for the ISCE
- Review the **UKMLA content map** for a complete list of conditions you can be tested on
- Focus on **common conditions**, as they are frequently covered in the ISCE
- Practice stations weekly to stay sharp before starting your revision
- **Exchange knowledge** you gained from your placement blocks with regards to speciality history taking (e.g. Paeds, Psych etc.)



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.”**



ISCE PREPARATION

Interprofessional Communication Skills	4 min history + skill/SBAR/ Usually self-harm/ psych or disabled/ additional needs patient
Acute assessment x2	4 min history + skill/SBAR
Examination x2	7 min examination
Communication station	7 min history
Case-Based Discussion	7 min to present case, 8 min for questions
Pharmacology Station	11 min station, no examiner input and you get a nice 4 min break

ISCE PREPARATION

General Advice

- Start revision early on and a little regularly and revise high-yield conditions, not niche rare ones, because they are unlikely to come up. Have a list of conditions.
- Revise with others. It is good to have an "ISCE partner"; however, you should also practice with others (in a group) to get different advice and see how others answer, too. In-person practice > Online.
- Have a good structure when answering and BE CONFIDENT even if you are unsure.
- You have to know the basic conditions inside out. So symptoms, Ix, Mx.
- Use placement as practice
- Some examiners can give you completely blank expressions, don't let these throw you off. There is a huge variation in their examination styles, but you can always ask for clarification if you haven't understood or need more time to think

CBD

- Hunt down a CBD ASAP. You need 2 CBDs, 1 for the mock and 1 for the real ISCE. Don't choose something so complicated/rare or that you can't talk much about. There also has to be a social aspect to the case.
- The CBD is like a detailed long case. It should include a basic summary of the case, full history and exam (if possible), ICEE, full investigations and management and a good social aspect that could be discussed.

Structure

When you are asked a question, be systematic in your responses; you can always fall back onto the 'non-medical, medical, surgical' approach or the 'bio, psycho, social' management steps for psychiatry.

ISCE resources: The Medical Flash Notes App is ideal for reading up on conditions; they split the management section of their notes into non-medical, medical and surgical. This is IDEAL for the approach you need to follow in the ISCE.



STRESS

Year 4 can be a stressful year, particularly leading up to ISCE, therefore it is crucial we manage our stress to avoid burn-out

- In the same way we need to nourish our body with food and rest our minds with sleep, we must also nourish our souls through ‘ibadah.
- Place your full tawakkul in Allah SWT. Things will get intense quickly and it can feel overwhelming, but take it step by step. Trust that whatever is written for you is what's best, and that sincerely trying your best will inshaAllah make everything fall into place. Do your best and leave the rest in Allah SWT’s hands.
- After exams, give yourself permission to rest. Don't isolate yourself, and please ask for help when you need it. We're always here, message us any time, day or night.
- Your health comes first, mentally and physically. Sometimes the workload gets overwhelming, and there's nothing wrong with stepping back to look after yourself. This isn't wasted time; it will save you time down the line.
- "I will never regret looking after my imaan, sleep, appetite and mental health over stressing myself out too much during med school. During ISCE season I felt so much peace, I didn't cry until the day of, and it was happy tears, Alhamdulillah. You're going to be a busy doctor your whole life, so use the freedom while you have it. Reserve your energy when it's appropriate, and work hard academically when it's appropriate. When things feel overwhelming, make time for the Creator of time, and He will make your time efficient for you."

{أَلَا بِذِكْرِ ٱللَّهِ تَطْمَئِنُّ ٱلْقُلُوبُ}

Surely in the remembrance of Allah do hearts find comfort. Quran 13:28

ADVICE
FROM PREVIOUS STUDENTS

General Advice

- Start the year knowing all the key dates: when each block starts and ends, and when your exams are. Add them to a calendar you check regularly (syncing to your main electronic calendar helps).
- Year 4 is one of the toughest years, both academically and personally, particularly in the second half.
- Keep things simple and focus on two things this year: your education and your deen. Taking on extracurricular activities is fine, but be mindful of your limits so your studies don't suffer.

PT

"For PT revision, use Passmedicine's UKMLA Content Map (under Home) and look at performance data by topic rather than your overall score. As a rough guide: over 50 questions in a topic means very high-yield (expect it in UKMLA, PTs and ISCEs), 30-50 is high-yield, 15-30 is moderate-yield, and under 15 is low-yield, so leave those for last unless it's a weak area."

Placement

"Do all your skills in the first block if you can. Team up with your placement partner so you can text each other when a skill comes up and split it between you. Make use of the nurses too, ask them about skills you need and to come get you for things like catheters."

Placement

"General placement tip: introduce yourself and what you'd like to get out of the day, and identify who will sign you off early on. Attend good ward rounds, but if it's quiet or overcrowded, ask permission to go see a patient for a history or exam instead, to stay productive. Always say you'll be back to sign off, and know where they'll be. Use free time to do Passmed with colleagues, it's useful discussing topics together, or to practise examinations or specialty histories before doing them on a patient for an SLE."