Cardiff Muslim Medics Presents...

A COMPREHENSIVE GUIDE TO YEAR 5

CARDIFF EST. 2016 MUSLIM MEDICS



In the name of Allah, Most Gracious, Most Merciful

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

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BEFORE YOU START

Bursary Application

Try get this done as soon as possible so you get approved before the start of the academic year. It gets more busy around late August/September as everyone in the country starts filling it out. The application is fairly straight forward but does require a bunch of proof of identity documents ect.

- Wales Bursary Application
- Wales Bursary FAQs
- English Bursary Application
- English Bursary FAQs

Register for an Account using the relevant links and fill out the information.

Fuel/Transport Costs

What can you claim?

You can only claim for travel between your term time or practice placement address and your practice placement site. You may also claim for any additional mileage/travel costs, if you have to travel in the community to other practice placement sites, and/or to patient's home address if you are not given free transport.

BEFORE YOU START

Fuel Costs

Public Transport used (requires receipts/tickets as proof)

- Can be used for outgoing and incoming journeys to placement
- Can try use if you went back in between placement people have tried this and it worked

Claim Transport (Public ie bus or train) to and from the airport for your elective abroad.

- I.e the bus or train to the airport your flying from when you leave for your elective, and also the bus or train when you land back into the uk back home.

Claim costs of transport to elective locations on a daily basis if in the UK.

How to claim?

NHS England Claim Form
NHS Wales Claim Form

After you fill out the form and have necessary evidence ready send and email with the form and the evidence to MEDIC GP Sift - Finance <MedicGPSiftFinance@cardiff.ac.uk>



BEFORE
YOU START

General tip is try to fill out this form regularly as you go along, some people did it weekly, but I find that to be a bit too much admin, so probs better to submit at the end of each block. Your Practice Placement Expense (PPE) claim form must be received by them within 6 months of the last day of each placement to be considered.

THE YEAR
OVERVIEW

Placement

There are a total of 3 Placement Blocks throughout year 5:

- PCA → Primary Care Attachment (8 weeks GP)
- JSA → Junior Student Apprenticeship (8 week hospital (4 week before winter , 4 week after)
- SSA → Senior Student Apprenticeship (8 weeks (if job is wales shadow that job))

Elective

How to pass Year 5

- >70% attendance and engagement
- Complete placement SLEs / ES sign-off
- Maintain contemporaneous ePortfolio
- Attend all-year bookend teaching (plenaries and workshops)
- Complete Changing practice and Science and Practice group work
- Achieve pass in CU assessments, Medical Licensing Assessment and Prescribing Safety Assessment (PSA)

Assessments

- IQT Bronze (NHS E-Learning) if you haven't done it - November
- Changing Practice QIP/Audit Reflection - November
- Changing Practice QIP/Audit Group Presentation - November
- Science & Practice - Case Report - November
- Leadership Task - November

THE YEAR
OVERVIEW

- Information Governance (NHS E-Learning) - December
- UKMLA - January
- PSA - February
- ILS - JSA Block - February
- Radiation Training - (NHS E-Learning) - February
- Blood Transfusion Training - SSA Block - June

Link to the Yr 5 Notion page

YEAR 5 PATIENT & STUDENT SAFETY ENGAGEMENT CONTACTS (ME5116/ME5316)

Contact point	When normally delivered	Format	Evidence of completion presented to Professionalism Assessment and Competency Panel
Mandatory training in blood transfusion	During SSA	Face to face teaching delivered in DGH	Confirmation of attendance by LHB
Immediate Life Support (ILS) course-delivered in hubs during JSA	During JSA	Face to face teaching delivered in DGH	Confirmation of attendance by LHB
Equality, Diversity, and Inclusion Day engagement	One day of engagement by June combined with online session	Online Learning Central test	Satisfactory test completion
Information Governance	End of Autumn Semester	Online NHS Training Package	Online pass certificate

NAVIGATING PLACEMENT

Primary Care Attachment (PCA)	• 8 weeks in General Practice • A chance to develop consultation skills in a community setting and understand the breadth of primary care medicine.
Junior Student Assistantship (JSA)	• 8 weeks on the wards in a specialty, which may be pre-allocated or self-selected • Use this time to integrate into the medical team and gain an understanding of the role of an FY1 doctor and what will be expected of you. You should also become familiar with everyday ward tasks, such as writing in patient notes, clerking patients, using the hospital computer systems, and practising essential clinical skills.
Senior Student Assistantship (SSA)	• The final 8-week block before graduation • You are placed in the hospital and ward where you will be working as a foundation doctor (if you are working in Wales. English doctors will be allocated randomly across Wales, depending on availability). • Like JSA, use this placement as an opportunity to practise being a doctor. If this is the hospital where you will be working, you will be starting on the same rotation, so make the most of the 8 weeks. You will be shadowing an F1, so ask questions, get involved, and take every opportunity to learn. It's much better to make mistakes now while you are supervised, so that when you start as an F1 you feel more confident and less stressed.

NAVIGATING PLACEMENT

Placement Advice

- **Check the handbook before each block** so you're aware of the requirements
- MiniCEXs and CBDs can only be signed off by **F2 or more senior doctors**
- Long cases can only be signed off by **consultant or an ST3 or above or Staff/ Associate Doctor**
- There are **no compulsory PSLs** in year 5, however you should still be doing skills for practice

PCA	• 2 CBDs • 2 Long Cases
JSA	• 4 MiniCEXs • 2 Long Cases • 1 DOPS • 4 MyPractice reflections • ILS
SSA	• 4 MiniCEXs • 1 DOPS • 4 MyPractice reflections • Blood transfusion training

NAVIGATING PLACEMENT

PCA

CBD	• 2 CBDs: ◦ involving a child/baby or adolescent OR ◦ involving mental health or emotional issues OR ◦ a complex case e.g. multiple pathology
Long Case	• 2 Long cases
Not compulsory	• Personal Learning Plan (PLP). There is a table template in the PCA handbook which you copy and fill in with your aims for the block. • Yellow Card Scheme. This is where you report adverse reactions to drugs. During placement if a patient complains of an adverse reaction to a medication you can report it and then record it on PebblePad.

NAVIGATING PLACEMENT

JSA

MiniCEXs	• 4 MiniCEXs (one has to be signed of my supervising consultant)
Long Cases	• Long Case 1 - a patient with sepsis of any cause • Long Case 2 - A patient with any of the following acute symptoms: e.g. chest pain, breathlessness, headache, abdominal pain, leg swelling, collapse, falls, overdose, haemorrhage, end of life care, frailty, polypharmacy, collapse
DOPS	• 1 DOPS • Preferably done with a pharmacist where you fill in a drug chart, prescribe a drug etc. Can also be done with F2 and above and non-medical prescribers with significant experience who act as Designated Prescribing Practitioner (DPP))
TAB	• Team Assessment of Behaviour (TAB) is not compulsory but is a good way to see how staff think of your behaviour.



NAVIGATING PLACEMENT

MyPractice reflections	• 4 MyPractice reflections (One being your case)
	• You will identify an interesting holistic (biopsychosocial) case and present it during a group session. Your presentation should include:
	  ◦ The anatomy and physiology relevant to the condition
	  ◦ How the patient presented clinically
	  ◦ How the condition was diagnosed and managed
	  ◦ The psychological and social aspects of the condition, and how these affected the patient overall
	• You will also need to reflect on what you learned from the case and explain how it will help you develop as a medical student and future doctor.
	• During the session, the tutor and your peers will ask questions about your case.
	• Also, you will need to complete reflections on the three cases presented by your peers.
	• There is a form on PebblePad that must be completed for all four reflections. The same form is used for both your own case reflection and your peer case reflections.

ILS	• Immediate Life Support (ILS) training is compulsory and is a contact point. You must do the online course **before** attending the in person training and download your certificate on LC.

NAVIGATING PLACEMENT

SSA

MiniCEX	• 4 MiniCEXs
DOPS	• 1 DOPS
MyPractice reflections	• 4 MyPractice reflections (one being your case)
Blood transfusion training	• It is **compulsory** to attend the blood transfusion training organised by your health board (even if you won't be working in that hospital). There is also an online course you need to do **before** attending. You must download your certificate on LC.
TAB	• Team Assessment of Behaviour (TAB) is not compulsory but is a good way to see how staff think of your behaviour.

SIDE Quests

Leadership task

This is an individual task where you write 3 short summaries about different leadership styles which have been demonstrated by a GP/ consultant, another resident doctor and Allied Health Professional. You also need to take a personality test and write a short paragraph on how they reflects you as a doctor. Lastly you need read the compassionate leadership article from the Kings Fund then reflect on a situation and how this approach could have improved it.

Case Report

Write up a case report of your choice from a case you have seen in JSA or PCA or in a previous year. All Members of the group should contribute and also need to write their own version.
I would suggest actually trying to write up something impactful as you could then go ahead and get it published as a group.

QIP/Audit

Find a QIP or Audit on your Ward if in JSA or in the GP. You are meant to be working in a group but unfortunately it tends to be one person doing all the data collection and then the rest of them write it up. You need to also contribute to the presentation as well.



UKMLA PREPARATION

What is the UKMLA?

This exam requires time. In my opinion a minimum of 2 - 3 months should be spent revising for the exam. It consists of two papers back to back Paper 1 and Paper 2 sat during January.

Paper 1: 100 items over 2 hours

50 items

- Cardiovascular (≥10)
- Respiratory (≥10)
- Gastrointestinal (≥10)
- Medicine of older adult (≥10)

50 items

- Neurosciences (≥8)
- Ophthalmology (≥2)
- Endocrine (≥8)
- Renal & urology (≥10)
- Infection (≥8)
- Dermatology (≥4)

Paper 2: 100 items over 2 hours

50 items

- Cancer (≥8)
- Breast (≥2)
- Haematology (≥4)
- Palliative care (≥2)
- Peri-op med & anaesthesia (≥2)
- Musculoskeletal (≥10)
- Emergency medicine (≥8)
- Ear, nose & throat (≥4)

50 items

- Child health (≥12)
- Mental health (≥12)
- Obstetrics & gynaecology (≥10)
- Sexual health (≥2)
- Social/population health & research methods (≥2)
- Medical ethics & law (≥2)

General Practice, Acute Medicine, Surgery & Clinical Imaging will be covered across the four clusters.

The general opinion of the Cardiff Cohort is that Paper 1 is harder and focuses more on the basic/fundementals but in a lot of detail so complicated Resp, Cardio, Gastro cases. Paper 2 feels much more like PassMed and QuesMed with speciality focus and cardiff students tend to do much better or feel better after this paper.



UKMLA PREPARATION

How to prepare

There are many ways to prepare, I would start by taking the Formative PT you sit in October/November seriously as a bench to see where you are currently, where your weak points are etc so you can make a plan of action. Reflect back on PT 3 and 4 of year 4 and see where there areas of medicine which you were consistently weak at and then start there.

You can also find a list (non-exhaustive) of the conditions and presentation that can come up on the MLA and then make notes/Anki cards on them. I wouldn't suggest just using premade decks as most of the time they lack the depth needed and second of all you dont learn as much if you dont make them yourself.

The main advice is as always to spam questions non-stop, try to complete PassMed once in its entirety. And maybe have another go at it after as well. Use the PassMed Mocks as diagnostic mock throughout your revision to see where you need to work on next.

I also highly recommend QuesMed, using the mocks and textbook more than the question bank. They have a ton of mocks and felt that they were slightly harder and maybe a better representation of the real exam. Just buy a one month subscription and alternate days you do mocks with friends sharing.



UKMLA PREPARATION

How to prepare

There are also a ton of Official Mocks from MSC (the guys that make the UKMLA) these are the closest thing to the exam questions that come up in the actual MLA and in fact they reused one or two word for word in our MLA. So definitely use and complete them all.

For all the sociology stuff the Textbook on Quesmed has good summaries and question on that part of the textbook did come up on the exam so it is worth just having a read over.

This is a link to the Medical School Council mock MLA papers 🔗



PSA PREPARATION

What is it and how is it assessed?

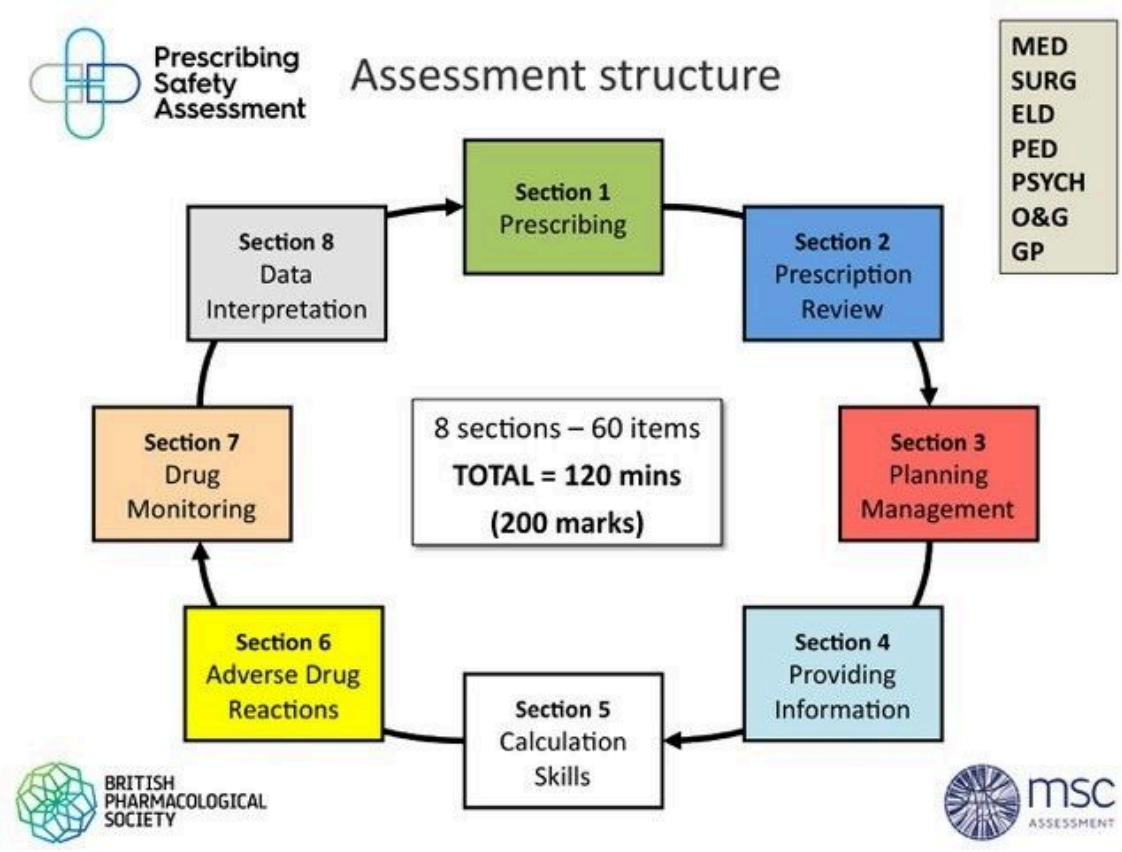
PSA is a 2 hour exam and consists of 60 question items set out in 8 sections, corresponding to the 8 question item styles:

- Prescription writing (PWS) – 8 items worth 10 marks each
- Prescription review (REV) – 8 items worth 4 marks each
- Planning management (MAN) – 8 items worth 2 marks each
- Providing prescribing decisions (COM) – 6 items worth 2 marks each
- Adverse drug reactions (ADR) – 8 items worth 2 marks each
- Monitoring drug therapy (TDM) – 8 items worth 2 marks each
- Data interpretation (DAT) – 6 items worth 2 marks each
- Calculation skills (CAL) – 8 items worth 2 marks each
- Total Marks: 200
-

As you can see the majority of marks come from the first two sections alone. Ideally you should be aiming to get near 100% on the PWS and REV sections as they give the most marks. Every year there is one hard PWS question but you can always get partial marks. The CAL section is also guaranteed marks as the questions are worded the same each year just with different values so the video tutorial mentioned later tells you how to tackle them. The DAT nearly always has a graph with a hidden trick so read the graph carefully including the header, the axis and any other info as in a rush it's very easy to miss.

Last year's pass mark was 62.5%.

PSA
PREPARATION



What is it and how is it assessed?

PSA is honestly quite straightforward, most if not all students pass the first time. Students who missed whole sections still manage to pass. There is a set structure on how to revise for the PSA.

The majority of the knowledge base for ADRs and medication will be your own clinical knowledge which you get from PassMed and your UKMLA revision so not much more is needed.



PSA PREPARATION

Choose which database your going to use for the PSA either BNF or MedicinesComplete. I preferred MedicinesComplete at first, but once you get used to the BNF I think the structure is more straightforward.

Do the Cardiff Uni Mocks even if you haven't done anything, take screenshots and use them as practice later.

But the Prepare for PSA course, you can find them on the website or their instagram, it's quite cheap.

After you watch the video start doing the practice questions from them and also general mocks. In the PSA Dock they are all listed but I will list them here again for clarity's sake. The 3 most important ones are the links given to you. If you do all of these you will be fine for the exam. Make sure to do them under exam conditions. The hardest thing about the PSA is timing. The questions themselves are quite straightforward.

You will need to memorise all the fluids and timings ect but that is all mentioned or highlighted on the PSA notes document.



PSA PREPARATION

Mocks Available

- 2 x 30 Question Cardiff Mocks
- 2 x 30 Question Mocks and 1 x 60 Q Mock (PSA)
- 2 x 30 Question Mocks and 1 x 60 Q Mock (BPSA)
  - **NB these paper are harder than the actual exam but are good for learning*
- Quesmed has 6x 60 question mocks but not as good as PSA and BPS mocks
- Geekymedics have practice questions but again not as good as PSA and BPS mocks
- PSA Booklet on Learning Central

Useful links

- PSA notes
- PSA website
- PSA Booklet on Learning Central

Note...

I did this and genuinely only revised for a week and got this:

PSA PREPARATION

Cardiff-S9-FS - 29-Jan-2026 13:00 GET CERTIFICATE (PDF)

Assessment	PWS	REV	MAN	COM	CAL	ADR	TDM	DAT	Total	[%]	Pass Mark[%]
2026-PSA-Paper-B	65/80	29/32	16/16	10/12	14/16	16/16	14/16	10/12	174/200	87 %	62.5 %

So you really dont need to stress, but again I wouldn't recommend that and would say its a good idea to do this over 2 weeks.

Important information about the PSA

- The assessment is pass/fail.
- Since 2016, all FY1 doctors must pass it before progressing to FY2.
- In Cardiff, it is part of the MBBCh schedule of assessment and must be passed to graduate.
- Students have 3 attempts within an academic year to reach the national standard set mark. Students who do not meet the national standard must repeat the year. In the repeat year, students are offered a further 3 attempts.
- Students may only repeat the year if they have not already repeated a year for academic failure.

UKFPO APPLICATION

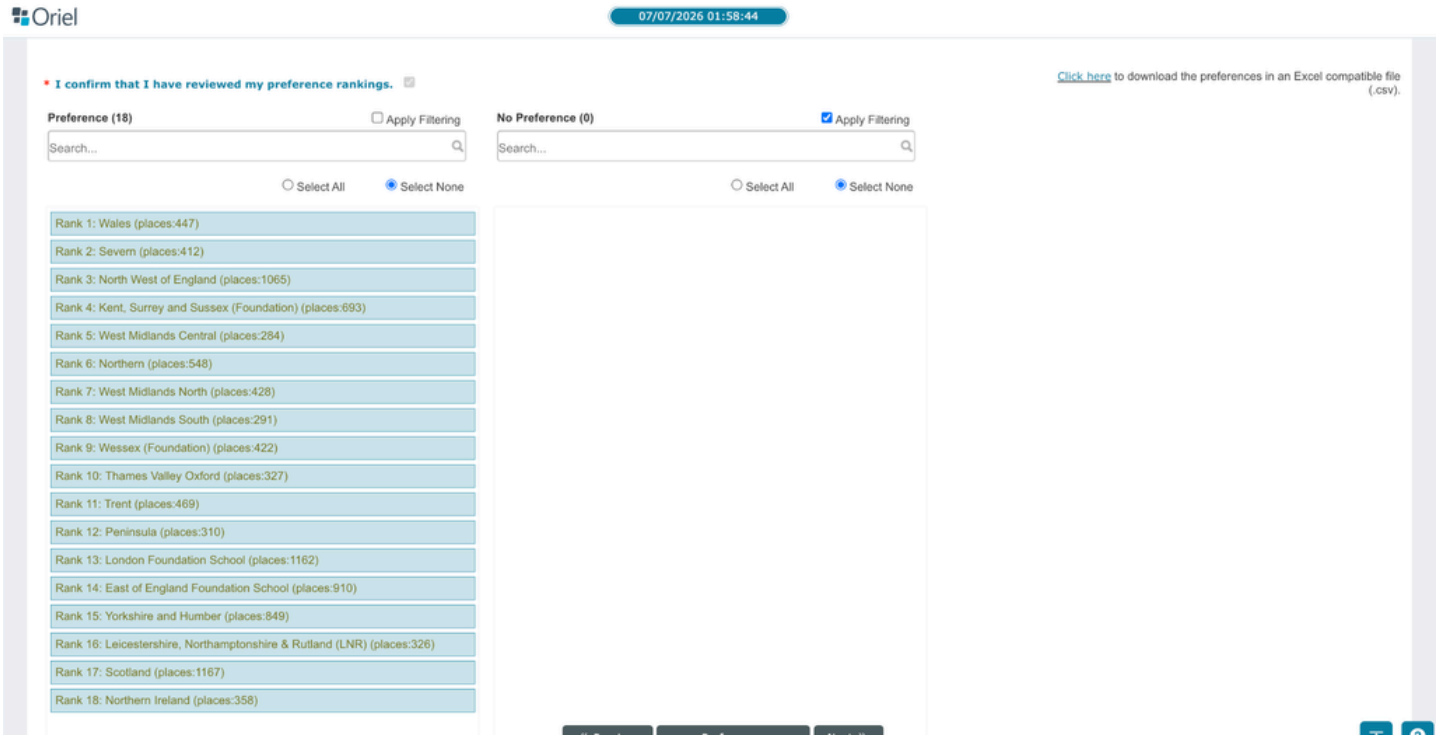
How it works

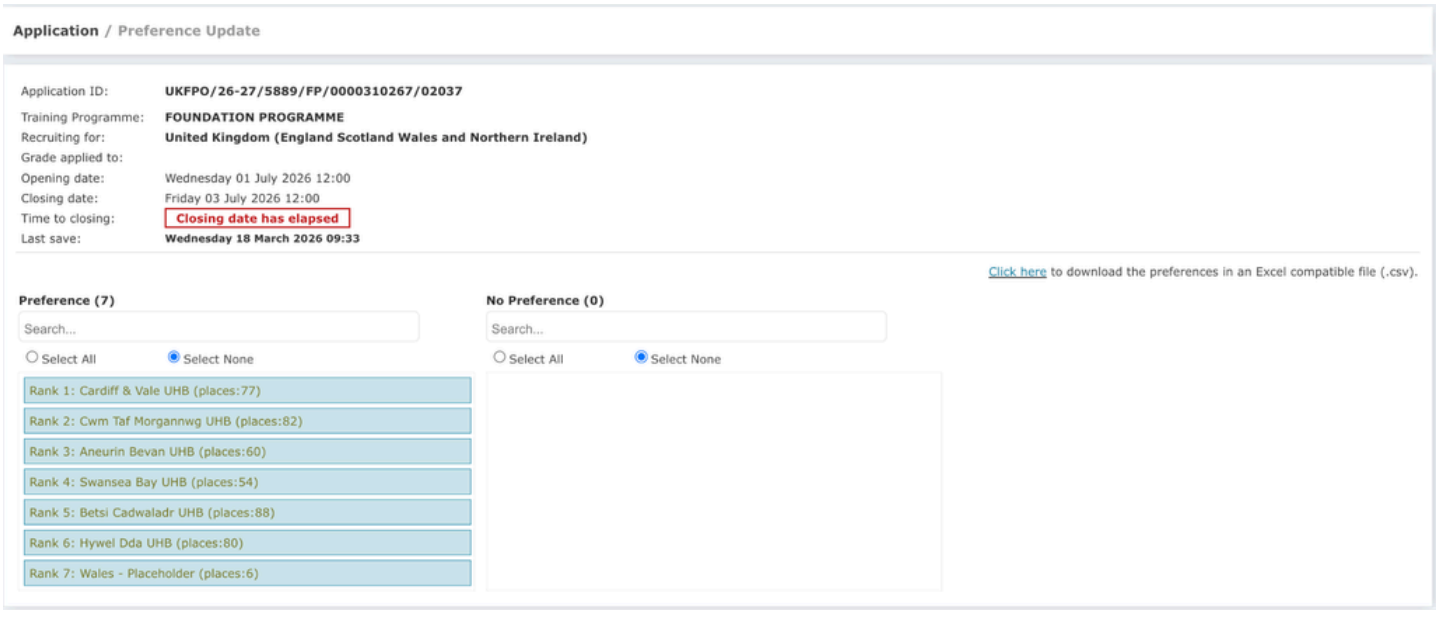
When you log into Oriel I would suggest taking note of Oriel Pin as you may need it later ect. You will need a reference. The best person would likely be your personal tutor, you can find their email on the SIMS portal. Otherwise any lecturer that you know can work. The university will offer someone if you can't find anyone just let them know (it tends to be the year ahead). Don't worry this is just a formality and they wont actually write anything negative.

On Part 2 of the application form you will have the opportunity to mention if you are eligible for Pre-allocation or you want to link your application. PLEASE do it HERE otherwise you will not be able to ask for it later. The same goes for FPP as well.

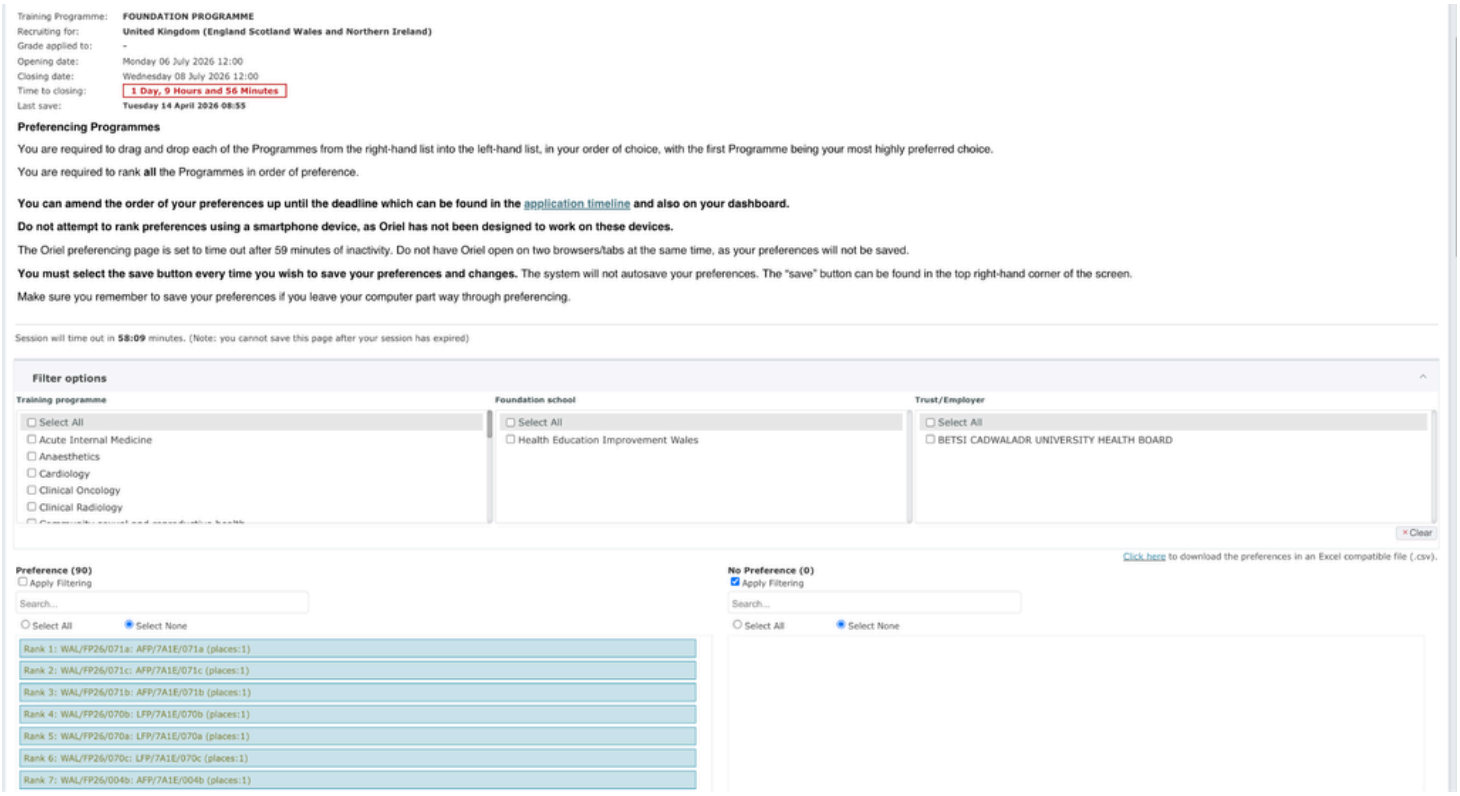
You will then rank your Preferences for the school. Then wait till February and then rank jobs/health boards (depending if you are in Wales or England). Then await final allocation.

UKFPO
APPLICATION





UKFPO
APPLICATION



Types of F1 Programmes

FPP - Foundation Priority Programmes for undersubscribed areas

SFP - Specialised Foundation Programmes

1. Research
2. Teaching/Education
3. Leadership
4. Masters/PGCert

FP

LIFT

1. 1 day a week in GP

UKFPO APPLICATION

Jobs Advice

The best thing you can do is look at the CMM Map on the https://alumni.cardiffmuslimmedics.org/alumni-map and have a look to see if there are any tips from the previous cohort or if anyone is currently and F1/F2 at hospital or trust you want to apply to.
Generally its good practice to have a mix of medical and surgical jobs. Obviously this will depend on you personal preferences, what you like and dislike in medicine ect. Its generally recommended that everyone should try to have an ED job or at least an Acute med job at some point in f1/f2 as it will help you develop that key competency.
There are a lot of good new AI websites out there and I will link some below, but in all honesty, the best you can do it just download the jobs list of the Foundation school website or oriel and then analyse each one, one by one, add a column of positive and negatives, location, the hospital, the jobs ect. It allows you to critically think about every job so actually think about it.

UKFPO APPLICATION

General Advice

Apply to where you wanna go. Alot of people try to game the system ect but i dont think it actually works. If you really want to go to London or Birmingham just go for it and leave the rest to Allah (SWT). If it is written for you, you will get it, if its good for you will get it, if not don't worry. Because the system works in a way where if you don't get your first choice it skips you then allocates everyone else (11,000 people) and then cycles back around to you again and by that point if you have a competitive 2nd choice that will likely be gone as well. Based on this fact alone, the best practice would be to have an aspirational or competitive one first and then a surefire one next for example, North West of England Foundation school, Then Wales ect. If you don't get your first choice and it is competitive it also gives you a rough idea of where you are as only the top applicants will get a competitive school. So you can use this info when you choose your hospitals/health boards in the next part.

For Wales, Cardiff is still one of the most competitive, Newport is normally quite a safe bet, Cym Taff is also quite popular, and Swansea is competitive as well. After those 4 the rest are quite under subscribed like West Wales, North Wales ect. Some students purposely put placeholder above North Wales and banked on the fact that someone from south wales (i.e Swansea to Cardiff) would release themselves from the job. It worked out for the person that did this and they actually got a job they liked, however it is risky to a degree.

UKFPO APPLICATION

I also am aware of people that didn't get the job or location they went to the point where after a lot of deliberation they chose to withdraw the application or defer to the next application window and try again. This is an option but in my opinion a last resort, I don't think it is worth it for 99% of situations unless there is a very clear reason for avoidance and also a very clear plan for how that year will be used.

Now if you don't get what you want, there are two options, one withdraw and try your luck next year, two you continue on with your job, three you ask for an appeal. No technically there is NO APPEAL according to the UKFPO but within Wales, I believe there is a degree of flexibility that's worth trying, I have heard of people managing to switch to southwales after getting north wales or west wales. There may also be flexibility within school in England but this hasn't really been fully explored.

The most important bit of advice is DO NOT MISS the deadlines. If you do you will be DEAD in the water and they will not be able to help you. Also ensure you rank ALL the jobs or foundations school otherwise it will not count and assume placeholder. I suggest using a reminder or tracking app to ensure you know the deadlines for all the dates.

UKFPO APPLICATION

Useful links

- Foundation Job Rankers:
  - https://tools.doctordevify.com/foundation-ranker
  - https://medibuddy.co.uk/foundation/ranker/
- CMM Alumni Map:
  - alumni.cardiffmuslimmedics.org/alumni-map
- Foundation Programme Website:
  - https://foundationprogramme.nhs.uk/programmes/2-year-foundation-programme/ukfp/
- Wales Programmes Information:
  - https://heiw.nhs.wales/education-training/a-z/foundation/programme-information/



Elective

Choosing your elective

- Elective happens around March time and is a 2 month period, but it is best to get it sorted ASAP as exams will keep you busy for a couple of months.
- Remember that this will be your first proper break from exams and placement since the start of the year, so plan something that you actually want to do and will enjoy.
- The university recommends spending 1 month on a medical placement and 1 month as a holiday.
- You have to send your elective plan (a form you fill in) to the university by January for them to approve it.
- Your elective could be anything; hospital placement, online project, art course. As long as you have someone who can sign you off and it is a minimum of 4 weeks.
- You can apply for funding (but it is very competitive)
- Elective will probably clash with Ramadan and Eid, so make sure to take that into account.



STRESS

Year 5 can be stressful year, particularly leading up to UKMLA & PSA; 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.
- “Unfortunetly, after my MLA I isolated myself because I couldn’t bare to hear anyone talking about the exam. It didn’t help that I was on an away placement as well. What ended really helping me was eventually talking to a very close family memeber and friend. Sometimes after exams it can be very overwhelming, so surround yourself by limited people you trust and have full faith and tawakul in Allah SWT. Never undermine all the hours of revision you have put in and know very well that Allah SWT saw every second of it.”

{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, when your exams are and when your UKFPO application deadlines. Add them to a calendar you check regularly (syncing to your main electronic calendar helps).
- Plan your elective from early on and plan something you enjoy/ travel during that time.
- Year 5 is your last year as a student, so make full use of it.

MLA

“I remember how I felt after sitting my first MLA paper, crushed. I made mistakes I wouldn’t have normally made because I stressed myself before the exam. I did things I don’t normally do before an exam like sending hours revising the day before. So if you have a set routine, stick to it. I tried to make so many changes to my revision techniques for the MLA but if I had stuck to what I knew worked, I think the outcome would have been a bit better, or at lest less stressful.”

PSA

“I didn’t do any PSA revision until 10 days before my PSA exam. Don’t make my mistake. Yes you don’t need a weeks to revise for it, but after the MLA you want a break, a breather between the exams. So do some PSA revision (highly recommend Prepare For The PSA course) during your MLA revision period so you don’t feel guilty and stressed after the MLA”

Placement

"You are a 5th year medical student, so placement isn’t just about sign offs now, its about learning how to be an F1. When you observe the F1, keep in the back of your mind that this will be you in just a couple of months time, so take every opportunity to work your future job”