

Name:



LifeLab Medical Summer School



24th - 25th July 2023

Lisa Bagust, Kate Bartlett, Donna Lovelock and Kath
Woods-Townsend, Beth White

Learning Objectives	Page 3
Welcome	Page 4
Programme	Page 5
Anatomy	Page 6-9
Clinical Skills	Page 10-12
Keynote Speaker	Page 13
Understanding Medical Research	Page 14
Acute Medical Unit Tour	Page 15
NIHR Wellcome Trust Tour	Page 15
Basic Life Skills	Page 16
Meet the Scientists	Page 16
Communication Skills for Medicine	Page 17
Engineering for Medicine	Page 18
Applying to Medicine	Page 19
Reflective Diary	Page 20
Notes	Page 25

Learning Objectives



At the end of the Summer School, I will be able to:

Meet your mentor	• Compose questions for my mentor to find out what life is like as a medical student.
Clinical Skills	• Take a blood sample from a model. • Insert a cannula and set up intravenous fluids on a model. • Suture a skin wound on a model. • Understand how to read a blood pressure result. • Explain in simple terms, what these procedures are used for
Anatomy	• Explain, in simple terms, what these procedures are used for and identify some simple anatomy.
Keynote Speaker	• Describe some aspects of a career in Surgery.
Understanding Medical Research	• Understand how important medical research is in treating illnesses.
Meet the Scientist	• Have a greater understanding of the different careers in Medicine.
Acute Medical Unit Tour	• Understand what a ward in a hospital looks like.
NIHR Research Facility Tour	• Understand what a hospital-based research facility looks like
Basic Life Skills	• Understand the basic skills needed to resuscitate using a model.
Communication skills	• Understand the importance of communication skills in medicine.
Biomedical Engineering	• Understand how engineering supports the work of medical science.
Applying to Medicine	• Prepare questions to be answered by the Faculty of Medicine Admission Team.

Welcome to the LifeLab Summer School!

We have a packed 2 full days of activities which I am sure you will enjoy and will give you a real taste of what it is like to be a medical student or work in a hospital.

During the event you will see and hear about all things medical, and some students can find it a little overwhelming at first. If you feel unwell or upset by anything during the event, please do let us know.

We have an incredible team lined up to work with you including doctors, scientists, engineers, and some fantastic student ambassadors. Make sure you ask them as many questions as you can while you are here.

Finally, all that is left to say is this is the beginning of your journey to finding out about becoming a doctor, love it, live it, and have a wonderful Summer School!

Kate and the LifeLab Team

Programme Day 1



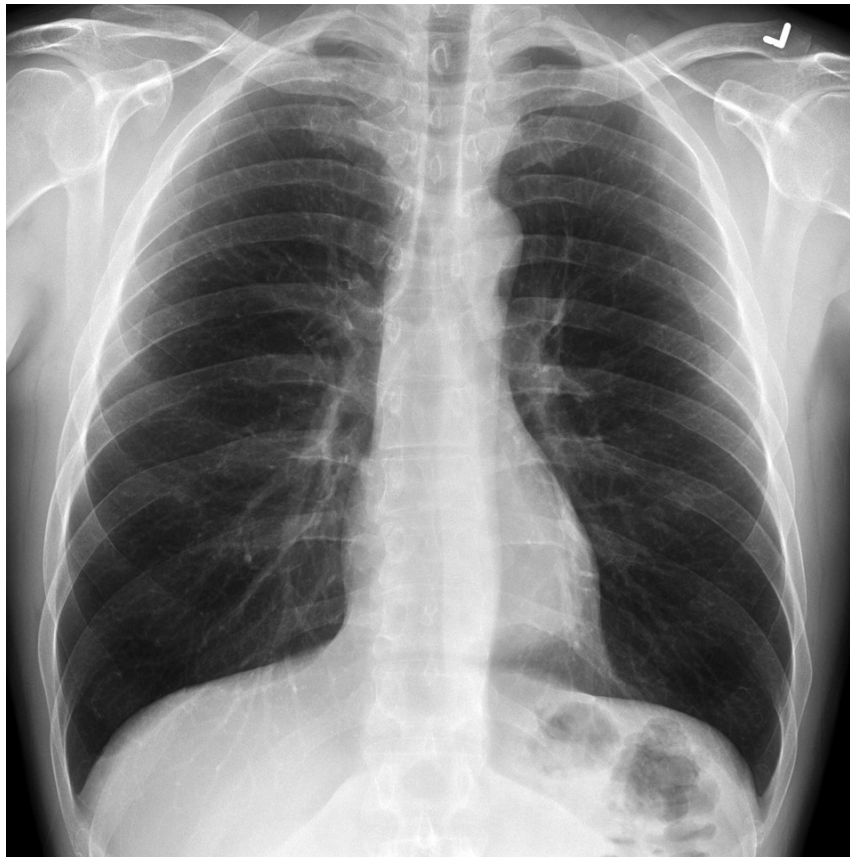
Time	Activity	
08.45 - 09.00	Arrival and welcome	
09.00 - 09.30	Introduction to the course, health and safety briefing, working in a hospital	
09.30 - 10.45	Group 1	Anatomy
	Group 2	Clinical Skills
10.45 - 11.00	Break	
11.00 - 11.45	Group 1	Anatomy
	Group 2	Clinical Skills
12.00 - 12.40	Lunch	
12.30 - 13.00	Keynote Speaker - Mr Arjun Tahkar	
13.00 - 13.45	Understanding Medical Research	
14.00 - 16.00	Acute Medical Unit Tour	Basic Life Support
	NIHR Research Facility Tour	Meet the Doctor
16:00 - 16:30	Questions and Summary	
16.30	Pick up	

Programme Day 2



Time	Activity	
08.45 - 09.00	Arrival and welcome	
09.00 - 09.30	Introduction to the day, Q&A with Ambassadors	
09.30 - 10.05	Group 1	Clinical Skills
	Group 2	Anatomy
10.05 - 10.25	Break	
10.25 - 12.00	Group 1	Clinical Skills
	Group 2	Anatomy
12.00 - 13.00	Lunch	
13.00 - 15.00	Communication skills for medicine	Biomedical Engineering
15.00 - 16.00	Applying for Medical School - parents and carers are invited to attend	
16.00 - 16.15	Conclusions and close	
16.30	Pick up (if parent/carers is not attending presentation)	

Case I: The case of a stab wound above the clavicle



Background

Diagnosis

Management

Case 2: A sense of doom



Background

Diagnosis

Management

Case 3: The case of the lopsided woman

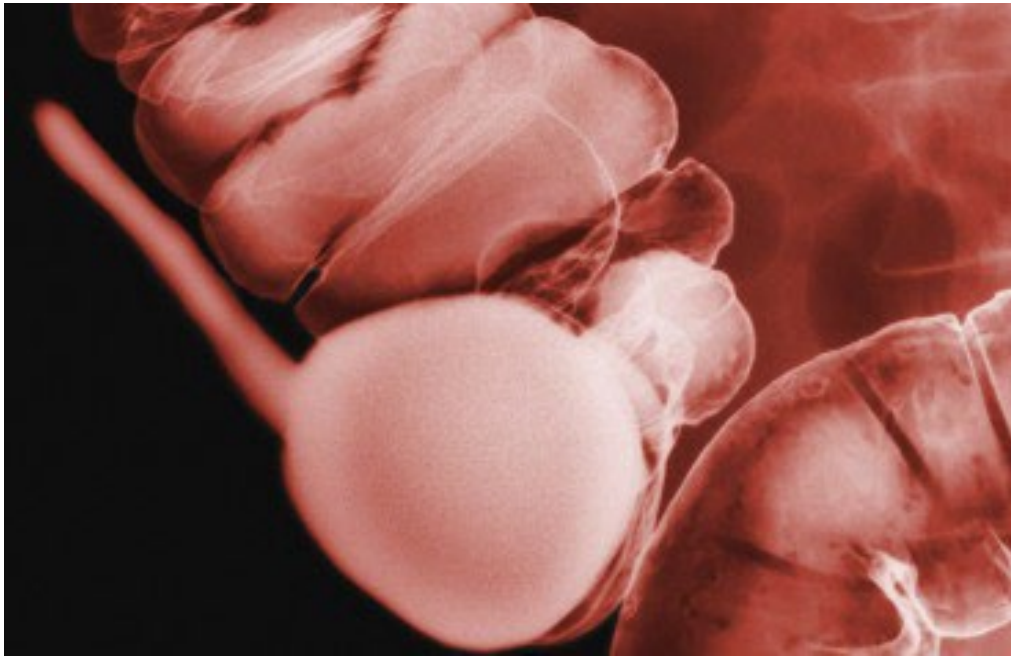


Background

Diagnosis

Management

Case 4: The case of the grumbling tummy



Background

Diagnosis

Management

Suturing

Notes



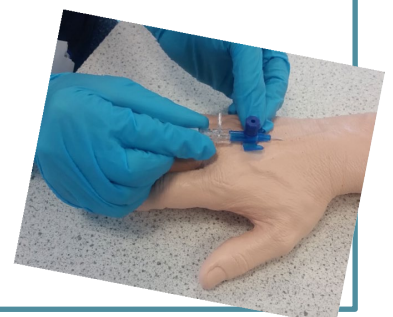
Venesection (taking blood)

Notes



Cannulation (used for giving drugs and fluids)

Notes



Blood Pressure

Notes



Urine Tests

Notes



Keynote Speaker: Mr Arjun Takhar



Mr Arjun Takhar is a consultant hepatobiliary and pancreatic surgeon. He is a regional surgical adviser for the Royal College of Surgeons of Edinburgh and plays an active role in mentoring and training surgeons of the future.



Notes

Meet the Scientist



Use this space below to make notes about the professionals you meet.

Notes



Day I Workshops (14.00-16.00)



Acute Medical Unit Tour

Notes



NIHR Research Facility Tour

Notes



Day I Workshops (14.00-16.00)



Meet the Doctor

Notes

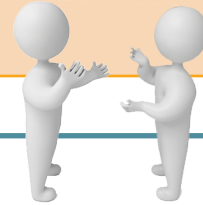


WAMSoc Basic Life Skills

Notes



In this session, we will guide you through a series of activities and tasks to help you develop your understanding of the communication skills required to study medicine.

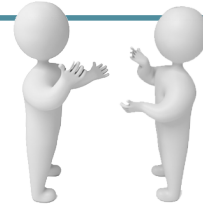


Notes



In this session, you will learn how engineering and medicine join together to solve medical problems.

Notes



Applying for Medical School



This session will include a talk from a member of staff at the University of Southampton Admissions Team, Parents are welcome to attend and there will be a chance to ask questions.

Notes



Introducing your reflective diary



We have incorporated a reflective diary into this booklet to support and guide you through any experience you undertake in preparation for applying to medical school. This diary is split into three sections pre-experience, experience and post-experience. Familiarise yourself with the content of this diary and undertake its preparatory activities. These are clearly marked in the text and are designed to help you think about and gain the most from your experiences. This diary has been designed to be used as a guide during the taster course and beyond so use it frequently. It can be used to reflect on any 'experience' and your experiences during healthcare focused taster days, summer schools or other events.



WHAT IS REFLECTION?

Reflection helps us to think about our experiences. We can reflect on the past, the present or even think about the future. It helps us to understand and learn from situations, to develop competencies and to think clearly about career choices. You can use reflection to help you to appreciate what other people are thinking and feeling; and you can use it to explore your own emotions.



KEEPING A REFLECTIVE DIARY

Using and maintaining a reflective diary will help you get the most out of your experience, whilst allowing you to explore your future career options. It can be used to help you remember what you have seen, challenge how it made you feel and think about the skills you will need to develop. You should keep on returning to your diary as it can help you write your application to university, prepare for interviews and most importantly decide if this is the career path that you want to follow.

WHAT TO CONSIDER WHEN REFLECTING ON YOUR EXPERIENCE

The word cloud includes the core values and attributes needed to study medicine which have been constructed from the Medical School Council (MSC). You will need to demonstrate understanding and potential in these areas when applying to medical school. The table below provides space for you to reflect upon specific examples of when you have demonstrated these values, attributes and skills yourself and also when you witness them in action during your experiences.

Value, attribute, skill	How was the value, attribute or skill demonstrated?

RESILIENCE

PROBLEM
SOLVING

MANAGING RISK

DEALING WITH
DIFFICULT
SITUATIONS

COMMUNICATION

DEALING WITH
UNCERTAINTY

CONSCIENTIOUS

TEAMWORK

PERSONAL
ORGANISATION

RESPECT

HONESTY

EMPATHY AND
THE ABILITY TO
CARE FOR OTHERS
EFFECTIVE

RESPONSIBILITY
FOR OWN ACTIONS



WHAT IS A REFLECTIVE DIARY?

Learning or reflective diaries (sometimes called learning logs or learning journals) are similar to personal diaries - they allow you to record your own feelings and reactions to events or experiences as they happen. By keeping an up-to-date reflective diary you will find it easier to reflect upon your experience, its content, and its effect on your learning and personal development. Reviewing and reflecting upon your progress is an essential component of your work experience. Reflection allows you to embed learning and, crucially, apply it in our everyday or professional lives. True and accurate reflection demands more than a mere description of events or experiences - it is your interpretation and analysis of events as they affect you and your development that is important. Therefore, reflective diaries are unique documents that highlight and 'unpack' personally important learning experiences. Consider the following account from a student who completed work experience in primary care at a GP practice.

A reflective diary isn't just descriptive writing which often is just an account of events, which tells a story but from only one point of view. Descriptive writing might mention emotions, but won't explore theme ideas and/or external information may be mentioned but they are not questioned or linked to possible impact on behaviour.

Reflective writing show clear evidence of 'standing back' from the event, mulling over the material, include multiple perspectives on what happened.

Self-questioning whilst considering past experiences, current and even your future development.

“

I wasn't sure about the value of a reflective diary... I really couldn't get my head round how writing things down all the time would help my learning. How wrong I was! I found that keeping a diary made me note how I felt at the time about an activity or event. It's so easy to forget things when you are busy, but by writing my feelings down on paper I took more in. Keeping a regular journal has certainly helped focus my reflective reviews of learning. I found that by looking back on my thoughts and experiences (my reflective diary entries) throughout the GP placement helped me understand more about the subject matter.

People skills are so important - observing how the GP behaved and spoke with different people was a real learning experience.

”

What, so what, now what?

We've taken one of the most often-used frameworks for reflection and reproduced it as a template for you to use during the online taster course.

What?

Describe the activity or what you have observed

So what?

What did you learn from this?

What did you get out of it? What did you expect to get out of it?

Now what?

What impact has it had on your thoughts?

Have these changed in light of your experience?

USEFUL WEBSITES

There is a wealth of information out there to support you in applying to medicine. We have picked out some of the sites and resources below that we think may be useful to you.

University of Southampton Resources

University of Southampton Medical School Website

University of Southampton Medical School on YouTube

University of Southampton WAMSOC and E-mentoring opportunities

The Admissions email for any questions: admissionsug.med@soton.ac.uk

Work Experience Resources

Royal College of General Practitioners Website

Virtual Work Experience Website

Meet the Scientists

Medic Mentor

Speakers for Schools

General Application Resources

UCAT

Medical Schools Council Application Information Website

MSC Selection Alliance

Guidance on gaining relevant experience for studying medicine in the time of Covid19

Useful links from the University of Southampton Medical Students

Medify UCAT Revision

Passmedicine UCAT Revision

Acknowledgements



The LifeLab Team would like to acknowledge the help and support of the following people:

Skantha Kandiah, Scott Border and December Payne for the creation of the anatomy resources. Dr Tom Gosling for leading anatomy teaching this year.

Mr Arjun Takar Keynote Speaker

Maddie McGowan and the WAMSoc Student Society

Dr Jane Wilkinson and Dr Peta Coulson-Smith for the 'Meet the Doctor' sessions

Prof. Sally Curtis, Adam Hussey and the Admissions Team, Faculty of Medicine, University of Southampton.

All Medical Student volunteers

Access Team: Widening Participation Social Mobility Team

