

UEA MEDSOC FRESHER'S HANDBOOK 2023/24

A Guide to Everything You Need To Know



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Presidents' Welcome

Dear Incoming Freshers,

On behalf of the entire UEA MedSoc community, we are thrilled to extend our warmest welcome to each and every one of you. Congratulations on securing your place and now it's time to relax and enjoy the rest of your summer before moving to Norwich! As your Presidents for this academic year, we, Jay Slawson and Kritika Pandey, are excited to embark on this incredible journey with you all.

At UEA MedSoc, we believe that the student experience is not solely about excelling academically but also fostering a supportive, inclusive, and enriching community. Becoming a member of MedSoc opens the door to numerous opportunities that will enhance your university life and set the stage for your future careers in medicine.

The Benefits of UEA MedSoc Membership:

- **Academic Support:** Our MedSoc members receive exclusive access to study resources, revision materials, and peer mentoring programs, ensuring you have the support you need to thrive in your studies.
- **Clinical Skills Sessions:** We organize hands-on clinical skills sessions that will help you build confidence and competence in critical medical procedures, giving you an edge as you progress in your studies.
- **Social Events:** University life is about more than just books and exams! MedSoc hosts an array of social events, parties, and outings, designed to help you relax, have fun, and forge lifelong friendships with your peers.
- **Community Engagement:** At MedSoc, we believe in giving back to society. We organise community outreach programs that allow you to make a positive impact on the lives of others while developing your skills and empathy as future healthcare professionals.
- **Wellness Events:** Throughout the year, we will host wellness events like yoga sessions, meditation workshops, and group fitness activities to promote a healthy work-life balance.

As your Presidents, our door is always open to you. We want to hear your ideas, concerns, and aspirations. UEA MedSoc is a community built by students, for students, and your active involvement will shape the society and enrich the experiences of all members.

Once again, welcome to the UEA MedSoc family! We cannot wait to meet you all and embark on this incredible journey together. Prepare yourselves for a year filled with growth, camaraderie, and unforgettable moments.

See you in September!

Jay Slawson and Kritika Pandey
Presidents, UEA MedSoc



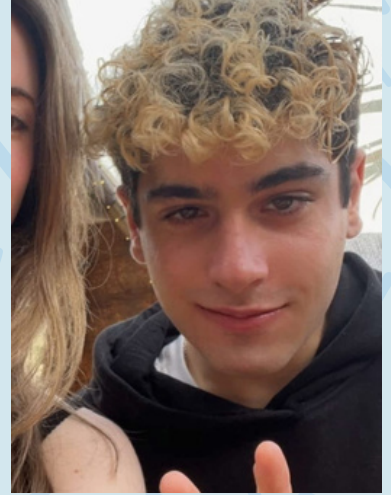
Meet the Committee



Jay Slawson
- President



Kritika Pandey
- President



Ali Shaker
- Secretary



Michelle Ho
- Secretary



Himanshu Chauhan
- Treasurer



Iñigo Torroba Manzanilla
- Social Sec



Teresa Lopes
- Social Sec



Katie Randall
- Charity Officer



Jeevan Baghla
- Charity Officer

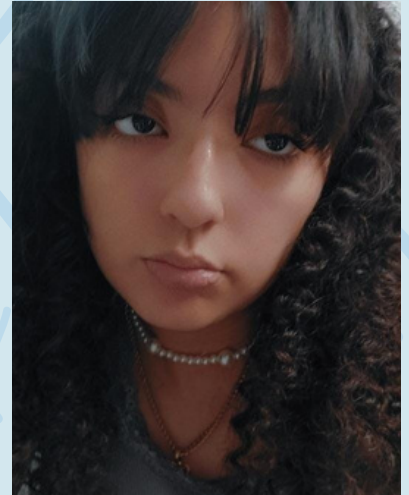
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Hana Ames
- Publicity Sec



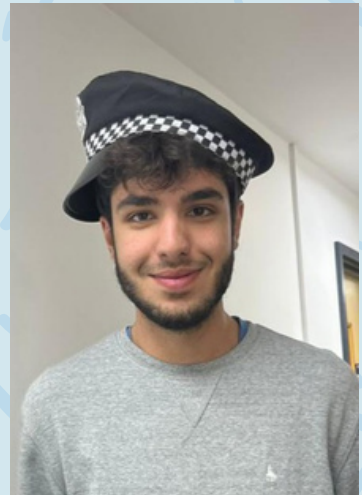
Thisali Jayaratne
- Publicity Sec



Sarah Radi
- Equality & Diversity
Officer



Isha Paul
- Education Officer



Gorkem Ozkuluk
- Assets Officer



Zachary Maida
- Health & Safety Officer



Simba Nyamuranga
- Practical Events Officer



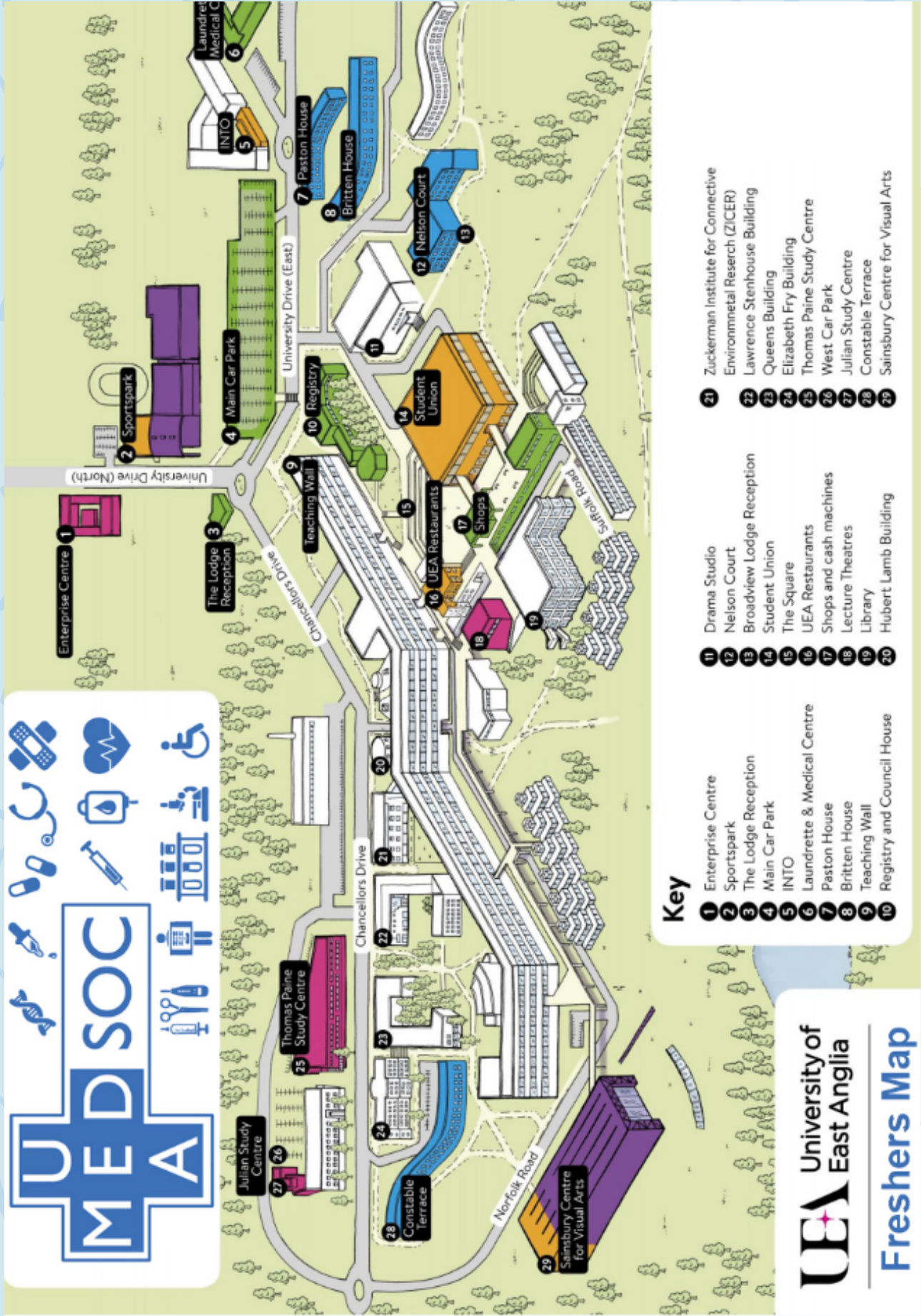
Millie Smith
- Student Faculty Liaison
Officer



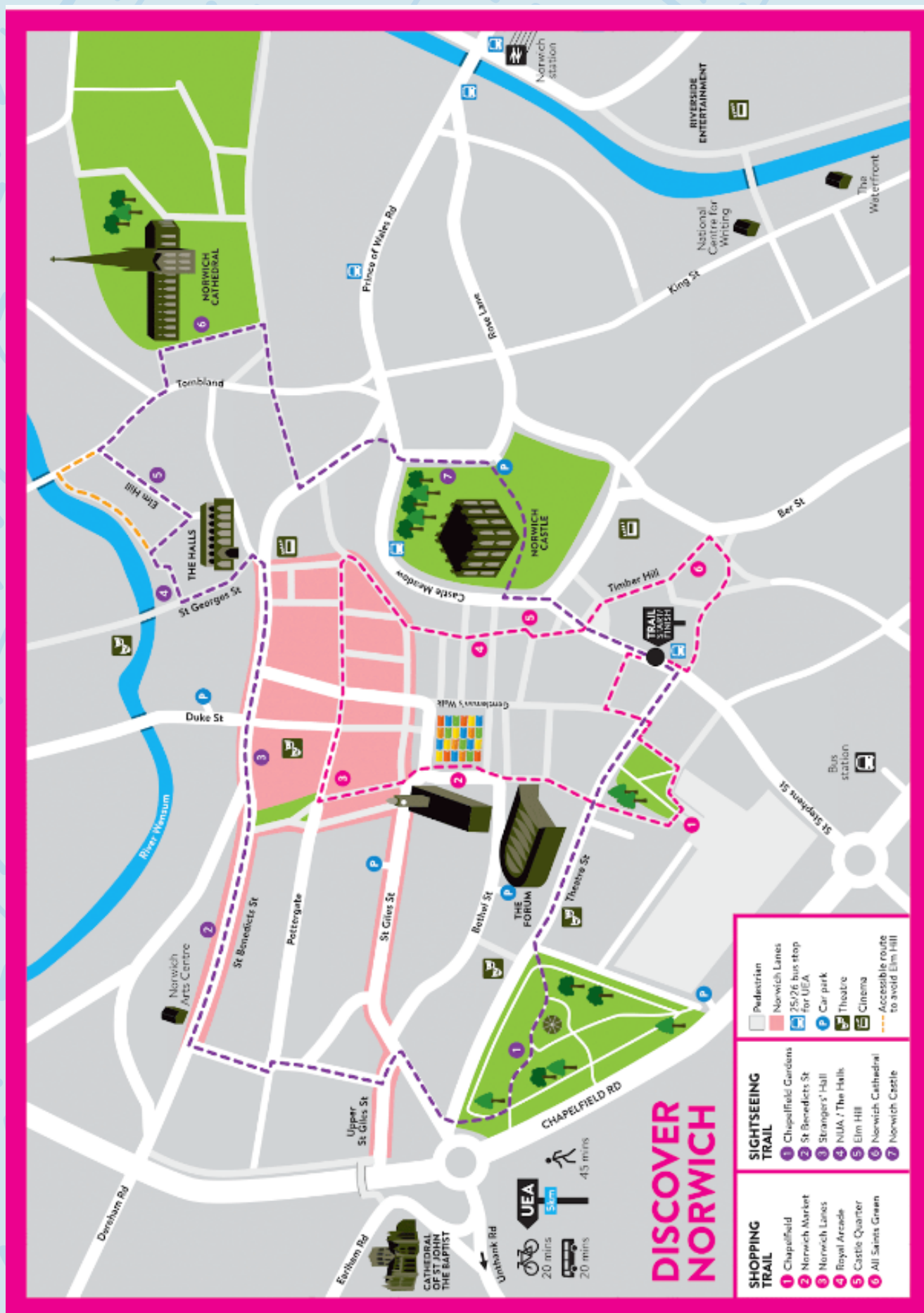
Adam Syed
- Union Council Rep



Campus Map



Town Map





Debunking Important Terms

PBL

PBL is Problem Based Learning, which happens every Friday in groups of 10 on campus. This group will be your buddies for the year as you will stay with them during Primary Care (GP) placement and consultation skill sessions! In PBL the aim is to discuss and present learning objectives each week as a group. Every group does PBL differently, so make sure to discuss how the sessions will be structured at the beginning of the year, so that everyone is on the same page!

LOs

These are Learning Objectives, which are different each week depending on what you are learning. The medical school gives 10-15 LOs per week, which will be the main focus of your PBL and lectures! Get ready for 3rd year, where they lump you with 20 a week!

Formative Assessments

These assessments are essentially mock exams but they are mandatory to do. They do not count towards your final grade. These help you have a flavour of the real exams and improve on anything you were unsure of before the real deal AKA summative assessments.

Summative assessments

These assessments count towards your final grade. They tend to be at the end of module and end of year to test your knowledge. In first year, you will only have end of year summative assessments. As you progress, summative assessments occur at the end of each module and at the end of the year.

OSCE

Objective Structured Clinical Examinations (OSCEs) are practical exams taken at the end of module and end of year. These are like your Multiple Mini Interviews (MMI) but the stations would be in clinical medicine. This is when there is a set amount of time to perform clinical skills and answer questions from examiners. The patients in these exams can be actors or real patients, so they may have real symptoms and clinical findings to identify.

Keep an eye out for mock OSCEs advertised by clubs, societies and upper years! We have one before your exams to give you a good overview of the real thing! Practice, practice, practice is the key to acing these exams!

SBAs

Single Best Answer (SBAs) are multiple choice questions, where there are multiple factually correct answers, however only one is the 'best' and thereby the correct choice. These exams are invigilated and sat at computers on campus. There are lots of different sites to practise these style of questions.

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Placement

Placements are either Primary Care (GP) or Secondary Care (hospital) settings. Primary care is once a week in your PBL groups where you will be able to talk to patients, go over topics and learn clinical skills.

Secondary care will be in 4 week blocks, where you will be in one of the teaching hospitals. This will involve shadowing doctors and other healthcare professionals, seeing patients and attending teaching sessions. Make sure to be proactive in secondary care as there are so many opportunities to learn so just ask!

Norfolk Norwich University Hospital (NNUH) is based in Norwich and is very close to the university. It is about a 15 minute walk from the medical school building on campus - or 10 minute walk if you have fast legs! You may have placements here and do clinical teachings in the opposite building called the BCRE.

If you are placed at James Paget (JPUH) or Queen Elizabeth (QEH) you will have to get a coach to these locations but the teaching in these hospitals is to the same standard as NNUH.

BCRE + CSRA

Bob Champion Research and Education building (BCRE) is located opposite the Norfolk and Norwich University Hospital (NNUH). If you struggle to find this, google maps will be your best friend! This is where your clinical teaching will take place during your Secondary Care (hospital) placement.

The CSRA is the clinical skills lab within the BCRE. It is upstairs and on the right, before the first set of double doors. It has 24 hour access with your NHS ID to tap in (your NHS ID gives you access to doors in NNUH as well. It is not your smartcard. Smartcards have a chip and you insert the card into computers to access patient records during placement).

PAL

Peer Assisted Learning (PAL) is a support scheme for first year medical students. Older students put together some useful, informal teaching sessions every few weeks to give you the chance to ask questions on what has been taught. We understand that medical school can be challenging and having this extra support will boost your confidence for the exams. PAL is not compulsory but we would highly recommend going along to get some advice and tips from more experienced students, who were in the same boat as you!

If you have any additional questions give us a message on socials or email!
Michelle Ho (Secretary)



Medic Families

What is a Medic Family?

Each year we try and assign freshers to med parents. Families usually have 2 or 3 parents. These parents are from the year above you and can help you academically as well as being some great fun to hang around! You'll most probably have some "med siblings" as well and these are other freshers assigned to the same parents as you.

What can they do and why do we have them?

Freshers is a crazy and amazing experience, however it can be a little intimidating when you're in your first year of med school. Your med parents were in the exact same situation as you last year and their knowledge and wisdom is priceless! They can advise and help you on a wide variety of issues - it doesn't have to be related to medicine! Your med families will also give you the opportunity to socialise with people you may have never met and make new friends!

How do I get a med family? When will I meet them?

Getting a med family is easy! All you have to do is fill out the survey, which will be released promptly! This survey will help us match you to parents that are most compatible to you. The questions will consist of asking you questions about your social life and preferences (eg. do you like going on nights out or staying in and watching a movie?). After this survey is filled in and your parents are selected, you will get the opportunity to meet your parents alongside your peers in the first couple weeks of uni!

My Personal Experience

I actually ended up being in three med families in my first year! All my parents were good friends, so they didn't mind sharing all their kids with each other, which in turn allowed me to meet more amazing people.

All my med parents were super welcoming to me and made me feel at home whilst at Uni. I have so many amazing memories of crazy nights out with them and their support for me was so genuine and wholesome. My parents weren't only a source of entertainment but also an oasis of wisdom and knowledge. They directed me to helpful websites and resources whilst also sharing their year 1 notes with me, which were invaluable to me during exam season! Their support and friendship really gave me the foundations of what a good doctor with a work-life balance should be like.

I really recommend getting involved in the med family scheme, whether as a parent or a child. I loved being a med child and have made some lifelong connections with my med family that I'll never forget.

If you have any questions feel free to message the MedSoc committee!

Ali Shaker :) - Secretary





What to bring

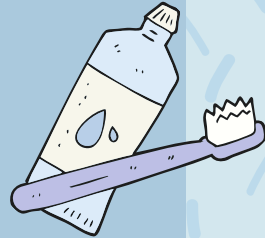


Bedroom

- Bedding: mattress protector, duvet & cover, sheets, pillow & case
- Clothes hangers
- Laundry bag/ basket
- Shoes you don't mind getting trashed - essential for nights out

Bathroom

- Shampoo, conditioner & shower gel
- Moisturiser
- Hand soap & sanitiser
- Toilet roll
- Towels
- Toothbrush & toothpaste
- Hair dryer
- Aftershave/ perfume & deodorant



Kitchen

- Cutlery
- Pots & pans
- Plates, bowls, glasses, mugs
- Tea towels
- Bottle opener
- Iron - **ironing board provided**
- Washing up liquid & sponges
- Laundry detergent - **pods are ideal**
- Tupperware
- Surface cleaner & kitchen roll
- Water bottle



Other

- Scissors & screwdriver
- Sellotape, blu-tak & drawing pins
- Extension lead & batteries
- Folders
- Bike
- Painkillers
- Condoms
- Passport & (provisional) driving licence



Placement Clothes

Male

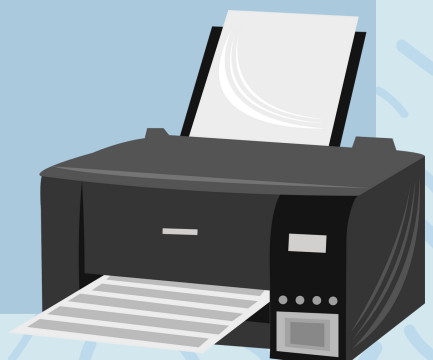
- Shirts (short or long)
- Chinos/ smart trousers
- Smart shoes

Female

- Blouse/ smart top (short or long)
- Trousers/ skirt (<8cm above knee)
- Smart shoes

Optional

- Printer
- Stethoscope - **not required in first year**



We can't wait to meet you all in September!

Make sure to fill out the **Medic Family forms** on the website and **follow us** on all our social media

@UEAMEDSOC



If you have any questions, don't hesitate to ask us! For now, it's time to get excited for the amazing year ahead at UEA and all the fun events we have planned for you!

