

Introduction to Graduate Entry Medicine

Swansea University Medical School



Swansea MedSoc
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welcome to swansea medical school.

Hello everyone,

Congratulations on getting into Swansea!

MedSoc will be hosting a variety of events during Induction Week to give you an opportunity to get to know each other, the older years and reach out to the MedSoc committee for any questions you may have!

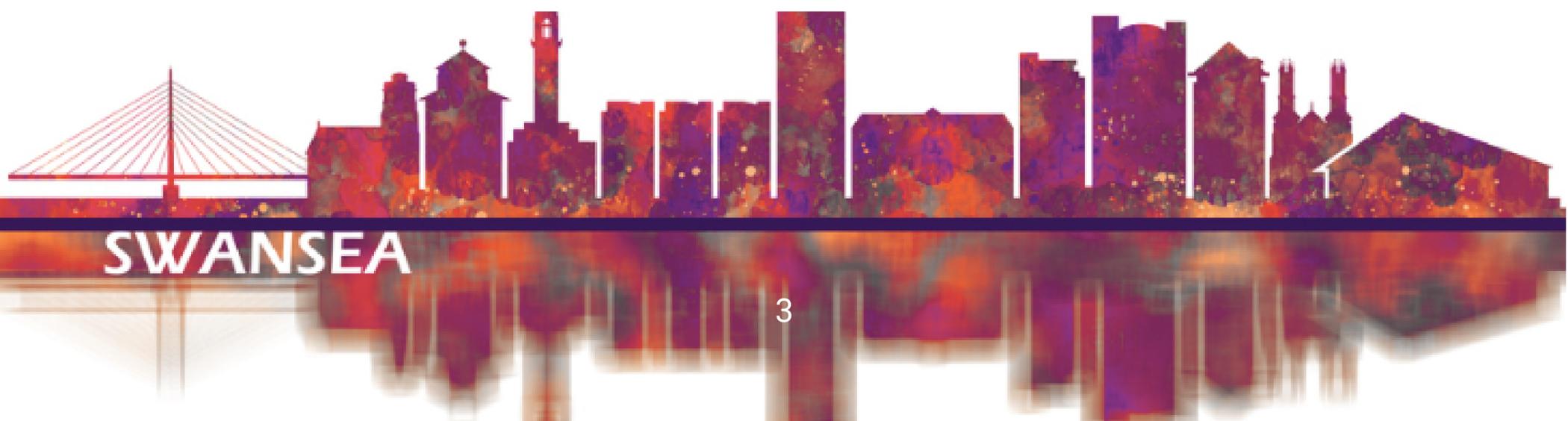
We've put together this booklet to give you an introduction to Medicine at Swansea from both an academic and social side.

Have a look through and if you have any questions, feel free to message us on Facebook or send us an email!

Enjoy!

Swansea MedSoc 22/23

medsoc@swansea-societies.co.uk



SWANSEA

Preparing for Medical School

Please please please do not try and do loads of pre-reading in the summer before you start – you'll have time to stress about the content whilst you're here so enjoy the time off while you have it!

If you're a non-science grad and you want to prep at all:

- Basic science e.g. A-level revision books
- Basic science lectures are timetabled every week so don't worry!

Your non-science colleagues will be more than happy to help you out, as will the tutors. There are also 10 top tips from non-science grads in 2nd year later on to help you out!

Admin to Complete before Starting

1. Complete your DBS
2. Complete and return your occupational health declaration
3. Complete enrolment when it opens and upload a photo to the intranet to get your student ID card
4. Update your term time address asap once you have enrolled to allow allocation for CBL placement

Things to Bring

Placement Clothes

- You get two pairs of scrubs from the University. Buying extra pairs should be around £20 each. Some hospitals let you borrow their scrubs.
- LOCS and GP placement: smart trousers/skirt/skirt/blouse (not suits)
 - Bare below the elbows
 - Big pockets for carrying stethoscopes/valuables etc.
 - Hospital appropriate footwear
 - Theatre clogs – crocs are good (without holes)



Preparing for Medical School

Car

- Useful for driving to LOCS/GP placement
- Not essential as you will be paired with someone with a car for placement
- There are buses running to the hospitals

Good quality waterproof jacket

- Especially rainy in winter – can be very windy for brollies
- It rains for >200 days!

Stethoscope

- It is not essential to buy one before you start the course – a discount code is provided in the first month or so

Medic Families

We have assigned everyone with Medic Parents, Aunts and Uncles. Your medic family is made up of second years who will be there to support you during the first few weeks of terms if you need help with anything or have any questions. Your medic families provide a great way to get to know the rest of your cohort as well fellow medics in the older years. Participation is not compulsory, but it is a fun and non-pressured way of getting involved in activities especially during the induction week!



Academic Stuff

Our Typical Week* (subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Case presentation	Community Based Learning (CBL) - GP placement	Lectures	ICM (clinical skills) morning or afternoon session, alternates each week	Expert forum
Anatomy (models + prosections)	LOCS - learning opportunity days in any medical speciality	Free from 1pm for sports		Medicine, Health & Society lectures
Lectures	Free day			

***Some days will be compulsory, while others will be asynchronous or on Zoom.**

Pre-reading

Generally, read around the topics in the upcoming week – especially anatomy

Look at the learning objectives – this provides a great starting framework

Community Based Learning (CBL)

CBL is our GP placements. You are assigned to one GP practice for the year and have to do 10 days there in the first year. These days are on a Tuesday and work out to roughly be once a month or so. You will be placed on this placement with a few other people from your year. To make the most of CBL it is important to be proactive – some placements are more structured than others, so ask the GP if there's something in particular you want to see/do. Practice as many histories as possible - it may seem nerve racking when you take your first history from a real patient, but for a lot of people it feels easier to do with real patients than it is with an actor in ICM.



Academic Stuff

ICM

ICM is the clinical skills session which happens every Thursday. The year group is split into two, with one group in the morning session and the other in the afternoon session. This alternates every week. During ICM sessions we are taught different skills such as history taking, examinations (cardiac, respiratory, abdominal etc.), blood taking, cannulation, suturing etc. Thursday is most people's favourite day of the week as ICM is so fun! Definitely try and get stuck in especially when it comes to volunteering to do a history as the more you practice, the better you will get! This will be super helpful when it comes to OSCEs later down the line!

Assessments

There are two types of exams in medical school – formative and summative exams. Formative exams are essentially mocks and DO NOT impact your progression through the course. Summative exams DO count towards your progression through the course.

There are two main summative exam periods throughout the year. The first in March and the second in July. These are made up of three exams: the SBA, the data paper, and the anatomy paper. The data and anatomy paper combined make up the CASE exams. There is also an additional formative OSCE in the July exam period.

Single Best Answer (SBA)

This exam consists of 100 multiple choice questions which are set by the lecturers! So definitely make sure to revise their slides. There will be a question stem or clinical scenario with 5 options, and you have to select the best answer. This means that more than one answer may be correct, but there is one "best" answer. Make sure you learn your drugs and antibiotics as the year goes on!



Academic Stuff

Resources

- ANKI - free flashcard making software which uses spaced repetition
- BMJ Best Practice/NICE Clinical Knowledge Summaries - information on diagnosis, treatment, and management of diseases which is up to date with the latest NICE guidelines
- PassMedicine/Quesmed - online question bank, more useful from second year onwards
- Tom Davies PowerPoints - useful example questions
- Google Drive with previous years' weekly summary notes (this drive will be shared with you once you start!)

Progress Test

This exam consists of two sets of 100 multiple choice questions. It is set at 4th year level and the questions are to assess a level of knowledge that we are expected to have by the time we graduate. This means that each year has their own pass mark. In first year you take two progress tests (first one in October/November and the second one in May), but these are both formative and are not necessary to pass for progression through the course.

CASE Exam (Data and Anatomy)

Data

The data paper is 6 main question stems in March and 14 main question stems in July with 5 sub-questions per stem. The paper is based on everything and anything in the ICM sessions. This can be information from the slides, pictures, information written down on the whiteboard etc.

- Be aware that anything posted in ICM weeks on Canvas can be examined

Resources

- Supplement learning from each week with the corresponding chapter in **Macleod's Clinical Examination** – this is the **bible for ICM**, and some exam questions are taken directly from it



Academic Stuff

Anatomy

The anatomy exam is made up of 30 questions. The exam uses the models in the anatomy lab, and you have just over a minute at each station to answer the question, before rotating to the next station.

Tips to help study:

- Use the models in the anatomy lab
- The models in the labs are used in the exams
- Models have QR codes on them which link you to resources online
- Sam Webster sets the exam; he will only ask questions directly related to the learning objectives
- [Sam Webster YouTube account](#) with great anatomy videos

Resources

- [Teach me anatomy](#) web page
- Complete Anatomy Platform/Human Anatomy Atlas apps – great for 3D learning and you can access for free through the University
- Flashcards – Gray's, Netters...
- Sam Webster weekly quiz on canvas

Objective Structured Clinical Examination (OSCE)

In the first year this exam is only in July and is formative. OSCE exams are multiple stations which are set up to assess the practical side of the skills we are taught, especially those in ICM and/or on placement. Practice as many histories in ICM as you can. You'll feel like a wally to begin with, but you'll thank yourself later. The GPs always give honest and constructive feedback – utilise this!

Resources

- [Geeky Medics](#) website/app
- Practice on each other
- Higher years run practice evenings before exams



Academic Stuff

Exam Weeks - Typical Structure

Summative exam weeks are held in March and July – the scores of these are added together for an overall pass mark. A formative exam week is also run in December, and the 2nd years run revision sessions for these (mock mocks if you will!).

Monday.

Data paper – short written answers based on clinical theory from ICM sessions

Tuesday.

Anatomy spotter – 30 stations with pins in models/ cadavers asking what is this/what does it do/what is the blood or nerve supply

Wednesday.

SBA – 3-hour multiple choice paper covering content from lectures (basic science, pharmacology, management, investigations, medicine, health and society etc.)

Thursday. (Only in July + formative in 1st year)

OSCEs – doing clinical examinations, taking histories, and performing clinical skills under timed conditions with an examiner



Academic Stuff

Assignments

There is a full breakdown of assessment in the GEM handbook and there are also lectures held which explain everything you need to know about exams. The key points are below:

- There are a LOT of small fiddly assignments to complete
 - If you don't do them on time, you can potentially fail the year
 - You can find the schedule of where to hand in assessments on Canvas
 - Copy these dates, remember them and set reminders!
- GO TO THE LIBRARIANS - they will help you with your references
- Use referencing software e.g. Zotero
- Read the example assignments they have available
- READ THE MARK SCHEME. WRITE TO THE MARK SCHEME. BE THE MARK SCHEME.
- Don't leave it to the last minute!
- For family case study, start writing up after every meeting with your family you have
- If you have any problems for assignments, let the Assessment Team (assessment-medicinehealthlifescience@swansea.ac.uk) know as soon as possible!
- Don't pour your heart into these assignments. These are pass/fail. Do what you need to do to pass
- For the reflections, make sure you do properly reflect
 - They can fail you on your reflections for not being reflective enough



Academic Stuff

Study Spaces

Grove Study Room

- This is a computer room and a newly converted anatomy study space on the 2nd floor of the Grove building

Singleton Library

- Main university library on campus. It has study spaces, but these get filled with non-medics during term time
- There is also a medical section which has most of the medical books which are recommended by lecturers, so there is no need to buy them!
- If there is no physical copy, there is sometimes an online version available through your university library account or you can ask the librarians and they will try to order it for you!
- There is also a medical study space, but it is literally a tiny windowless bunker underground...

Singleton Hospital Library

- Small, but often not busy

Morrison Hospital Library

- Further away, not too busy and access to 24 hr clinical skills lab nearby

Anatomy Rooms in Grove

- Open from early to quite late, with computers too. But you can't eat or drink in there though!



Academic Stuff

Tips for Non-Science Graduates

It might be intimidating starting GEM as a non-science background, but not to worry! There is a lot of help available! There are basic science lessons every week and you should reach out for help if you need it to lecturers and definitely ask those from a science background for help! We asked non-science graduates from 2nd year for their top tips for getting through first year:

1. Every week, find **five questions on passmed or quesmed** that relate to the topic - this helps you understand how you'll be examined on the topic
2. You won't know what to learn, and how much to learn of it, until you've done the exams - there's so much to learn **just give it a good go** but don't panic about learning 100%. If you learn **50-60%**, that's a great start because remember it's a four year course and they're not expecting perfection after every week
3. **Anticipate imposter syndrome** - everyone has their area of expertise, some people's are just more obvious earlier on, your time will come
4. Don't get overwhelmed by physiology - there are plenty of resources available, such as **Christian Cobbold's workshops**. Find what works for you if the more physics and maths heavy lectures don't
5. **Attend all basic science lectures** - although, you should know that they are often pitched above a basic level so try to watch a video or do some reading on the topic beforehand
6. **Spend some time on drug calculations once they've been taught** - ensure that you know what you're doing and the equations to use, they come up very regularly in exams



Academic Stuff

7. **Spend the first few months of the year figuring out what study methods will work for you** - It will be very different to your previous degree and you should try out a range of techniques

8. **Recognise your strengths** - I'm sure you will have spoken about these in your interviews, but this is now for you and no one else

9. **Recognise the importance of pharmacology** - there will likely be many people on the course who have studied pharmacology already, including pharmacists. Pharmacy is very heavily examined and worth spending time on

10. **Don't feel worried to ask questions in lectures** - it can be intimidating, especially if you feel like you're asking an obvious question, but it's very likely that there will be another person in the room wondering the same thing

11. **Make use of lecturers and tutorials** - most lecturers will provide their email addresses and are more than happy to help with any areas of confusion you may have. Sam Webster also provides 1:1 anatomy feedback

12. **Enjoy your summer and don't panic** - there are plenty of resources to help you once you start and the hardest part is the sheer quantity of content, not the difficulty. Enjoy your break and rest those brains up!



International Student's Guide

Hello incoming international student!

Firstly, congratulations and welcome to Swansea!

Here's a short list of a few “life admin” things that need to be done now that you have arrived, as well as a few tips and recommendations to help you complete them!

- **Collecting your Residence Permit Card:** Make sure you collect this from the MyUniHub office in Singleton Campus. You will be contacted via email by MyUniHub when the permit is ready for collection. Beware: it may say on your entry visa that the permit needs to be collected within 14 days of arrival to the UK, but this is incorrect. Due to admin issues, it may take several weeks before the card is ready.
- **Opening a bank account:** There are several banks in Swansea, the majority of which can set up accounts via telephone or online. First Direct, Santander, TSB, Lloyds, NatWest, Halifax, and HSBC are more “traditional” banks, where you can physically go to their offices in town if needed. I’d recommend Santander, as it was easy to set up an account online and customer service was accommodating to international students. Beware: Proof of enrollment and residency is required to open a bank account in the UK. Any document with your UK address on it will suffice for proof of residency. Proof of Enrolment can be obtained from MyUniHub <https://myuni.swansea.ac.uk/myunihub/proof-of-enrolment/>
- **Getting a UK SIM Card:** You can buy SIM cards in the supermarket or order them online. The main providers are EE, Vodaphone, Three and O2. Vodaphone/VOXI has the best coverage in Swansea. Prices are very reasonable in the UK for cellular data, so I recommend shopping around for a plan that suits you.



International Student's Guide

- **Meetings with Personal Tutor for Student Route/Tier 4 Visa Requirements:** To maintain record of engagement with the course, regular meetings with your personal tutor are necessary to fulfill the Student Route/Tier 4 student visa requirements. Your personal tutor will contact you to schedule the initial meeting, but afterwards it is up to you to organize. Miss a few days or weeks? Do not worry, if there is a consistent record of engagement throughout the year you will not get in trouble.

Lastly, it may sound cliché but enjoy the experience, be patient and step outside your comfort zone as much as you can! Adjusting to life in a new country is challenging, but studying medicine abroad is a uniquely wonderful and rewarding experience. Best of luck in the upcoming year!



Welfare

Carl Rowe is first year lead and Christian Cobbold is the deputy year lead. Both are great first points of contact for any issues you may have. Every student is also assigned an academic tutor who stays with you for all four years of the course. They are also a great point of contact if you need support! Your year will also have a Support Tutor who will be with you throughout the whole 4 years!.

There is also university support services who you can contact: studentsupport-medicinehealthlifescience@swansea.ac.uk

The BMA has a confidential support line which is included in your membership, which is free during the first year of medical school.

MedSoc also has two Welfare Reps who organise welfare events including our new pre-exam Study Aid the week preceding exams to help relieve some of the stress!

General tips

- Try and work out early on what works for you
- There is a high volume of content, so little and often is the best policy to stay on top of things
- Write up your notes on the day whilst its fresh in your mind
- For many, treating uni as a 9-5 job works well and makes sure you have down time
- Keep organised - there can be multiple pieces of work to keep up with at any one time
- Organise your notes in a way that makes them easy to access in revision - a lot of people find grouping their notes by system (e.g. respiratory, cardiology etc.) to be a lot more efficient when it comes to revision than organising by learning week
- Help each other out!
- Group learning is great for identifying knowledge gaps
- Some students will be experts in their fields – teach each other
- Don't be afraid to ask for help – from staff/each other/medic families etc.



Social Stuff

Swansea is a great place to live and study, with most things within walking distance. Below we have listed where to eat, shop and activities to do within the different areas in Swansea.

Eating out

Uplands

Brewstone

Papi's Pizzeria

I mean, who doesn't like a stone baked pizza?

Vietnamese Restaurant

Tasty authentic Vietnamese food which you can take into Noah's Yard which is next door

Crumbs Kitchen

Vegetarian and vegan restaurant, with tasty dessert menu.

Bangkok

New Thai restaurant

Kokodoo

Korean food, great fried chicken.

Sketty

Square Peg Coffee House

Great brunch spot with some of the best coffee in Swansea

Slice

Pricey Michelin-starred restaurant

Darios; Bluebell Coffee & Kitchen; Miller & Carter; Kirsty's Bakery

Brynmill

Brynmill Coffee House

Just outside Singleton Park and a great place to work or get a coffee on your morning walk into uni

Thai Bach Restaurant

Some would say the best Pad Thai in Swansea?

Hoogah

Aesthetically pleasing food for that Instagram post!

Truffle

Great place for a fancy dinner and its BYOB!

Canteen 18

Great vegan and veggie spot

The Secret

Nice location along the front for a post-parkrun brunch!

City Centre

Five Guys; Nando's; Slug & Lettuce; Las Iguanas; TGI Fridays; La Braseria; Wagamama; Turtle Bay; Hanson at the Chelsea; Founders & Co.; Zinco Lounge



Social Stuff

Pubs/Clubs

Uplands

Uplands Tavern; Noah's Yard; Bar St. James; Whitez; Jack Murphys; The Bookshop Bar & Cafe

Brynmill

Wig & Pen; Bryn-Y-Mor; The Mill; The Westbourne; Hayes & Beale

Sketty

The Vivan; Hen Dderwen; Bar47

City Centre

Jack Murphys; Bambu; Peppermint; Dorothys; Heaven; Fiction

Activities

Social Dice

BUNKERS!

Swansea Museum

National Waterfront Museum

Limitless

Ninja Warrior UK

Ten Pin Bowl

The Climbing Hangar

Laserzone

PlayZone Swansea

Places to Visit

Swansea has some stunning areas of coastline and it is highly recommended you get out and visit some of these areas when the weather is nice!

Rhossili Beach – The first official area of Outstanding Natural Beauty in the UK

Worms Head – Make sure to check what time the tide comes in!

Three Cliffs Bay – fantastic view, 10min further drive to the Beach House restaurant, Oxwich – if you're feeling fancy! It has a Michelin star

Mumbles – make sure to visit Joe's Ice cream and the pier

Sunflower Fields at Rhossili Bay – Expected to be at their best August onwards

Blue Pool Bay - secluded bay on the Gower Peninsula

Cardiff – if you fancy a day shopping in the Capital, Cardiff is around an hour drive and there are frequent train and bus services



Medical Sports Teams + Medical Societies

Alongside all of the regular university-wide sports teams and societies, there are a number of teams and societies specific to the Medical School.

Sports Societies

These are often run by students in Years 2, 3 and 4 and are a great opportunity to meet students in the other years and participate in sports at a generally more relaxed level, although there is still chance for competitive games and matches.

SWANSEA MEDICS NETBALL

<https://www.facebook.com/groups/170904249657891/>

SWANSEA MEDICAL TOUCH RFC

<https://www.facebook.com/groups/2502694123081656/?ref=share>

SWANSEA MEDICAL RFC

<https://www.facebook.com/SwanseaMedicalsRFC>

SWANSEA MEDICAL FC

<https://www.facebook.com/groups/236801286372259>

SWANSEA MEDICS BASKETBALL

SWANSEA MEDICS HOCKEY

MORE INFORMATION ABOUT THESE AT THE MEDIC'S FAYRE!



Medical Sports Teams + Medical Societies

Academic Societies

These are some of the medical specialty societies that are run by students currently. You don't have to be committed to the specialty to join the society or attend the events. Typically there are also revision sessions run by various societies which are helpful in the run up to exams!

PAEDIATRICS SOCIETY

ANAESTHETIC SOCIETY

ANATOMY SOCIETY

WILDERNESS MEDICINE SOCIETY

GP SOCIETY

AND MANY OTHERS!

MORE INFORMATION ABOUT THESE AT THE MEDIC'S FAYRE!



FAQs

What is the progress test?

- Multiple choice single best answer exam (same format as SBA exam) consisting of 200 questions
- The exam is taken by every year group simultaneously and the pass mark increases for each year
- In first year, the progress test is formative (i.e. does not count at all) and is only sat to give you an idea of what the exam is like to sit and the types of questions that come up
- You must sit the exam
- The progress test does count in 2nd, 3rd & 4th year
- Don't worry about the content – most people don't revise for it because there will only have been a few weeks of teaching before it is sat, and the questions are set at the level for graduating 4th years!

What happens if I fail my exams?

- There is a retake week in mid-August
- If the re-takes are failed, you can retake the year in most circumstances
- IT IS VERY RARE FOR PEOPLE TO FAIL, DO NOT WORRY

Can I work a part time job?

- Faculty advises that your degree comes first. See how you feel with the workload before you decide on getting a part time job – but it is doable.
- You can work as an ambassador for the uni for ~£10/hr (the uni sends out an email about this, make sure you apply online in time)
- Anatomy TA paid role - teaching undergraduates (online applications TBA)



Will I be disadvantaged if I'm not a science graduate?

- No! – the course is designed to suit both science and non-science grads
- It may be a bit overwhelming at first but as long as you keep up with the content, you'll have no problem
- The med school likes to boast that non-science students do better in the end so don't worry!

How will my commitments outside of medicine affect my study?

- Don't worry if you have kids, a job or other commitments – you won't be the first and you won't be the last
- Some people with kids actually do better than some of the cohort, it won't hold you back
- There are support groups for parents and carers to join for advice and connection with others in similar positions
- Keep your personal tutor/ the med school generally in the loop – if your circumstances change or your commitments increase, they will be able to help
- You can apply to have your placements closer to where you live – contact the Placements Team (placement-medicinehealthlifescience@swansea.ac.uk)
- Generally, the med school are very reasonable, as long as they are in the loop



FAQs

What happens if I have to take time out for illness/ personal issues?

- If you miss lectures, you must catch up on the work in your own time
- If you do not sign into lectures for >7 days, your attendance will be flagged
- If you miss placement you must make up the missed time in summer
- For exceptional events e.g. weddings, funerals, hospital appointments etc., there is a planned absence form to fill out and you must provide proof of a valid reason

What is PALS?

- PALS is the Peer-Assisted Learning Scheme
- It is run by PALS leads (2nd year students) who organise small group sessions every couple of weeks for 1st years on topics covered in lectures
- The sessions can be particularly helpful for non-science graduates to help understand topics
- PALS is not compulsory but can be useful especially in the run up to exams

How do I stay in touch with my year and MedSoc?

- WhatsApp group chat!

<https://chat.whatsapp.com/DjeUSdM5hbj1kbTH3ge4pv>

- Facebook group!

<https://www.facebook.com/groups/1256639741898049/>

