

Examination advice for students at Norwich Medical School

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General Advice and Resources

OSCE	<p>General: there are so many resources available for medical students. Find out which books suit your learning style and splash out on them. The library has a good stock of most of the books mentioned throughout. Practice is essential do this with colleagues to perfect technique and the resources in the CSRA are excellent for building up your confidence but best way to gain confidence is to do this clinically on the wards. Familiarise yourself with key investigations relevant to each module. This can be done when opportunities present themselves on the wards. Also worth doing background reading into interpretation of investigations</p> <p>Logbooks: read the markscheme, make sure that you demonstrate that you have followed patients up. Get these done early and practice talking about each case for 3 minutes with your peers</p> <p>Books: Macleod's Clinical Examination The Unofficial Guide to Passing OSCEs, How to Master Your Medical Finals; OSCEs for Medical Finals; Oxford Cases in Medicine and Surgery; Imaging for Students; Data Interpretation for Medical Students; Hands on Guide to Data Interpretation</p> <p>Websites: OSCEstop.com ; OSCEskills.com Medimaps.co.uk , AlmostaDoctor.co.uk , BestPractice.bmj.com GeekyMedics.com</p>
Written Papers	<p>General: Practice answering or coming up with your own questions. A study group is always helpful to discuss learning outcomes at the end of the week Speak to older students to get an idea of the level of detail and style of questions asked in written papers. Don't neglect learning outcomes and give equal weighting to modules and cross module lectures. Try not to leave gaps in your knowledge but don't worry about going into too much detail. Keep up with cross module lectures throughout the year and keep them in domains (e.g. health economics) add to them each year. Familiarise yourself with the relevant guidelines (e.g. NICE; SIGN; BTS). Use Acland's anatomy videos.</p> <p>Books: The Oxford Handbooks are excellent; Davidsons or Kumar and Clark are fantastic textbooks that cover almost everything (you don't need both!) Grays anatomy for students; Physiology books can be very useful: Boron and Boulpaep; Pocock</p> <p>Websites: Patient.co.uk; NHS Choices; HandWrittenTutorials.com Kaplan and Dr Najeeb videos on Youtube. Question banks: websites such as Pastest or Passmedicine are great for EMQs/MCQs although they require subscription- keep an eye out for offers. You can get these on your smartphone too. If you start early you will get through the question bank quickly. Remember that most books have a few questions at the end too.</p>
Student Selected Study	<p>General: Choose domains that you are interested in and choose a question you are interested in. Start early and don't leave it to the last minute. Familiarise yourself with Ovid, Cochrane, PrimoOne and other databases and be sure on how to use Harvard/Vancouver style references. Speak to William Jones in the library if struggling with literature search</p> <p>Practice with peers to time and ask for feedback about your presentation skills. Think of potential questions that could be asked by examiners. CHECK the markscheme. Listen to your supervisor's advice and reading list- they are likely to be involved in marking your work. Listen to the feedback after formative assessment and make the changes suggested.</p> <p>Books: Anatomy: Gray's for students; Acland's Anatomy; Genetics: Emery's Elements of Medical Genetics; Immunology: Immunology for Medical Students; Pharmacology: Rang and Dale's; Physiology: Boron and Boulpaep; Pocock;</p>
Analytical Review/ Research / Audit	<p>General: CHECK the markscheme, summary slides from the lectures clarify key points and recommended structure. Keep a spreadsheet when doing your background reading. Summarise the key elements of the paper you have just read and you can hyperlink to the papers too. This means that you don't have to keep re-reading papers over and over again and makes comparison between different papers easier.</p> <p>Books: How to read a paper; Developing a healthcare research proposal (+ web resource); Essential Evidence-Based Medicine</p> <p>Websites: BMJ.com, students4bestevidence.net</p>
Other Specific Advice	<p>Being organised is crucial, don't get overwhelmed. Start early and don't leave deadlines to the last minute. Use peers, tutors etc. for support and help, don't be afraid to ask for help if struggling. Try to keep up with the weeks as you go along as they build up on each other. Engage with lectures, answer questions if they are asked. Use the lectures on blackboard and books recommended in the reading lists. Make the most of clinical placement. Sometimes, there may be quiet times but the experiences gained are worth it. It seems like a lot of work but if you keep chipping away you will get there. Don't neglect your essentials e.g. eat and sleep!</p>

Year 1	
OSCE	<p align="center">The Human Lifecycle</p> <p>General: Easy in hindsight but at the time feels hard! It is your first OSCE after all. Practice with peers, particularly CPR and Observations (ask a friendly Healthcare Assistant or Nurse but beware of automatic BP cuffs) as these are easy marks. Make use of the SIPPS handbooks available on Portal. Follow the Calgary Cambridge Model- learn to love it. Don't forget to wash your hands, introduce yourself, get consent and ICE Start writing logbooks as soon as you see patients, don't worry too much about clinical conditions but focus on ICE Obtain a drug bank or pocket prescriber Books: Skills for Communicating with Patients</p>
	<p align="center">Locomotion</p> <p>General: Practice all examinations and timing but consider clinical findings. You can get very speedy and confident with them. Books: Macleods is comprehensive! Clinical Skills for OSCEs ; Adult Basic Life Support – Resus Council Guidelines Media: X-ray interpretation: Radiology masterclass Skills: YouTube Videos on Urinalysis, Blood Pressure and BLS Examination videos by both Arthritis Research UK and Swansea University</p>
Written Papers	<p align="center">The Human Lifecycle</p> <p>General: Practice answering or coming up with your own questions. A study group is always helpful to discuss learning outcomes at the end of the week. Be familiar with pathological processes such as inflammation. Books: Don't get too scared by immunology in this module and the next. Definitely a topic that you need to do some extra reading on though. Don't get too bogged down with basic sciences but equally don't neglect these as you will need them. Make notes on the learning objectives especially physiology lectures. Media: Kingsfund video for structure of NHS; www.patient.co.uk, www.nhs.uk</p>
	<p align="center">Locomotion</p> <p>General: This module starts off very manageable BUT can get complicated towards the end if you let it. Don't go into too much detail regarding connective tissue disease, but, definitely know the basics about them all. Commit autoantibodies to memory, they can be easy marks in the exam Books: Crash Course Orthopaedics and Rheumatology; ABC of Rheumatology; Textbook of Orthopaedics, Trauma and Rheumatology Media: Orthopaedic and Rheumatology Podcasts from www.Podmedics.com</p>
Analytical Review	<p>General: Work in PBL groups to synthesise ideas but ensure the formal write up is done individually Books: Medical Statistics at A Glance; How to read a paper: The Basics of Evidence-Based Medicine</p>
Other Specific Advice	<p>Try to work out how you learn best. Find colleagues who you enjoy studying with and work together. Throughout the year, you are introduced to medical concepts and basic science- try to stay on top of these- you will be glad in the future. Identify one or two main texts that contain adequate detail and stick to them. If you are a visual learner then the podcasts provided by www.Podmedics.com and the mind maps from www.Medimaps.co.uk are excellent. YouTube is a great resource if you do not understand a subject – use it but be wary about information on management of conditions, as frequently the videos are American. Work hard on your history taking- practice on real patients and keep asking yourself what you've missed.</p>

Year 2	
OSCE	<p align="center">Blood and Skin</p> <p>General: practice interpreting investigations for this one! Lots of looking at pictures and being able to suggest appropriate differentials for rashes. Don't neglect basic blood films. Practice your lymph node examination, learn anatomical land marks particularly axilla and lymph nodes. Make dermatology cards or powerpoints to recognise common clinical conditions. Venepuncture: practice... when you are confident on the model take advantage of your time with the phlebotomists – they do it all day everyday! Try to learn the colours of the Vacutainer bottles Media: British Association of Dermatologists; www.dermnet.nz</p>
	<p align="center">Circulation</p> <p>General: ECGs: practice interpreting it's good to employ a mixture of pattern recognition and a systematic approach. Get quick placing ECG leads (and try not to tangle the leads!) Dopplers: Not too tricky but you will need practice finding the pedal and posterior tibial pulses. Don't overcomplicate your cardiology examination. You don't want to have 10 seconds left to listen to the chest. Tailor CT head interpretation to stroke Books: ECG made easy Media: listen to murmurs and learn how to differentiate between them. Life in the fast lane ECG library. Use the Littmann murmurs resource</p>
	<p align="center">Respiration</p> <p>General: As for Circulation- don't spend too long on peripheries. Mention key points and move along. One of your main focuses is clearly going to be the chest, practice your percussion and listening to breath sounds! ABGs can be very tricky to get on the ward. They hurt patients too! Worth practicing plenty of times on the model, practice interpretation and know the common causes of abnormalities. Books: Chest x-ray made easy; DRSABCDE of Chest X-ray interpretation; ABG made easy Media: YouTube videos for common scenarios e.g. inhaler technique. Radiology masterclass for chest x-rays.</p>
Written Papers	<p align="center">Blood and Skin</p> <p>General: for Dermatology you want need to see lots of images in order to understand the written descriptions Books: Essential Haematology; ICT haematology; Lecture notes: Dermatology; ABC of Dermatology</p>
	<p align="center">Circulation</p> <p>General: Seems difficult to start off with! Grasp your physiology and ECGs and the rest will fall into place Books: Crash Course Cardiology; Pathophysiology of heart disease; NICE Hypertension guidance</p>
	<p align="center">Respiration</p> <p>General: Get good at interpreting spirometry and ABGs these can be easy marks in an MCQ/EMQ Books: Lecture notes Respiratory; The Respiratory System at a Glance Guidelines: Asthma and COPD BTS Guidelines on Management.</p>
Analytical Review	<p>Books: Medical Statistics at a Glance; Research Methods in Health: Investigating Health and Health Services; The Pocket Guide to Critical Appraisal</p>
Other Specific Advice	<p>It is important to understand the anatomy and physiology and there is a quick pace to the year so it is important to write good revision notes early and keep it up. You may be taught variations of particular examinations, if in doubt, follow the template given by the module lead- this is likely to be the one used for assessment in OSCEs. Practice your examinations as much as possible on friends and on placement and ask for feedback. Videos are good for getting concepts and an idea about the range of knowledge expected. Medcomic.com provides funny pictures that will stick in your head.</p>

Year 3	
OSCE	<p align="center">Homeostasis and Hormones</p> <p>General: You will not have all that many opportunities to practice catheterisation, make sure you are comfortable with the technique and then it's just a matter of not being flustered. practice U & Es interpretation. Don't neglect urology for the OSCE. Practice shared decision making and use the consultation skills handbooks on Portal; Obtain drug charts and practice prescribing common drugs and fluids</p>
	<p align="center">Senses</p> <p>General: Keep practicing your neuro exam but be prepared to be asked to skip sections of it (e.g. fundoscopy) in the exam, don't let it throw you off your routine. Get familiar with CT and MRI head. Practice funduscopy but in particular familiarise yourself with images of clinical findings and their management. Know the difference between conductive and sensorineural hearing problems and how you can investigate these. Books: ICT Ophthalmology</p>
	<p align="center">Digestion and Nutrition</p> <p>General: Suturing: buy a cheap suturing kit and some bananas. Practice interpreting blood results and know your anaemias. PR: process is an easy one. Be methodical and it could be easy marks in an OSCE. Don't overcomplicate abdominal examination. Sometimes a hyperbolic examination where you get on one knee to look at the abdomen is good – just look where you are kneeling (it is gastro!!!). Learn the anatomy of the abdomen and be able to describe, manage all the condition relating to this and clinical signs. CT abdomen is all about practice. Try and see as many as you can on the wards. Revise second year imaging.</p>
Written Papers	<p align="center">Homeostasis and Hormones</p> <p>General: Physiology is essential for this module. Try not to get too tangled up in renal physiology but stick with it Books: Essential endocrinology; Clinical endocrinology; ABC of Diabetes; Renal System at a Glance; Renal system explained; ICT Urology; ABC Urology Media: Handwritten tutorials.com; Renal videos from McGraw Hill (www.medimaps.co.uk); Endocrinology Podcasts (Podmedics); NICE Guidelines on Diabetes</p>
	<p align="center">Senses</p> <p>General: Neuroanatomy is complicated; use basic texts for ENT and Ophthalmology- the time spent on these specialities is so short. Books: ICT neuroanatomy; ICT Neurology; ICT Ophthalmology; ICT Ear, Nose and Throat and Head and Neck Surgery; Lecture Notes: Diseases of the Ear, Nose & Throat Media: Videos from www.opthobook.com</p>
	<p align="center">Digestion and Nutrition</p> <p>General: Learn the big conditions- IBD, IBS, Coeliac disease and the Hepatitides Books: ICT Gastroenterology; Essential Surgery; One Stop Doc: Gastrointestinal System; One Stop Doc: Metabolism and Nutrition</p>
Research Protocol	<p>General: Use lectures and handbook on blackboard. Start early, stick to deadlines and ask for help if you don't understand. Books: Developing a healthcare research proposal; Essential Evidence-Based Medicine; Medical Statistics at a Glance; A Survival Guide for Health Research Methods</p>
Other Specific Advice	<p>Possibly the most difficult year out of the 5. Stay on top of lecture notes and start practicing question bank questions early. Continue to practice examinations and history taking from all modules, on real patients. Experiencing physical signs patients is particularly important in this year with Neurological signs being particularly memorable. Ophtho book is possibly the best subject specific book out there and it's free! His lectures (specifically on the Exploding Eye) are funny and useful.</p>

Year 4	
OSCE	<p style="text-align: center;">Reproduction</p> <p>General: practice the movements of the foetus during birth, talk it through whilst using a model. Get as much experience as possible examining a pregnant abdomen. Know the differentials of key signs and abnormalities on investigation (e.g. Preeclampsia). Be comfortable with process of smear test and PV: seize any opportunities where women are kind enough to consent (particularly if you're male) Media: the birth process on YouTube</p>
	<p style="text-align: center;">Growth and Development</p> <p>General: If you are not used to holding babies- try to get some practice- it is hugely helpful to appear confident when carrying out baby checks. Consultation skills are important (interact with children and practice the triadic consultation. Become familiar with Pedigree Charts. Media: Paediatric Examinations by Pass MRCPCH</p>
	<p style="text-align: center;">The Mind and Body</p> <p>General: practice history taking particular in the acute setting. It is key to know the Mental State Exam and Suicide Risk Assessment and be able to take a comprehensive drug and alcohol history. Learn the pharmacology of medications used in psychiatry particularly the side effects and practice prescribing them on blank drug charts.</p>
Written Papers	<p style="text-align: center;">Reproduction</p> <p>General: Very different from past modules. This has a good mixture of medicine and surgery. You need to understand the physiology so learn this early but not in too much detail Books: Essential O and G and basic texts such as ABC and At a Glance. Note that Kumar/Davidsons has very limited O & G information Clinical Obstetrics and Gynaecology; Obstetrics and Gynaecology; Obstetrics and Gynaecology at a Glance, Dewhurst's Textbook of Obstetrics & Gynaecology; Essentials of Obstetrics and Gynaecology; Obstetrics and Gynaecology ICT</p>
	<p style="text-align: center;">Growth and Development</p> <p>Books: Illustrated Textbook of Paediatrics; Oxford Handbook; Essential Paediatrics (written by paediatricians at NNUH) Paediatrics at a Glance</p>
	<p style="text-align: center;">The Mind and Body</p> <p>General: Use more than one core text as conditions are explained differently in each. Practice MCQs Books: Burton and Geddes; Oxford Handbook of Psychiatry; Lecture Notes: Psychiatry; Psychiatry at a Glance</p>
Audit	<p>General: Make contact with your supervisor, check the markscheme, start early and get the data collection done as soon as possible. Take note of what is said in the lectures. Books: Essential Evidence-Based Medicine</p>
Other Specific Advice	<p>This is a really fun year and can be very hands on. Use paediatrics – it is an excellent opportunity for revision prior to your elective and finals! Lectures are very useful especially in Obstetrics and Gynaecology- use blackboard. Spend time with the midwives examining pregnant women. Think practically about how the baby moves during labour and use training dummies to demonstrate. Try to watch videos of psychiatric consultations or observe real life consultations. Develop a structure and note down the mini mental state examination findings for the patient. Practice breaking bad news in role-play with friends. Medical Electives are a fantastic opportunity to see a different way of life. Sign up with the Elective Network (www.electives.net) and speak to older years for advice and ideas. Try to start saving early, as they are expensive!!</p>

Year 5

<p align="center">OSCE</p>	<p>General: this year provides a great opportunity to practice your examination skills and learn to identify signs prior to finals. Your examinations should get slicker and quicker as you become more confident. Whilst some examinations may be focussed on one particular area, don't forget about points that will also get you marks in an OSCE (e.g. finger clubbing in a respiratory exam). This is also the last chance to practice your basic clinical skills before it is your actual job. Take opportunities to experience taking blood or inserting a cannula into a difficult patient and practice catheterisation. Try to do more than the requirements of the clinical competency record- you should have performed venepuncture more than once on a real person before you graduate! Get on top of your logbooks early and follow up the patients.</p> <p>ALS: the course has a written MCQ component on the day- make sure that you have read the detail of the handbook and know about what to do in special circumstances (e.g. drowning)</p> <p>Books: Plain films: Accident and Emergency Radiology; ALS + ALERT Handbooks are very useful- don't throw them away when you have finished the course!</p> <p>Since this year is mostly consolidation of previous learning, all the previous books are relevant however, three that are particularly useful are: How to Master Your Medical Finals; OSCEs for Medical Finals and Oxford Cases in Medicine and Surgery</p> <p>Media: Diabetes.org.uk- DKA Management- learn this algorithm- it comes up a lot; Sepsis Six Guidelines</p> <p>Courses: The Dr Clarke courses are popular, if a Mock OSCE is run by junior doctors- this is definitely worth signing up for</p>
<p align="center">Written Papers</p>	<p>Books: ALS + ALERT Handbooks, Oxford Handbook of Emergency Medicine; Oxford Handbook of Acute Medicine; Lecture Notes Emergency; Oxford Handbook for The Foundation Programme Oxford Handbook of Clinical Medicine</p> <p>Media: Kingsfund video on emergency care in England</p>
<p align="center">PSA</p>	<p>General: look at the management of common emergencies (either in the BNF or Oxford Handbooks). Be confident with doses and routes of basic medications.</p> <p>Books: Pass the PSA is a great book but don't get lulled into a false sense of security. The PSA assessments seem harder than the examples in the book- definitely worth doing the online practice papers in the week before your exam.</p> <p>Media: Practice your calculations using the resources on Blackboard. Complete the practice assessments.</p>
<p align="center">Other Specific Advice</p>	<p>Fifth year is all about passing finals and become a doctor. Basic sciences become less important and the clinical aspect of medicine should be focussed on. Go through cases of typical patient presentations by using books or websites such as Pastest. Do MCQs to identify gaps in your knowledge and fill them. Go over any weak areas and strengthen them. Practice examinations so that you can get them done in 4 minutes. Practice procedures to get them done in 4 minutes also. Finally spend time on the wards with current F1/F2s and learn the job you will be doing next year.</p> <p>Module 14 (Shadowing) is a fantastic opportunity- turn up and see what the job is really like. Some specialities are better than others but try to make the most of your time with junior doctors.</p> <p>Create a revision plan early and try to revise with friends. Overall stay relaxed and become a doctor</p>