

	Books	Media	Practical	Other advice
Years 1- Basics	Anatomy and Physiology by Tortora. Physiology by Sherwood. Illustrated Histology by Mitchell, Illustrated clinical biochemistry by Stewart. Clinical oriented anatomy Moore.	Acland's anatomy TELMed LSRC revision tools- designed in house and by older years. CSRC examination videos.	LSRC anatomy models- Surface anatomy by Lumley, Living anatomy suite.	Practice with peers. Notes from clinical skills. Practice taking and writing up the history and examination. Good understanding of anatomy and physiology is what you need to get through 1 st year examination. It will form the basis of all your future learning. It is worth going through the PBL study guides to inform your learning and some consolidation week questions at the end of the chapter to cement the knowledge.
Year 2- AMK / ISCEs	Medical Sciences by Naish, Anatomy and Physiology by Tortora, Illustrated Histology by Mitchell, Illustrated clinical biochemistry by Stewart. Davidson's Medicine, Kumar and Clarke Clinical Medicine, Hutchinson's clinical methods, Macleod's clinical skills, ECGs made easy. Clinical pathology by Carton. Pharmacology at a glance.	Look up examples of ECG and chest, abdomen, pelvis x rays. Podmedics lectures are good revision sources. GP notebook for disease frameworks.	Start practicing for ISCEs. Regular history and examination of the patients in GP settings. Compare your findings with the clinical notes. Practice with peers. Be familiar with the basic skills- venepuncture, cannulation, urine dip, and speculum- may come up in ISCEs.	Slickness of history, exam and performing a skill is key to passing the second year ISCEs, Be polite and courteous to the patient at all times. Continue to do online questions to improve your AMK score. Always appreciate the reasoning behind any questions that you are unable to do. Do not go for sheer numbers. Do not neglect anatomy and physiology. Pay special attention to drugs and therapeutics.
Year 3- AMK / 1st Clinical year-	Lippincott's Pharmacology, Medical microbiology made ridiculously simple by Gladwin, Neurology and Neurosurgery Illustrated by Lindsey, Illustrated textbook of paediatrics by Lissauer, Neuroanatomy illustrated,	Revise anatomy via Podmedics lectures. Pastest- Ellis lectures. Onexamination or Pastest for question banks. Attend undergraduate	Begin to understand basic blood tests. Learning the reference values helps and saves a lot of time on the wards. Regularly look at the x rays and learn the interpretation methods. Know the science behind clinical	Enjoy this year. Try and follow your patients through the week to understand their outcomes. Attend OPD clinics as they are the best place for learning. Try and follow a keen mentor on your firm e.g.- your F1, SHO, Reg, Cons. Pick simple long-cases that maximise your learning potential, complex case does not mean

	<p>Oxford handbooks: specialties, clinical medicine.</p> <p>- General surgery, O&G, T&O, Paeds, psychiatry.</p>	<p>Surgical and medical society lectures and presentations.</p>	<p>examination signs.</p> <p>Rapid Medicine and Surgery books can be useful just before the examination, but should not be used as the only resource</p>	<p>maximum learning.</p> <p>Ask to do clinical procedures like blood taking, PR exams etc.</p>
<p>Year 4-AMK / 2nd Clinical year / ISCEs (Finals equivalent)</p>	<p>Medical Sciences by Naish, Clinical anatomy by Ellis, Kumar and Clarke Clinical medicine,</p> <p>Unofficial guide to passing ISCEs. Oxford cases in Medicine and Surgery- allows you to work through cases.</p> <p>Particularly radiological resources and ECG books. 100 cases in medicine, surgery, O&G and paediatrics are very useful.</p>	<p>Revise conditions via Podmedics lectures.</p> <p>Onexamination or Pastest for question banks. EMQ books for</p>	<p>Practice history, system examinations and skills in CSRC, wards, GP and on each other!</p> <p>Clinical tutors are more than happy to explain things and can be booked for teaching. Ask juniors on the wards to assess you examining the patient and to critique your presentation style.</p>	<p>Crucial year. Examiners want to see that you are safe enough to start year 5. You need to be confident in History taking, examination, reporting back, differentials, investigations / management plan and fielding questions. Take feedback sessions seriously.</p> <p>Practice role-play in different situations: breaking bad news, demanding treatment, counselling relatives, psych station. Read around each station. Have common ddx for commonest presenting symptoms. Develop own style of organising management and investigations.</p> <p>Practice ECG application, interpretation and most importantly communicating the findings to the patient and clinicians.</p>
<p>Year 5-16 Short / Long cases</p>	<p>Oxford handbooks: specialties, clinical medicine, and foundation programme. Lecture notes series for your various firms. Prescribing exam preparation.</p> <p>Consider MRCS or MRCP books if keen to do college exams in foundation years.</p>	<p>Do not lose touch with general medicine and surgery.</p> <p>Attend undergraduate Surgical and medical career planning events.</p>	<p>Get stuck in with history taking and examination of patients on the ward. Hone your practical examinations to get slicker and more proficient.</p> <p>Approach each patient from a F1 mindset Imagine you were being asked to see this patient for the first time, be systematic. Learn basic drug doses and fluid management.</p>	<p>Enjoy elective!</p> <p>Get a flavour of ward work- drug charts, TTAs, notes writing, managing patients, and clinical procedures. Don't do too many TTAs; simply do enough to get an idea.</p> <p>Your time is valuable; do not waste in on the wards if nothing is happening. Augment your CV with audit and research experience.</p>