



FIMSO Newsletter

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Greetings from the Publicity Committee

Dear Reader,

Welcome to the first issue of Fudan International Medical School Organization's Newsletter! We're very excited to connect with you.

Currently, we are accepting contributions & commentating from Fudan University's int'l medical school students. If interested, contact: fimsofudan@gmail.com. We look forward to hearing from you!

Thank you for your continued support of the FIMSO Newsletter.

Your Editors,
Sarang Park
Vivien He
Justine Jiang



KNOCK, KNOCK. YES? OSCE WORKSHOPS

Sushma Senthil Kumar,
MBBS18

WE CAN ALL APPRECIATE a good group study session, but there are those who take it to the next level: peer assisted learning. Introducing May Sapsuwan, Olive Ho, and YK Yow from MBBS16, the creators of OSCE Workshops. What started off with practicing cases among themselves and their classmates became a FIMSO workshop for clinical year students, spearheaded by Omar Sajjad.

Currently, Omar, YK Yow, Olive Ho, Kabo Mogorosi, Priya Pahilajani, Dennis Hor, Jia Shiuan Lee, and Edmund Lee from MBBS16 are the organizers of OSCE Workshops, with the recent addition of Lani Chong and Joe Luesomboon. They are hoping to expand the core team with new members from MBBS17 and professors for the upcoming cycles.

The essence of these workshops is to practice gathering information from patients with professionalism, empathy, and compassion. No one workshop is the same, each equipped with new medical cases and patient's personalities to provide a challenge. These workshops not only require participants to utilize learned mnemonics but also commit to acting out a realistic role. From patients with Type A personalities to those patients who give vague answers to every close ended question, a small glimpse into what a real interview may be like was experienced. Previous participants say the workshops help in practicing the art of interviewing. With a sprinkle of humor, these future doctors honed their communication skills from the bedside to the brainstorming of differential diagnosis.

With the pandemic, these sessions are more valuable than ever. Not only do they aid with interviewing skills but also go a step further in presenting patient cases to each other, brainstorming differential diagnosis along with management of the patients – the treatment and the importance of counseling our patients.



Alumni Spotlight:

Austin Shuxiao, MBBS13, USA

Maadeha Hassan, MBBS17

Every issue will spotlight an alumni of Fudan University, where they'll share their experiences, advice, and ruminations during and post their time at university.

What were you like in high school?

In high school, I definitely wasn't the "doctor type." I had to seriously get my act together to make it through med school and match into residency.

What was the most challenging part of your medical studies? How did you deal with it?

The hardest part was studying for Step 1 and 2. It's what the residency programs [in the US] look for. Studying for school didn't help, so I had to self-studying to prepare. I'd suggest starting studying in the 2nd year and taking the exam by the 4th or 5th year.

You took a gap year. Was it worth it? Any recommendations?

The gap year I took was 100% worth it - BUT only because I needed more time to prepare for my Steps. I wouldn't recommend it as it's seen as a red flag. Really think hard about whether you need the year. If the answer is yes, I'd recommend doing it after finishing Step 1 to use the time to study for Step 2.

What advice would you give to students pursuing the USMLE path?

Start early, and once you start, don't stop. The pitfall I fell into was that I'd take studying seriously for 2-3 weeks, and then stop for a month. Relearning everything took another 2-3 weeks. The cycle repeated, and I made no progress.

What was the transition to a US internship like?

I'm currently doing an Internal Medicine residency at New York Presbyterian-Queens in Flushing, New York. The transition was very hard. The first 2 months of residency was the hardest time in my life; nothing prepared me for it. I worked over 100 hours a week. I had no idea how to use the electronic medical record. I felt like the dumbest person in the hospital. Now that I'm nearly done with my internship year, I've come a long way.

What was a meaningful moment for you ?

That would be my first time delivering bad news to a patient. We get training for this, we do simulations in med school, but nothing really prepares you for the real thing. I was in my third week of my first year of residency I had to tell the son his dad had terminal gastric cancer. I can't explain how it felt to see someone break down realizing their dad wasn't going to make it. Later, I met the son again in the emergency room. He recognized me and thanked me for being there for him and his dad. It was a special moment, the kind that pushes me to keep going, to keep doing what I do.

PLAB and the Long Wait

Maadeha Hassan, MBBS17

THE GENERAL MEDICAL COUNCIL has made changes that have caused ripples in the future plans of many medical students. Namely, those wishing to take PLAB 1 in 2023 now must reserve their seat a whole year in advance. The GMC website states they "releas[ed] places in this way to give [students] more frequent opportunities to book [their] test, and to allow [them] to plan ahead."

Many suspect this change comes as a consequence of the recent backlog caused by COVID-19. Many students, including international medical graduates, were unable to book their place for test dates available in 2022. As a junior doctor from Pakistan stated, after trying to secure a spot when registration opened in 2021, "All seats were booked within a minute; I didn't stand a chance."

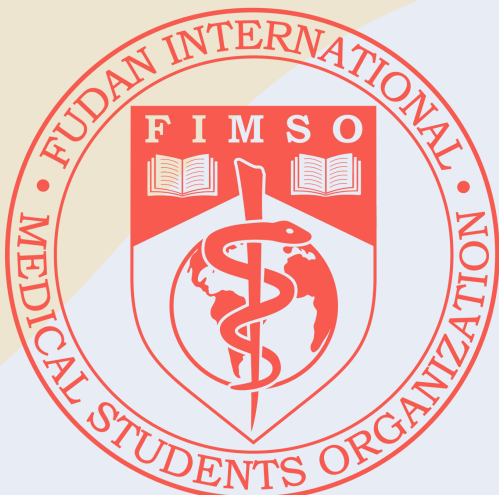
While this change may smoothen the registration process, it raises another issue: a gap before taking the licensing exam. Most graduates hoped to start working after graduation, but with this change, a delay is inevitable. Still others view the change positively, grateful that they now have more time to prepare or to relax before finally entering the workforce.

The best protection is early detection

Sushma Senthil Kumar, MBBS18



"LOVE IS EVERYWHERE; UNFORTUNATELY, SO IS HPV," declares the Philanthropy Committee. March 4th was HPV Awareness Day, and to commemorate, they raised awareness to break down myths about HPV – the Human Papillomavirus. HPV is one of the most common causes of infection of the reproductive tracts, and does not discriminate on gender, race, or sexual orientation. In fact, about 80% of people will be infected by HPV at some point in their lives. These estimates stress the importance of understanding and protecting oneself.



CREATING A SAFE SPACE

Sushma Senthil Kumar, MBBS18



CREATED TO SHARE inspiration, experiences, and thoughts towards the life of medical students, @fimsotogether on Instagram has been a hit! Looking for study tips? Got a love confession to make anonymously? You're in luck! Fill out the form in their Instagram bio and keep the circle guessing your crush!

Of the month's trending questions, "Is it just me?" stands out. The uncertainty of the pandemic can and will create feelings of exhaustion and frustration. Like the comforting words of an anonymous reply, remember: "It is all okay if it means putting yourself and your mental health first. From one overwhelmed student to another, you've got this!"

If you'd like to check out responses specific to these trending questions or leave a few words of your own, head on to [@fimsotogether](https://www.instagram.com/fimsotogether).

Mental Health Tips *for* the Medical Student

Justine Jiang, MBBS21

Medical school is not a walk in the park mentally; now, it's worsening from the isolation felt from online learning. How can we protect ourselves? Let's break it down.

TIP 1

Create consistent habits

HABITS ARE THE NEW BLACK: they decrease anxiety and create the so needed routine and balance.

One of the best ways to start is to write down your tasks. Writing has been proven to organize thoughts and help assign priority. When writing, be specific and realistic. Separate what is "urgent" and what is "nice to get done." Also, make sure to maintain balance by separating your school to-dos from your day-to-day affairs. You don't want to feel guilty or distracted when you see "movie with friends" and "lab reports" right after.

It doesn't matter where and how you make these lists so long as you can apply and execute without compromising your personal life. The point is to create a working system for your goals...

TIP 2

Help your brain help itself

THE BRAIN, LIKE EVERY ORGAN, NEEDS TO BE FED and taken care of. By exercising and sleeping 7~8 hours, we can decrease the chances of burnout, fatigue, and depression. Unfortunately, staying consistent is the true challenge as they're usually the first to be sacrificed in medical school.

Exercise: Begin simple. The goal is to get up and move. So, start with a short walk, and progress from there.

Sleep: Multiple studies show the benefits of avoiding caffeine late in the day. Try not to stress work before bed and stick to a specific bedtime.

Self-care looks different for everyone, but it is also not a one-day thing. Remember to take it one day at a time, one task at a time, look within and always put your mental health first.

RECOMMENDED APPS



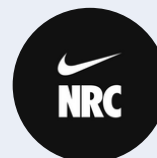
Google Keep
List making



Notion
Scheduling



Forest
Concentration



Nike Run
Free exercises



Headspace
Meditation