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# ANATOMY OF MY CAREER

Dylan Oweissi,  
MBBS21

A great way to plan a future career in medicine is to gain guidance from those who have gone ahead of us. Over the course of 3 days, invited specialists shared insights about their career experience.

## DR. PEK CHONG HAN

*Day 1, April 8*

Plastic and reconstructive surgeon Dr. Pek Chong Han introduced plastic surgery training and treatment methods used by the Khoo Teck Puat Hospital plastic surgery team in Singapore. "Different days, different cases; that's the excitement of the job," he said.

As he shared cases and concepts that stand out in constructive and aesthetic surgery, participants gained a better understanding of the diversity and breadth of plastic, reconstructive, and aesthetic surgery.



## DR. RICHARD WEE

*Day 2, April 9*

Dr. Richard Wee, a general practitioner in Australia, delivered a nuanced and honest take of his role as GP.

He defined GP as a relationship-based specialist that provides comprehensive and holistic primary healthcare that extends from the cradle to the grave.

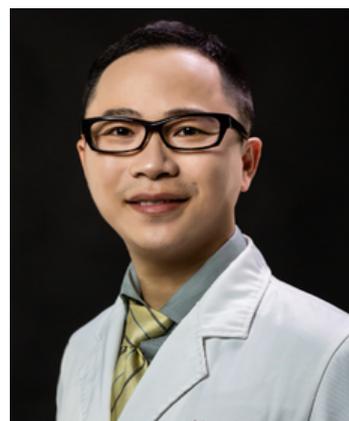
Dr. Wee emphasized the responsibility of doing right by the patient, and the importance of genuinely loving to interact with patients, to provide the best care.

## DR. YIN XIAOXING

*Day 3, April 10*

Dr. Yin Xiaoxing, associate professor and deputy director of the general surgery department at Shanghai Jing'an District Central Hospital shared his expertise in surgery and hospital management.

From being a general surgeon in China, a member of Doctors Without Borders in Morocco, and now as a hospital admin, he gave a snapshot of what goes into ensuring consistent quality of care.





## *Kinji Arikawa, MBBS16:* How to read a lab report

**Maadeha Hassan, MBBS17**

Laboratory reports are essential in the world of medicine. The reports help from ruling out differentials to assist in confirming a doctor's suspicions. They may reveal the prognosis of a patient and their response to treatment. Because laboratory reports serve many vital purposes, it is important for every physician to be able to read, interpret, and present them properly. Honing these skills starts during the medical student journey, and thanks to Kinji Arikawa, students were able to get a head start.

Arikawa shared that he "realized the absolute importance of being able to read lab reports during the Fudan rotations" as they make "communication with your patients and attendings much easier." It "acts as a huge confidence booster when you know how to interpret lab reports by yourself" and will "help you leave a good impression in the wards."

Why host this talk? He "wanted to share [his] personal experience . . . so that people don't make similar mistakes. For people who are feeling lost, [I wanted to give them] an idea of what to expect and how to prepare."

The objective of the talk was to become comfortable approaching a lab report by establishing a process to quickly grasp a lab results' data, systematically identifying and interpreting abnormalities within a report, and being cognizant of the various considerations when interpreting a lab report. Targeted towards international medical students at Fudan, Arikawa also provided tips for non-Chinese speaking students who might undertake rotations at Chinese hospitals.

He ended the talk with an application: he presented a report for all participants to practice what they had learned so far. He emphasized the importance of practice: "Like everything else, [this] comes with practice. Without practicing how to read lab reports, I [initially] had a hard time figuring out things in the hospital."





## *Alumni Spotlight:* **Priyanka Hingorani,** **MBBS10, India**

**Maadeha Hassan, MBBS17**

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

### **Where are you working right now?**

I am currently an Internal Medicine Trainee at Ipswich Hospital in East England.

### **You practiced medicine in China before moving to the UK; Can you tell us a little bit about it?**

It was never my plan to work in China. Due to a miscommunication with the UK General Medical Council regarding my application, I had to repeat my internship year. So, I decided to do a postgraduate internship, which is a prerequisite for the Chinese Medical exam. Following that, I took the exam and started working at Shanghai Yosemite Clinic, an international private clinic.

### **How did you prepare for the Chinese Medical exam?**

I took a course for the Chinese Medical exam, and my experience at Zhongshan Hospital was helpful. At Zhongshan, there are templates for history taking. So, for example, if a patient comes in with abdominal pain, there is a fixed template. I'd print the templates, then translate and study them at home. Converting all my medical knowledge from English to Chinese while doing an internship was probably the most difficult thing I have ever done in my entire life. Thankfully though, I passed my exam.

### **What was it like working at Yosemite Clinic?**

Working at SH Yosemite Clinic was a great experience in private care, as I was able to integrate the Chinese healthcare system into a more international set up. I had a great mentor and adjusted well. However, I felt like the sector was something I'd want later in my career. So, I took the PLAB and moved to the UK for work.

### **Between the medical life in China and the UK, what is the most striking difference?**

In China, we primarily focus on curing the patient. Healthcare in the UK is holistic. We aim to understand different aspects of your life through social history. We work with multiple teams with various expertise to treat patients at their stage of life. For example, for the elderly struggling with stairs at home, we may liaise with a therapy team to work out a solution, such as a stairlift. Working in the UK trained me to understand that treatment goes beyond clinical diagnosis, it also includes understanding my patients' lives.

### **What was the most challenging part of your medical journey, and how did you deal with it?**

In my first year in the NHS, I had to deal with bullying from a consultant. There were multiple people experiencing it, and it was tough to figure out the best way to deal with it. But after speaking out about it, things changed. Another honorable mention is learning how to be an adult. Balancing shifts, eating healthy, going to the gym, and socializing to maintain your sanity - it's something I am still struggling with.

### **What advice do you have for medical students?**

Don't be shy to put in the hard work that is needed to embark on this journey. Never hesitate to ask questions because it's okay not to know something. Even at a consultant level, I've seen many ask questions and that has inspired me. Nobody expects you to know everything at your level.

# Welcome to *FIMSO*.

Maadeha Hassan, MBBS17

ELECTIONS  
COMING  
THIS MAY!



## Committees:

1. The **Academic Committee** aims to facilitate students' intellectual and academic growth. It conducts tutorials that tackle tough concepts and hosts academic talks to broaden knowledge.

2. The **Professional Committee** provides a platform for experts in the medical field to share their experiences & career advice, as well as events to prepare students for their medical career.



3. The **Publicity Committee** runs all FIMSO social media platforms and the FIMSO newsletter. It promotes and maintains the image of FIMSO.

4. The **Social Committee** designs activities that build positive relationships throughout the year. It also welcomes new students with the freshmen OT & the buddy program.

5. The **Philanthropy Committee** enriches the student body with impactful initiatives for the community. This includes volunteering, raising funds, and spreading awareness for important causes.



## What is FIMSO?

Formed after the establishment of the English-taught 6-year undergraduate medical program (MBBS) in Fall 2008, Fudan Medical Students International Organization has evolved from a class committee to an official organization that represents current international students and alumni of Shanghai Medical College. FIMSO is an advocate for members' professional, academic, social and personal initiatives, and a liaison between the administration and students.

## Leadership:

1. President
2. Vice President
3. Treasurer
4. Secretary
5. Dormitory Representative
6. Committee Heads