

Year 4 Must Read

MANCHESTER
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The University of Manchester



Y4MR Jan 2019

Welcome to the first
2019 Y4MR installment

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It's already the New Year and most of us will be actively breaking our well-intentioned resolutions

In this Must Read we update you on one resolution its best not to break:

“Get on top of all the UPSAs, Prescribing and Core Skills for Year 4”

Best wishes

Matt

Skills Update

You are now half way through your Year 4 specialty placements. Congratulations on all your hard work so far. This is now a good time to pause and consider your overall progress.

You will remember that in order to complete the year you need to have completed all of your UPSAs and Prescribing and Medicine Safety (PMS) skills. As a rough guide as you are half way through the year you should have done (yes, you guessed it) half of these skills. Please see the information below for your base. Are you on track?

Oxford Road skills check

Skill	What do we mean by on track?	What percentage of you are on track?
UPSA	2 or more completed	82%
PMS	3 or more completed	56%
Core and procedural skills	Rotation A 7 skills done Rotation B 2 skills done	68%

The good news is that it isn't too late to get back on top of things if you are a bit behind. Set yourself some clear targets e.g. get 2 PMS skills signed off in the next block. If you haven't got something signed off and it's not something that's possible in every block e.g. female catheterisation, have a think about your next few placements. For instance, in Musculoskeletal Health could you attend an Orthopaedic theatre list and catheterise a patient there? You will need to be proactive about introducing yourself and making the most of opportunities.

Don't forget your core and procedural skills. These have been carefully chosen by our speciality Block Leads as key skills such as using an otoscope in Ear Nose and Throat. Take every opportunity to practice and aim not to finish a block without getting the relevant skill signed off. If you have missed getting one signed off from a placement in your first rotation now is the time to plan how to get it done.

If you are struggling and want further guidance on this your Year 4 base lead is a good person to contact. Also check with your clinical placement supervisors about opportunities within their placement. Please remember to take every opportunity to practice all these skills. It's not just about getting them signed off once, although that is important; its about practising them such that that when you start as an FY1 you will be confident and ready to go.

Year 4 Community Electives

Why not spend your Elective with a GP in The Greater Manchester / North West area?

Without the financial or personal constraints of an elective abroad - this is an excellent opportunity to immerse fully in General Practice - getting to know the diverse and interesting community worked with.

How to apply:

- View teaching practices on OneMedBuzz > Placements:
<https://www.onemedbuzz.manchester.ac.uk/placements/>
- Approach the GP Practice you would like to attend with and see if they agree.
- Contact the CBME Year 3-5 Administrator, Grace Turya for approval of the practice.
years3-5CBME@manchester.ac.uk
- Take care to fully read the *information on Electives on 1Med* which links to the 'MyPlacement' application system.

<https://www.onemedinfo.manchester.ac.uk/blog/sections/year-4-elective-placements/?topic=6639&acyear=2018-2019>

> Year 4 >Teaching and Learning in Year 4 >Year 4 Elective Placements

Placements cannot be changed or cancelled without mitigation confirmed by your base hospital team.

The deadline for notification of a mitigation to CBME is Friday 17th May 2019,.

Key Dates:

Applications open: Monday 7th January 2019
Applications deadline: Friday 22nd March 2019

QEPEP Update

Your QEPEP in year 4 runs from the 13th May – 7th June 2019. Selection and ranking of modules opens in March 2019 from a large pool of availability. It is possible for you to self-arrange a QEPEP project in advance of this although please note that you will not be permitted to self-arrange with supervisors that have supervised a QEPEP student within the past five years. The reason for this is to allow all students to have a fair chance at being allocated popular QEPEP modules, eliminating potential bias through self-arrangement.

If you do wish to self-arrange the form is now available for completion via e-forms. The deadline for full completion of the form is the 25th January 2019. For more information about self-arrangement please visit the QEPEP OneMed pages

Oxford Road Update

Introduction

Happy New Year and welcome back! I hope you have had a lovely Christmas and have had a chance to relax after all your hard work during Semester 1 and the stress of the OSCEs. This second semester will see you undertake further specialist placements and as always I am keen to hear your feedback so please do continue to link in with your track reps and Calisha, your Year 4 rep. In addition, I am aiming to set up drop-in sessions so that you can come and see me to discuss any block difficulties, or any other issues. I will be in touch once I have the dates in my diary. That is all my news, so I shall wish you good luck for semester 2 and please enjoy and make the most of the opportunities presented to you.



Dr Beth Jameson

Student Experience News

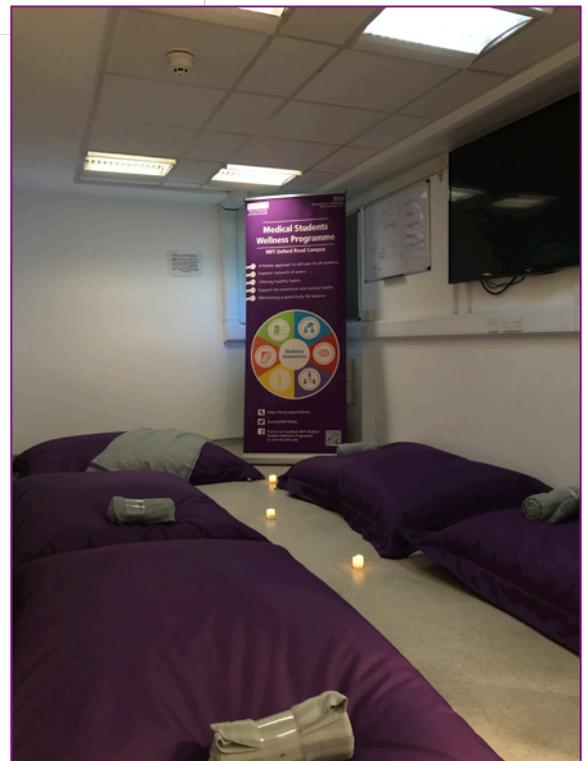
Pre-OSCE wellness events: Elizabeth and I hope you enjoyed the 2 pre-OSCE wellness sessions. The events were well attended and the people providing the sessions commented on how engaged you were which was lovely to hear.

The Wellness Room: This new initiative provides a quiet, soft lit space full of bean bags and blankets for students to de-stress, rest, relax, practice mindfulness, meditate or to just take a few moments to quietly be.

Wellness Room dates and times for 2019 are on the next page.

Please remember:

- Use the wellness room for its intended purpose
- Be respectful
- No food or drink
- Any music must be at a low volume as not to disrupt others



DATE	TIME	LOCATION
Thursday 10 th January 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Thursday 17 th January 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Thursday 31 st January 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Thursday 7 th February 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Thursday 21 st February 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Tuesday 28 th February 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Thursday 14 th March 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Thursday 21 st March 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Thursday 4 th April 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Thursday 11 th April 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Wednesday 17 th April 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre
Thursday 2 nd May 2019	09:00 – 17:00	Seminar Room 1 Undergraduate Centre

Oxford Road Update Ctd...

Other News / Important Reminders

Dress code:

As an undergraduate team we have had feedback from colleagues on the wards regarding the appropriateness of students' attire. It is important to consider what you wear because patients, their families and your professional colleagues, will notice your appearance and this has the potential to influence how you are perceived. Your choice of clothing should be clean, modest and consideration given to the placement you are on, for example, in paediatrics we tend to be less formal and in psychiatry neutral clothing is preferred. The medical school have a policy on communication and dress code with information on this available in the MBChB Programme Handbook (Expectations, Professionalism and Attendance section)

There was an interesting article in the September issue of the Student BMJ titled 'What should medical students wear?'

UPSAs & prescribing skills:

Please look at the information on pages 1 and 2 of this Y4MR regarding Skills. I will be reviewing each person's progress with UPSAs and prescribing skills and I strongly recommend you look at these yourselves to ensure you complete them all by the end of block 8 to allow successful progression into Year 5.

Drop-in sessions with Dr Beth Jameson:

Dr Beth Jameson (Associate Hospital Dean for Year 4 and Student Experience) will be offering one drop-in session per block to meet with any student who wants to speak to her about block difficulties or student experience.