

Year 4 Must Read

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The University of Manchester



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Welcome to the final
Y4MR installment

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We hope you have enjoyed Year 4. As you settle into QEPEP and look forward to your elective and summer break here is a welcome to year 5 and some final tips. Enjoy!

BW,

Pippa

Welcome to Year 5

Dear Year 4 students,

We are sure that Year 5 seems a long way off, and you have the excitement of electives and then your summer break to come, but we look forward to seeing you at the Induction to year 5 on May 22nd at University Place. This will already be in your MedLea timetable, and attendance is expected.

Year 5 starts with your going straight into placements, so the induction for the year is done early, in May, to give you time to plan ahead and allow you to think/read about key elements in good time. Starting Year 5 can seem daunting, but can promise you that this is the year when your learning really comes together and you start to see yourself as a member of the medical team, so students feel that this is the year they have been hoping for.

Welcome to year 5

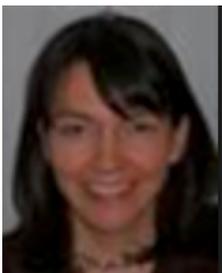
But don't take our word for it- here is some advice from current Year 5, Sarah Clarke:

“Although it is completely normal to feel anxious about starting your final year, it is a great year. You will be the only 5th year student on your ward and so have the opportunity to have more responsibility. Staff will see you in a different light and there will be more trust in you as a medical student, who will soon be a junior doctor. Throw yourself into your medical and surgical placements – the more you put into these and offer to do jobs/learn how to write discharge summaries etc – the more you will get out.

Make the most of your elective and holiday in 4th year and then you will feel refreshed and ready to go in 5th year! Try not to start revising too early but make sure you leave yourself enough time to cover everything. There is more time to revise than you think, once placement has finished in December.

Finally, remember, you have all done really well to get to where you are now, as 4th year medical students. So you should all have lots of faith in your abilities to get through and pass your exempting exams!”

We look forward to seeing you on the 22nd!



Nuala O'Donoghue, Year 5 Lead

Message for anyone taking time out of programme such as for intercalation at the end of the year

When you return to the programme (ie to Year 5) you will be expected to attend an induction prior to the start of the year specially made for Returners. This has 2 parts: a hands-on ANTT/ skills refresher/ BLS sessions delivered in the sector base hospital, and a central induction re requirements for year 5. Currently this comprises 1 day in the sector base hospital in August just to prior to the start of term, and an evening webinar in May. The arrangements will be subject to change of course as this is some way away. We will be in touch with you during your intercalation year to confirm more when the detailed are settled. Very best of luck in your intercalation year!

Elective

Some tips from our previous Year 4s on getting the most out of your elective (with thanks):

- If you want to arrange a project during your elective, be proactive, send your CV and again get it sorted before you arrive.
- Get all your official documents sorted early including a VISA (hopefully already in the bag).
- Email beforehand to see if there is anything you need to bring either for you, or to help them (developing world)



- Get stuck in- it's a great chance to learn about your chosen specialty and practice for starting as an FY1.
- As well as the medicine, make sure you spend some time exploring the country as well.
- Research/plan an itinerary for things to do outside of placement in advance -so you can plan your spare time better, save on costs and most importantly enjoy yourself.

Check out 1medInfo

<https://www.onemedinfo.manchester.ac.uk/blog/infoobjects/health-and-safety-on-elective/?section=8706&topic=6639&acyear=2018-2019>

There is lots of useful advice including info on what to do in the unlikely event that something goes wrong. Be safe and enjoy your elective!

If you are struggling to make ends meet, take a look at the extra support available

<https://www.onemedinfo.manchester.ac.uk/blog/infoobjects/financial-support/>

