

BSMS

BRIGHT IDEAS



BSMS BrightIdeas gives you an opportunity to complete a medicine focused research project, supported by an E-mentor, which aims to develop skills, values and attributes needed to study medicine and ultimately become a successful doctor.

STAGE 1: RESEARCH

Choose a medical condition that you have not previously studied in depth but have perhaps heard about and would like to gain a greater insight. Once you have selected a condition, using the workbook provided and with support from your assigned E-mentor, research the science underpinning the condition. What is the aetiology or cause of the condition? What is the pathophysiology, the biological processes that have changed as a result of the condition and how have these changes impacted the "normal" bodily state?

Example medical conditions include:*



- Alzheimers
- Asthma
- Depression
- Diabetes
- Epilepsy

*No matter how obscure or complex, the medical condition may be, as long as there have been cases confirmed and diagnosed somewhere in the world and you can feasibly research it, then it will be accepted! You should however, keep in mind STAGE 2: EXPLORE

STAGE 2: EXPLORE

After gaining the scientific understanding, you will explore the condition further and gain insight into what it is like living with the medical condition by meeting patients who are or have been affected by the condition or with healthcare professionals who care for and provide treatment. How has their day-to-day life been impacted by the condition? Think about physical, psychological and social implications. Are there any social stigmas associated with the condition and if so, what could be done to minimise them? What is the treatment plan for these patients, if suffering from multiple conditions, how does the treatment plan change?

Example exploratory activities include:*



- Volunteering with relevant local charities, attend their events and speak to those who the charity helps.
- Watching and reading vlogs and blogs of people who have been affected by the condition
- Contacting local hospitals for volunteering opportunities within a department specific to the condition
- Volunteering at a respite care center or at a special educational needs school.
- Seeking out healthcare related work experience opportunities relevant to your chosen condition, even if it's just for a day! Examples could include a pharmacy in a dentist surgery, in a walk-in center, in an elderly care home.

*We will do our best to support you with finding exploratory activities, especially with direct patient contact. The onus, however, will be on you, as a researcher to be proactive with making other arrangements.

STAGE 3: REPORT

Gathering your research and findings, you will report on your insights. The report can take any form you desire, be it a scientific poster, a presentation, a film, a blog. It must include both the biological and social implications of the conditions. If you choose to write an essay, it should be between 2,000-3,000 words with 5 minute presentation or if you decide to make a video then it should be 5 minutes in length with a 500-1,000 word abstract. Further details can be found in the workbook you will be provided at the launch event. You will be required to submit a copy of your workbook along with your report in order to complete the project and receive your certificate,



NOTE: As part of the role of being a researcher, before you undertake exploratory activities and report your findings, you will need to submit a research ethics proposal. Your E-mentor will be able to guide you through this process. During your reporting, it will be extremely important to ensure you adhere to any confidentiality statements.

STAGE 4: SHARE

Be it amongst peers at school, your local community group or at our BrightMed 12x3 event*, you will be expected to share your report and findings with others. Not only will this improve your presentation and communication skills, which are imperative to becoming a good doctor, but also an opportunity to raise awareness and eradicate any stigmas associated with certain medical conditions. If not presenting at the BrightMed 12 x 3 event, your efforts to share your findings must be evidenced.

* For more information about our BrightMed 12x3 event, please visit www.bsms.ac.uk/brightmed

STAGE 5: REFLECT

Often under appreciated by many people is the skill of reflection and being self-aware. Reflection plays a large role of that of a medical school student and of a doctor, looking back at what went well or what they might have done differently. Reflecting on your own experience identifies the key skills that have been utilised and which skills you may need to refine. Two short reflections will be submitted alongside your report an evidence of sharing your findings.

THE ROAD TO MEDICAL SCHOOL

In return for successfully submitted your BrightIdeas project, you will receive a certificate of completion and the continued invaluable advice and guidance from your E-mentor. With this support, along with the skill set you developed and insight gained over the course of the project, you will have a fantastic foundation for making a competitive application to medical school or in fact any higher education programme.

IF YOU WOULD LIKE TO APPLY OR YOU HAVE ANY
QUESTIONS PLEASE GET IN TOUCH

E: OUTREACH@BSMS.AC.UK

T: 01273 664 797