



OUTREACH
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Useful Resources & Web links

Contents

Information, Advice and Guidance	2
Medical Schools Council (MSC).....	2
Health Careers	2
Studying Healthcare.....	2
The British Medical Association.....	2
Student British Medical Journal (BMJ)	2
The Medic Portal.....	2
Taste of Medicine	3
Healthcare News and Current Events.....	3
Science	3
Podcasts	4
Being a Doctor	6
Courses and Programmes	7
Online Courses	8
Virtual/Online Experiences	9
Social Media.....	10
Other Careers in Healthcare	10
Medical School Admissions Tests	11
Medical School Personal Statements & Interview Preparation	12
BSMS	13

Information, Advice and Guidance

There is lots of information out there on becoming a doctor and things to think about, but below is a collection of useful websites that we think you will find beneficial.

Medical Schools Council (MSC)

This is the number one site for really helpful information on everything that you need to know about applying to medical school. Including information on entry requirements, BMAT, UCAT, work experience and skills & attributes you need to study medicine:

<https://www.medschools.ac.uk/>

Health Careers

The official NHS Careers website has lots of useful information, not just about medicine and becoming a doctor but the huge variety of other careers in healthcare. It also includes information on the NHS values (see NHS Constitution): www.healthcareers.nhs.uk/

Studying Healthcare

The Medical Schools Council (MSC), Dental Schools Council (DSC) and Pharmacy Schools Council (PhSC) have launched a website that provides information on these three different areas of healthcare. There are links to talks and events and provides guidance on the application processes for these course:

<https://studyinghealthcare.ac.uk/>

The British Medical Association

Lots of useful information here from the BMA on how to become a doctor:

<https://www.bma.org.uk/advice/career/studying-medicine/becoming-a-doctor>

Student British Medical Journal (BMJ)

The student version of the British Medical Journal often has useful advice and guidance written by current or recent medical students: student.bmj.com/

The Medic Portal

This is a commercial enterprise but has a strong widening participation agenda and has lots of free useful resources on their website. They have concise blog articles covering a range of topics which you may find interesting. www.themedicportal.com/

Taste of Medicine

A virtual guide to becoming a medical student: <http://www.tasteofmedicine.com/>

Healthcare News and Current Events

Keeping up-to-date with current healthcare news and medical breakthroughs is vital as it's likely you might be asked about one or two current topics at interview. Below are some starting places for useful articles:

- **BBC News Health** - www.bbc.co.uk/news/health
- **NHS Choices behind the Headlines** - www.nhs.uk/news/Pages/NewsIndex.aspx

We really like this one - it chooses recent studies that have made the headlines and analyses them in greater detail, including going back to the original study. Very interesting to see how the media portrays healthcare stories.

- **Aspiring Medics** - <https://www.theaspiringmedics.co.uk/articles>

The team at Aspiring Medics have produced some interesting and easy to read articles on topics ranging from social media and mental health to controlling outbreaks to childhood obesity.

The next two recommendations are newspaper websites. When reading newspaper articles you need to be aware that the facts may not necessary be reported correctly and that there may be a political leaning.

- **Independent Health & Families** - www.independent.co.uk/life-style/health-and-families
- **The Guardian Health** - www.theguardian.com/society/health

Science

Most, if not all, medical schools expect their candidates to display a personal interest for science as a subject. To do this, it is good to show evidence of wider reading, outside of your curriculum, therefore, it is important to keep up to date with science-based websites and journals. Some useful ones are:

- **New Scientist**: <https://www.newscientist.com/>



- **IFL Science:** <https://www.iflscience.com/health-and-medicine/>

If you have any others, let us know!

Podcasts

If you're not much of a "reader" why not have a listen to some podcasts to get a weekly fill of healthcare and science news. You can download them over Wi-Fi for offline listening or stream them on your phone. After you have listened to the podcast, take a few minutes to make a few notes about what you have learnt. Did you learn something about what is currently going on in the world healthcare wise or learn something new about the body?

Some recommended podcasts are below:

- **BBC Inside Health:** <http://www.bbc.co.uk/programmes/b019dl1b>

The main BBC medical podcast - good for an overview of topical healthcare issues. Discusses a good spread of medical advancements but also some ethical and political issues.

- **BBC All in the Mind:** <http://www.bbc.co.uk/programmes/b006qxx9>

Mostly discussing mental health issues, but also some interesting episodes on cool things the brain can do which get quite in-depth and might be interesting to talk about in interviews.

- **BBC The Life Scientific:** <http://www.bbc.co.uk/programmes/b015sqc7>

This podcast follows a scientist in each episode, finding out about their work and research. Not just medical, but it also covers biology and chemistry which are also interesting and often relevant.

- **BBC Inside Science:** <http://www.bbc.co.uk/programmes/b036f7w2>

Another more general science podcast which looks at current topics but goes into good scientific depth. Lots of medical topics are covered.

- **The Guardian Science Weekly:** <https://www.theguardian.com/science/series/science>

Similar to the podcast above.

- **BMJ Talk Medicine:** <http://journals.bmj.com/sites/default/files/podcasts/index.html>

This podcast is quite in-depth and might be a little harder to follow.

- **The British Medical Journal (BMJ) Sharp Scratch:** <https://www.bmj.com/sharpscratch>

Becoming a doctor can be daunting. Every fortnight the Sharp Scratch Team ask experts the questions that medical school don't often answer.

- **The NHS Frontline podcast:**
<https://www.bbc.co.uk/programmes/m000h5l1/episodes/downloads>

Recordings with frontline staff at Bradford Royal Infirmary, taking you behind the scenes on the wards as they plan for the onset of COVID-19 and then cope as the patients arrive.

- **Digital Health:** <https://open.spotify.com/show/0z9vxYvGgTxCwsS8aQJwXU>
<http://rsm.ac/dhsectionpodcast>

The Digital Health Council at the Royal Society of Medicine discusses the key digital health leaders at The Royal Society of Medicine.

- **Health and Health Careers:** <https://anchor.fm/learn-live-podcast/episodes/E7-Health-Careers-efupoj>

Follow Tracy and the team from the Pharmacy Department as they talk through why they chose their specific roles, their day-to-day responsibilities and how you can get started.

- **Health Matters podcast:** <https://open.spotify.com/show/5EnTFHnjgsU7MSvn8ZALAU>

Topical podcast series covering a broad range of health topics and discussions about working within and improving the NHS.

- **The Kings Fund Podcast:** <https://soundcloud.com/nhsengland>

A podcast about big ideas in health and care. they talk with experts from The King's Fund and beyond about the NHS, social care, and all things health policy and leadership. New episodes monthly.

- **New Scientist Magazine:**

<https://open.spotify.com/show/7xN0obO7y5AR20v2KT7TBp?si=FBNjKosgQJmk5N4CpRjSkA>

Keep up with the latest scientific developments and breakthroughs in this weekly podcast. Each discussion centres around three of the most fascinating stories to hit the headlines each week.

- **Everyday Emergency:** <https://podcasts.apple.com/nz/podcast/everyday-emergency/id1114040904?mt=2>

This podcast is from Doctors Without Borders and brings you stories from the frontline of humanitarian emergencies across the world.

- **Bedside Rounds:** <https://podcasts.apple.com/us/podcast/bedside-rounds/id919579524?mt=2>

This podcast looks at medical history and how medicine crosses with society and culture.

- **The Undifferentiated Medical Student:** <https://podcasts.apple.com/us/podcast/the-undifferentiated-medical-student/id1173721448>

This podcast looks at some of the different specialist areas that are available in medicine. This is American based but will still provide interesting information.

Being a Doctor

If you haven't had many opportunities to speak with a doctor, it can be difficult to find out exactly what it is like working as one.

There are lots of interesting medicine-related documentaries, which you can access on demand from various channels. In order to get the most out of watching documentaries however, it is important to reflect on what you are watching. As you watch them, note three skills that you noticed being used by the healthcare team. Think about why they had to use those skills? What impact did this have on the patient(s)? This will help you when you come to write about your insights into medicine in your personal statement or help with potential interview questions.

- **BBC Inside Medicine:** <https://www.bbc.co.uk/iplayer/group/p0717lg5>

“A collection of programmes exploring the work of Doctors, Nurses and health professionals.”

- **24 Hours in A&E**

<http://www.channel4.com/programmes/24-hours-in-ae>

- **An Hour to Save Your Life, BBC TWO**

<https://www.bbc.co.uk/programmes/b05y19q2>

- **GPs Behind Closed Doors**

<http://www.channel5.com/show/gps-behind-closed-doors/>

- **Hospital**

Series 6 focuses on the impact of COVID-19

<https://www.bbc.co.uk/programmes/b08w8ktc>

Watch interviews with doctors and nurses that work in the hospital where the series is filmed here: <https://www.open.edu/openlearn/hospital# covid19-and-me>

- **Junior Doctors, Your life in their hands**

<https://www.bbc.co.uk/iplayer/episodes/b013fdbd/junior-doctors>

Courses and Programmes

There may be various one day or multi-day programmes you might be eligible for.

It's worth also keeping an eye on the below websites to see if there are any events coming up:

- **Social Mobility Organisation:**

<http://www.socialmobility.org.uk/programmes/residential-programmes/medicine-residential/>

A residential programme aimed at prospective medical students.

- **Uniq:** <http://www.uniq.ox.ac.uk/>

Outreach programmes organised by the University of Oxford

- **The Sutton Trust:** <https://summerschools.suttontrust.com/>

Run a range of summers schools for students from a widening participation background.

Online Courses

- **BSMS Virtual work experience:** <https://bsmsoutreach.thinkific.com/courses/VWE>

You will be introduced to the NHS before exploring the roles and skill sets of six different medical specialists. Along the way, you will also consider some of the challenges and wider issues doctors face. Scenarios of patients are presented within the activities.

- **The NHS Explained: How the Health System in England Really Works:**

<https://www.futurelearn.com/courses/the-nhs-explained>

E-learning courses looking at: How the NHS in England is structured. How different services work together to deliver healthcare in the NHS. How funding flows through the system. How performance is measured in the NHS. Future challenges facing the NHS and how the system is changing in response to this.

- **Caring in hospitals:** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/caring-hospitals/content-section-0?active-tab=review-tab>

This course considers the type of care offered in hospitals, using Leeds General Hospital as a case study. The course looks at the people who have roles within the hospital, how they interact with each other and patients and what they consider to be 'care'.

- **Buckingham Virtual Tympanum App:** <https://apps.apple.com/us/app/buckingham-virtual-tympanum/id869951523>

App focused on the anatomy and structure of the ear. It contains high quality microscopic images of the tympanic membrane and interactive identification activities.

Virtual/Online Experiences

- **Mullany Social Mobility charity – A day in the life of a GP:**

<https://www.youtube.com/watch?v=wAsvpWSqjCA&feature=youtu.be>

A YouTube video of a GP discussing a day in their life

- **General Medical Council (GMC) and NHS England – Patients Journey to GP practice:**

<https://www.gmc-uk.org/about/what-we-do-and-why/learning-and-support/e-learning-resources/patient-journey-to-gp-practice>

Follow Mrs Thomas and her son Jack in their encounters with a receptionist, doctor, nurse and pharmacist gaining insight into how a GP practice in the UK operates from a patient's perspective.

- **RCGP – Observe GP:** rcgp.org.uk/observegp

A free interactive video platform providing insights into the role of a GP and the wider primary care team through eight pre-recorded videos. Information and activities appear on screen before, during and after videos. Videos include consultations with patients.

- **University Hospital Birmingham and Medic Mentor – Live Virtual Work Experience:**

<https://medicmentor.co.uk/university-hospitals-birmingham-trust-virtual-work-experience/>

Using high fidelity state-of-the-art-simulation centre in the country, at the QE Hospital in Birmingham. Follow 3 patients over a 6-month period as they go from diagnosis, to treatment and follow up, that is provided by real doctors and a multidisciplinary team.

- **Live Surgery Streaming 360 for Education:** <https://www.woodigital360.co.uk/live-surgery-streaming-360-for-education/>

Live stream surgery procedures

Social Media

There are a number of good social media counts out there that are providing students with information about medicine and medical school. Below are two that we particularly like:

- **#Wearemedics** : <https://www.instagram.com/wearemedics/?hl=en>

Run by the University of Birmingham's Widening Access to Medicine Society (BWAM) they provide information and insight into different areas of medicine, tips and advice on interviews, admissions tests, and what to consider when applying to medical school.

You can access their eBook selection here: <https://www.wearemedics.com/links/>

- **Medlife Crisis Blog**: <https://www.medlifecrisis.co.uk/>

Created by Cardiologist, Dr Rohin Francis, this blog looks at different areas of medicine through YouTube videos.

- **@BSMSOutreach – Twitter and Instagram**

Follow us for regular top tips, updates and details of our [February Instagram competition!](#)

Other Careers in Healthcare

There are many other healthcare professionals that work with doctors. Below are a range of links to help provide you with an insight into these careers.

- **NHS Health Careers**: <https://www.healthcareers.nhs.uk/explore-roles>

Explore over 350 NHS health-related careers. Remember, even if you are only interested in becoming a doctor, it's important to understand how healthcare professionals work together to care for patients.

- **AHP 360**: <https://hee-vr360.azurewebsites.net/>

VR 360 videos showing clips of Allied Health Professionals consultations with clinician voiceover explaining their role and interaction with the patient.

- **Interview with a social workforce:** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/interview-social-worker/content-section-0?active-tab=content-tab>

The focus of this course is to explore the role of a support worker. It helps to identify what is expected within a working environment, and the skills and qualities needed in order to perform their roles effectively.

- **University of Leeds – Headstart into Healthcare:**
<https://www.youtube.com/watch?v=aChSM5opEdU&feature=youtu.be>

360 video of son and father (patient) and their conversation at home leading to a consultation. The son is then interested in healthcare and attends an event, before attending training. The video follows his journey.

Medical School Admissions Tests

All the information and resource required to score highly on admissions tests for can be accessed free of charge through the respective websites. The key to doing well is plenty of practice, and practising under timed conditions.

- **BioMedical Admissions Test (BMAT):** <https://www.admissionstesting.org/for-test-takers/bmat/>
- **University Clinical Aptitude Test (UCAT):** <https://www.ucat.ac.uk/>

Please note there are costs associated with both of these tests, however both testing bodies have financial support for applicants available. You can find out more information below:

- **BMAT Reimbursement:** <https://www.admissionstesting.org/for-test-takers/bmat/bmat-november/dates-and-costs/>
- **UCAT Bursary:** <https://www.ucat.ac.uk/ucat/bursary-scheme/>

Medical School Personal Statements & Interview Preparation

To prepare for a personal statement and/or a medical school interview, generally speaking, it's important you understand the role of a doctor and the realities of working in medicine – you can obtain both through all the aforementioned resources.

It is also important that you have reflected on your own personal skill set. The Medical Schools Council (MSC) has created a list of core values and attributes required to study medicine.

You can access this list here: <https://www.medschools.ac.uk/media/2542/statement-on-core-values-to-study-medicine.pdf>

You can then use this list and think about examples from your own experiences (they don't have to be in a healthcare settings), where you can demonstrate these skills. For the extra reflective step, think about where, and when these skills might be used by doctors.

Other resources that may help with this preparation include:

- **BrightKnowledge – What is Reflective Practice?**
<https://www.brightknowledge.org/medicine-healthcare/what-is-reflective-practice>
- **General Medical Schools Council: The reflective practitioner – a guide for medical students:** <https://www.gmc-uk.org/education/standards-guidance-and-curricula/guidance/reflective-practice/the-reflective-practitioner---a-guide-for-medical-students>
- **Medical Schools Council – Entry Requirements:**
<https://www.medschools.ac.uk/media/2701/msc-entry-requirements-for-uk-medical-schools-2021.pdf>

An overview of all UK medical schools including their entry requirements, their use of personal statements and interviews. *Please note the 2022 entry requirements document is yet to be published.*

- **Medical Schools Council: Personal Statement Info sheets:**
<https://www.medschools.ac.uk/media/2374/msc-infosheet-personal-statement.pdf>



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- **University of Oxford – Anatomy of a Personal Statement:**
<https://www.medsci.ox.ac.uk/study/medicine/pre-clinical/applying/anatomy-of-ps>
- **Work Psychology Group and the Medical Schools Council: Preparing for an online Multiple Mini Interview (MMI): Guidance for Applicants**
<https://www.medschools.ac.uk/media/2811/applicant-guidance-online-mmis-2020-final.pdf>
- **The Medical Schools Council Interview Preparation Tool:**
<http://www.msccandidatepreparation.co.uk/>
- **Wearemedic Self- Service Interview Practice:**
<https://www.wearemedics.com/interview/>

Record your responses to 5 mock interview questions and assess your performance using the mark scheme.

- **The Medic Portal Webinar Series:** <https://www.themedicportal.com/application-guide/medical-school-interview/free-interview-webinars/>

This series of free webinars cover a variety of different interview topics.

Most medical schools will also publish their admissions processes (including interview format) on their website. For the most up to date information, it is always therefore best to check the websites of the medical schools you are interested in/have applied to.

BSMS

Our role at BSMS is to give advice and guidance to help people to make informed decisions about studying medicine.

Should you wish to subscribe to our monthly newsletter, for aspiring medics, that provides updates and relevant content to support an application to medicine, visit our outreach page here: <https://www.bsms.ac.uk/about/info-for-schools-teachers-parents/outreach-activity-and-resources-for-all.aspx>

Should you wish to find out more about BSMS, including about our course and admissions process, you can visit our virtual open day hub here:

<https://www.bsms.ac.uk/undergraduate/open-days/virtual-open-day/virtual-open-day-hub.aspx>