

MEDICAL SCHOOL

SUCCESS GUIDE

ELSEVIER'S TOP TIPS FOR
MEDICAL STUDENTS



Health

DEAR STUDENT

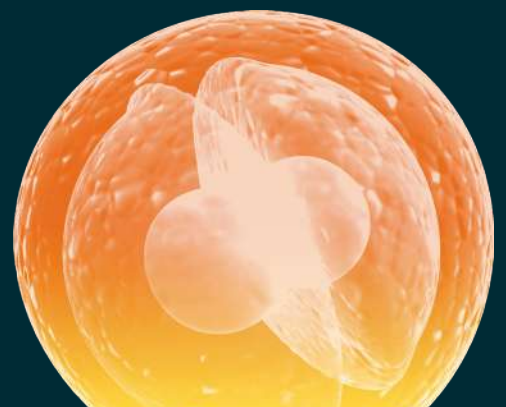
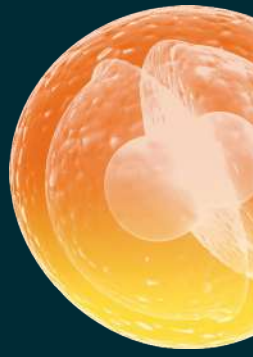
Congratulations! Your calling, enthusiasm and hard work have got you this far. Now you are about to embark on your next exciting journey, filled with new challenges, friends, experiences and lots of learning!

We can't guarantee that it will be easy, but you won't be alone, we will be here to support your learning as we have for generations of students. The reward will be worth it, because there is nothing more important than helping to improve the health and lives of others.



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“

Enjoy it at the start!
The hard work does need to come at some point, but there's no other time in life like starting university to meet new people and make new friendships.

”

- Medical student

#1

EVERYONE'S SMART AT MED SCHOOL, SO CHILL OUT

So, you were probably one of the smartest kids at your school. But here's the thing - that's probably true of all your classmates too. Why does this matter? Because when you're sitting in that first biology class or anatomy tutorial

and someone says a 20-letter word in what seems to be a different language, it's important not to freak out. In fact, chill out. And say hi. That person is probably the one who's going to help you pass your first exam!

#2

THINK LIKE A JUNIOR DOCTOR

Your friends probably already think you're a doctor, and your family hope you'll become a successful one. And that's a good way to think, and act. While you shouldn't take yourself too seriously, thinking like a Junior Doctor will help you become a Junior Doctor. Here are our top three reasons why:

1 Junior Doctors are responsible for looking after others. But if you don't look after yourself first, you can't care for anyone else. Make sure you devote enough time to your own physical and mental wellbeing.

2 Junior Doctors work in teams. If there is one tip to help you succeed and not just survive at medical school, it is to find your team. Find your study team. Find your party team. And find your non-medical team.

3 Junior Doctors know they need to keep learning. And you will too. Your learning curve will be so steep. So yes, you need to learn. But you also need to learn to keep learning.



**JOIN
SEVERAL
DIFFERENT
SOCIETIES**

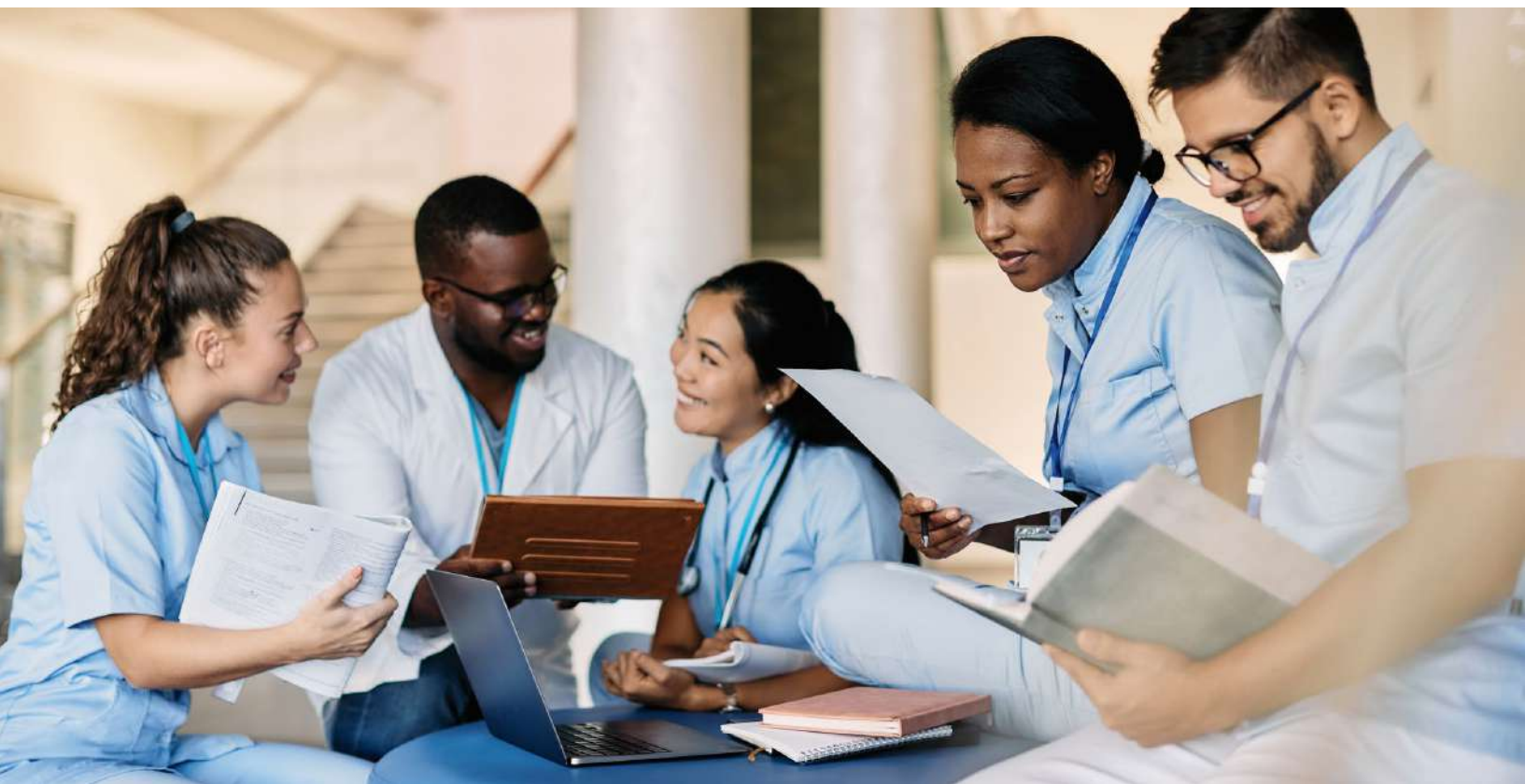
**Make friends from all year groups
(They'll help you with notes
from previous years)**

#3

MAINTAINING RELATIONSHIPS HELPS YOU GET THROUGH YOUR DEGREE AND YOUR CAREER

Remember that smart person from the previous page? The one that's going to get you through your first exam? Chances are they will help you get through your degree as well. And probably your career. Your cohort will become your study buddies at uni,

your trusted advisors, and your network once you all specialise. And who knows? They may even become your lifelong friends! Check out university societies and sports teams to help broaden your friendship group.



#4

GOOD DOCTORS HAVE GOOD LISTENING SKILLS

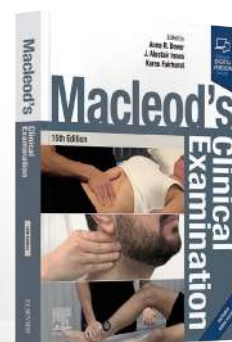
Being a good doctor isn't just about how smart or how technical you are. It's much easier if you're genuinely interested in people. Communication is key.

THE A, B, C & D OF PATIENT INTERACTIONS

Every healthcare professional involved in caring for patients can have profound influences on how patients experience illness and their sense of dignity. When you are dealing with patients, always consider your:

- A = ATTITUDE** – How would I feel in this patient's situation?
- B = BEHAVIOUR** – Always treat patients with kindness and respect.
- C = COMPASSION** – Recognise the human story that accompanies each illness.
- D = DIALOGUE** – Listen to and acknowledge the patient.

*Macleod's Clinical
Examination
15th Edition
ISBN 9780323847704*



Available in print & on ClinicalKey Student

#5

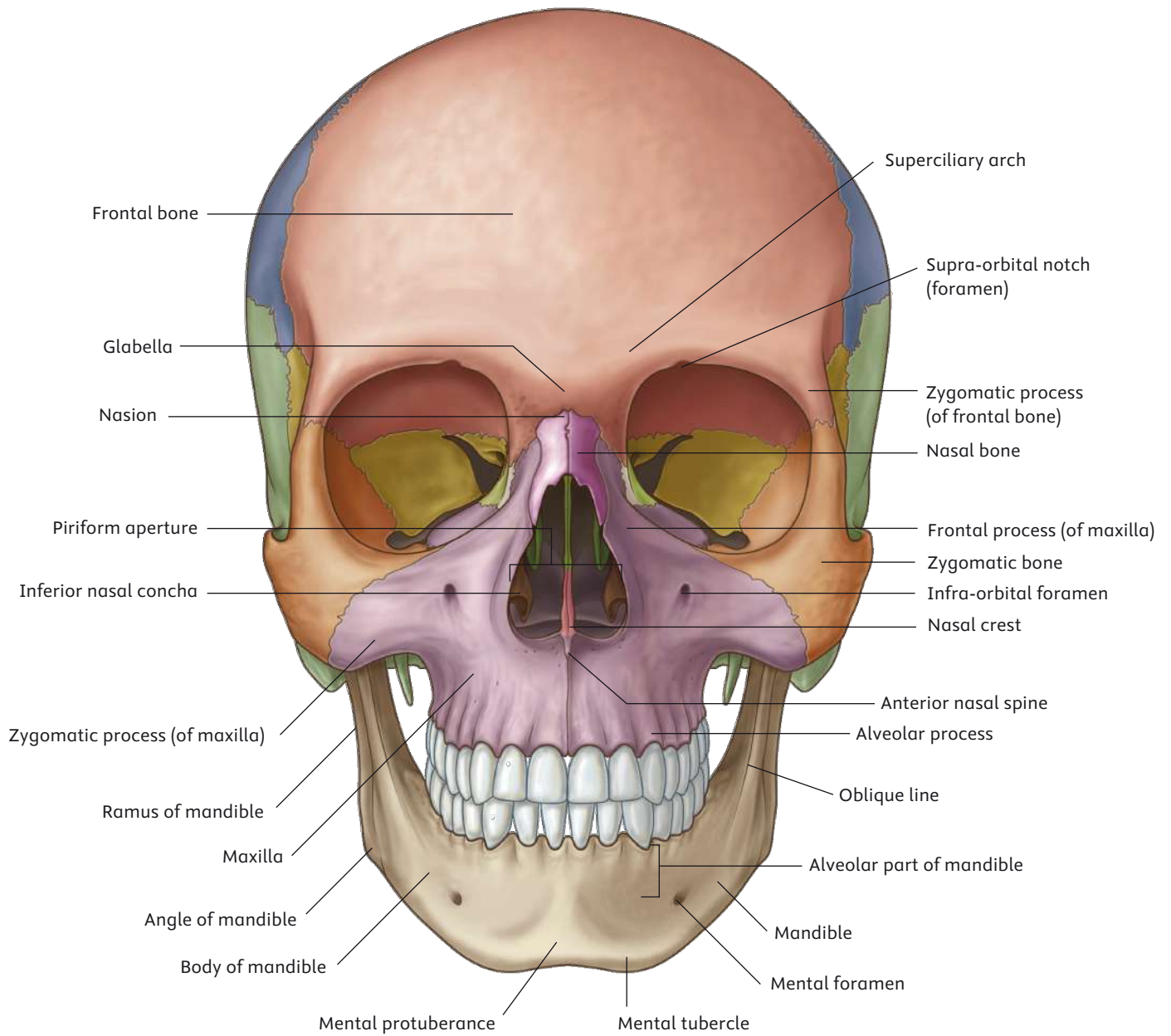
IT'S NOT ABOUT KNOWING THE ANSWER TO EVERY PROBLEM, IT'S KNOWING HOW TO SOLVE THEM

You don't have to be a walking medical dictionary (there's Dorland's for that), or a diagnostic savant (there's Dr. House for that) to do well in medical school. But you do need to know how to think, and how to problem solve.

Whether it is learning the Krebs Cycle, deciphering chest X-rays or learning the action, origin, insertion, and innervation of the brachioradialis, you need to find a system that will work for you. There's no right or wrong way.

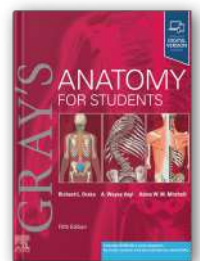


Anterior View Of The Skull

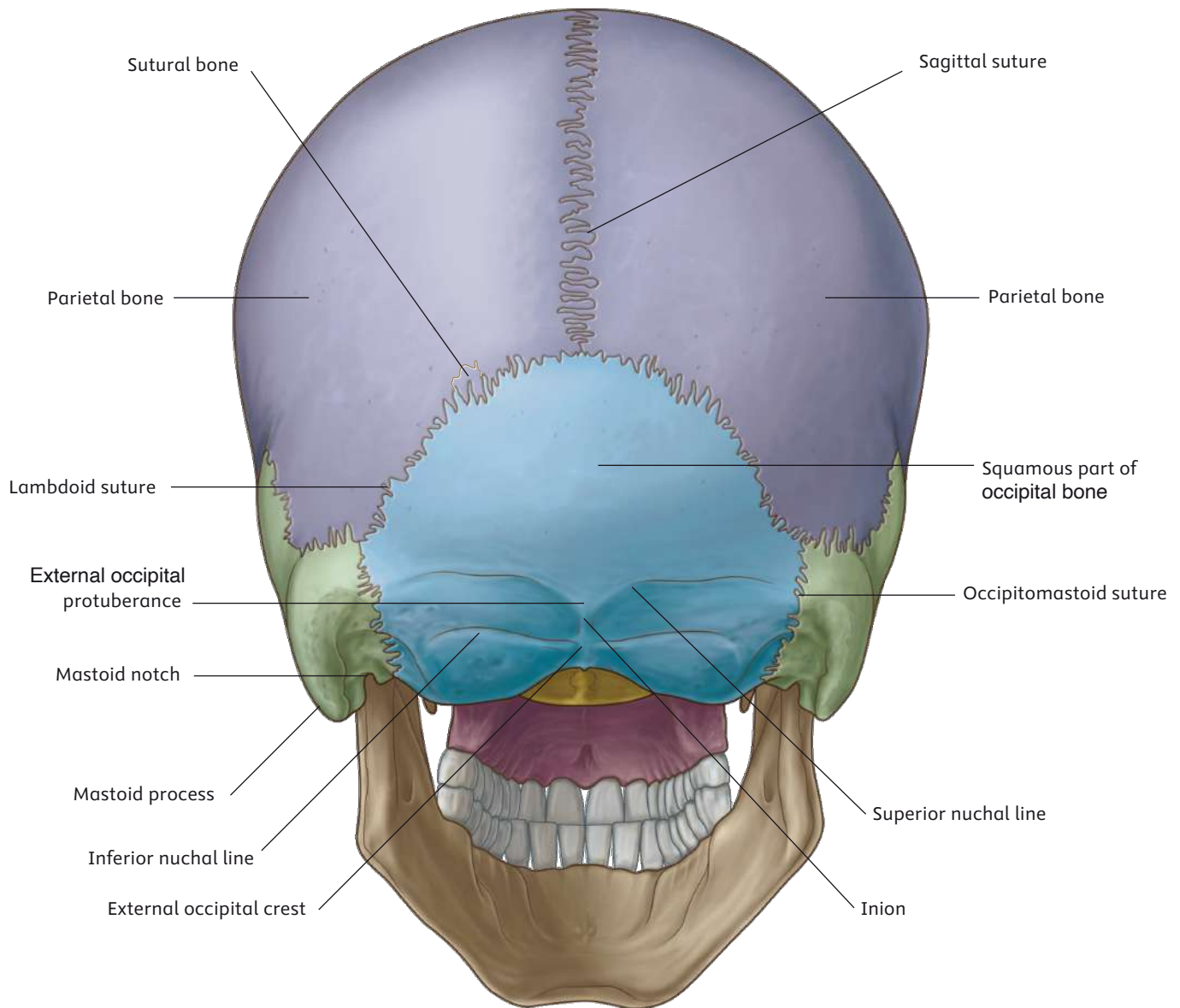


Health

Gray's Anatomy
for Students, 5e
Available in print and
on ClinicalKey Student

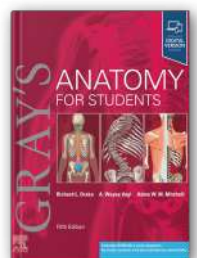


Posterior View Of The Skull



Health

Gray's Anatomy
for Students, 5e
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on ClinicalKey Student



#6

AN ANNOTATED HIPPOCRATIC OATH

I swear to fulfill, to the best of my ability and judgment, this covenant:...

I will respect the hard-won scientific gains of those physicians in whose steps I walk, and gladly share such knowledge as is mine with those who are to follow.

“I will hone my social skills - they will be as important as my medical knowledge.”

I will apply, for the benefit of the sick, all measures which are required, avoiding those twin traps of overtreatment and therapeutic nihilism.

I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or the chemist's drug.

“Discretion is the better part of valour.”

I will not be ashamed to say “I know not,” nor will I fail to call in my colleagues when the skills of another are needed for a patient's recovery.

I will respect the privacy of my patients, for their problems are not disclosed to me that the world may know. Most especially must I tread with care in matters of life and death. Above all, I must not play at God.

I will remember that I do not treat a fever chart, a cancerous growth, but a sick human being, whose illness may affect the person's family and economic stability. My responsibility includes these related problems, if I am to care adequately for the sick.

I will **prevent disease** whenever I can but I will **always look for a path to a cure** for all diseases.

“I will enjoy the privilege of being a doctor.”

“Prevention is better than cure.”

I will remember that I remain a member of society, with special obligations to all my fellow human beings, those sound of mind and body as well as the infirm.

If I do not violate this oath, may I enjoy life and art, respected while I live and remembered with affection thereafter. May I always act so as to preserve the finest traditions of my calling and may I long experience the joy of healing those who seek my help.

“If I don't know something, I just have to ask! someone else will know.”

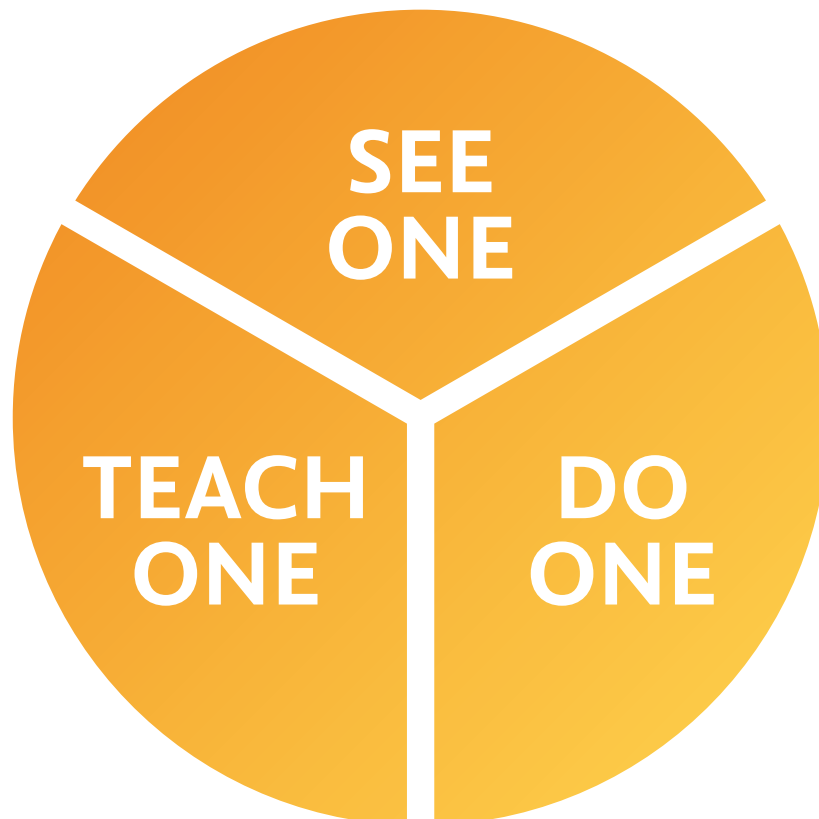
“I will share my insider guide with future first years... even if I don't share my textbook.”

#7

SEE ONE. DO ONE. TEACH ONE.

As surgeons are known to say: “See one. Do one. Teach one.” What this means is, after seeing a surgery performed, trainees are expected to be able to perform one themselves, and after doing a surgery, they have to be able to teach a junior doctor

how to do the surgery, and so on. In study, as in your career, no one expects you to know everything. But people expect you to be able to learn quickly and to share your knowledge with others.



#8

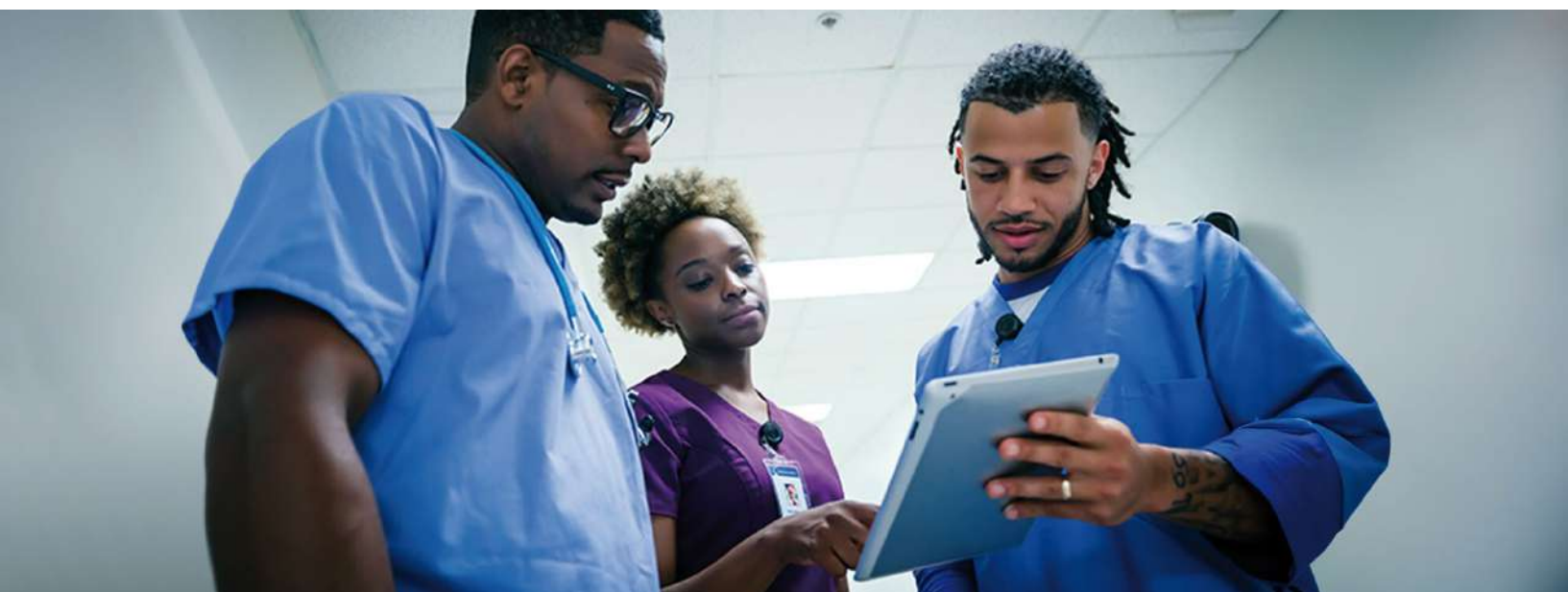
NURSES ARE THE ONES WHO REALLY RUN THE HOSPITAL

You rock up to hospital on your first day, you're wearing a crisply ironed shirt with a stethoscope around your neck, patient list in one hand and a coffee in the other.

On your first ward round, you have 18 patients to see, with roughly 5 - 10 minutes per patient. Easy. Quick scan of the patient chart for history – 60 seconds. Review vitals – 30 seconds. Catch up with the nurse – 30 seconds. Complete a differential diagnosis in your head – 90 seconds. Devise treatment plan – 30 seconds. Leave the nurse with the treatment plan to deliver over the next 24 hours and tell them

you'll be back tomorrow same time to check in. What could possibly go wrong? Well, depending on how your interaction with the nurse goes, things could either go smoothly or... not so smoothly. As a new doctor, you're excited and probably quite proud of yourself. You probably think of nurses as your sidekicks, or your helpers. But the truth is, nurses are the cogs that keep a hospital running. You might spend 10 minutes with the patient twice a day, if you're lucky. Nurses are responsible for the care of the patients on their ward 24 hours a day, 7 days a week.

So, remember: be nice...



#9

HAVE FUN WHILE YOU LEARN

At medical school, you have to be a sponge, learning and absorbing new things every minute. It can be tough, but there are many interesting ways to learn. For example, check out [Netter's Anatomy Coloring Book](#). Trace and colour your stress away, while strengthening your understanding of the human body at the same time. Who says studying can't be fun?

#10

SENIOR DOCTORS SEE BITS OF THEMSELVES IN YOU

As a Junior Doctor, Senior Doctors and Consultants don't expect you to be a machine. In fact, they don't even expect you to be right most of the time. But they do want to get to know you, and they want to get to know the real you.

You're probably thinking, "Surely they don't, why would they care?" The reason they care is, if you want to get accepted into a training programme for their specialty, they're not asking: "Can this person do the job?" They're asking: "Do I want this person to be my colleague for the next 20 years?"

So, be yourself. Be real. Talk about your hobbies, talk about the bad decisions you made on the weekend, and talk about the football teams you support! And trust me, if they like you and can see a bit of themselves in you, they may just see you as a colleague one day.

**THERE ARE
MANY DRUG
OPTIONS FOR
YOUR PATIENTS,
THE ONLY DRUG
YOU'LL NEED IS...**

CAFFEINE



#11

DOCTORS SAVE LIVES, NOT MONEY

In your final year of uni, you will look back and realise just how much you've learned – from anatomy to physiology, embryology to paediatrics, ethics to communication. You'll realise that you spent hundreds of hours observing other doctors and learning (hopefully) how to save lives. But one thing you won't have been taught to save is money.

Whatever currency you're earning in, chances are you're not saving much money. With that in mind, here are some tips about how you can save money during med school, without missing out on all the fun!

- 1** Invest in a coffee machine, and use it. Economists believe that for the average medical student, a coffee machine has a return on investment of 683% and a payback period of two months.
- 2** Get free stuff from student fairs; these places are great for getting free pens, bags, and notepads. Some stalls will even offer really cool prizes. One thing is for sure, there's **ELSEVIER** freebies including books. So come say hi to us whenever you can!
- 3** Speaking of books... We know that there are lots to choose from, and it can be tough to figure out which ones you really need. Look at your reading list and ask the students in the years above for guidance. They're always a great source of advice; they'll tell you which books you just can't live without – for example, Gray's Anatomy for Students, Kumar & Clark's Clinical Medicine – and the ones that you can.
- 4** Also do check in with your librarian to ask what digital resources are available. It's likely that your school will have **ClinicalKey**® Student, **OSMOSIS** from Elsevier OR **Complete Anatomy** access.

#12

GO IN WITH AN OPEN MIND ABOUT WHERE YOUR PATH CAN TAKE YOU

If you ask your cohort, in the first week, what type of medicine they want to do, half will say surgery, another third will say general medicine, and the rest might be split between whatever their parents do or simply, “I don’t know”. But the reality is, many will end up in specialties that they would never have considered (or even knew existed) at the start of the degree. How do I know? Because I was in the 50% who

wanted to be a surgeon (an orthopaedic surgeon, to be exact), and now I am in the training college for nuclear medicine. My best friend wanted to be a GP all through medical school, and now she is about to be a paediatrician. The moral of the story? Keep an open mind, talk to consultants, and ask lots of questions. You never know what career path may interest you!

“ While it is essential to stay on top of things, medicine is a course that is 10x busier than any other, so you can't get bogged down if you have missed a lecture or have not studied something. Sometimes, you just have to draw a line in the sand and come back to things later so that you can fully focus on the content being taught now! ”

- Medical student

#13

SELF CARE

KEEP YOUR BRAIN FUELLED

Remember, sitting at your laptop, doing long shifts, being away from your usual support networks and eating unhealthy food will add up over your time as a student. Eat well and look after yourself, time invest in weekly meal planning will be worth it. Remember food is fuel and taking care of your self is always a priority.

NO BAKE BRAIN BALLS

- | | | |
|-----|-------------------------|------------------------------|
| 1 | cup oatmeal | flakes |
| 1/2 | cup peanut butter | 1/2 cup ground flaxseed |
| 1/3 | cup honey | 1/2 cup mini chocolate chips |
| 1 | cup unsweetened coconut | 1 tsp vanilla |

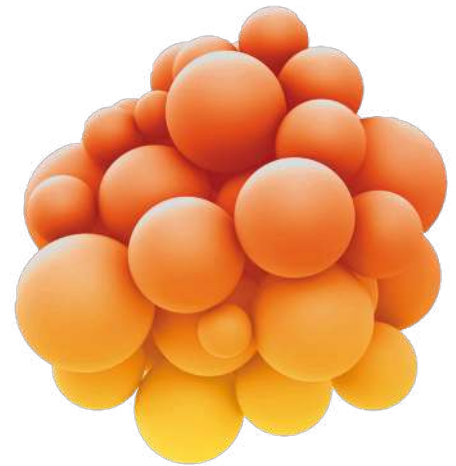
Directions: Mix everything! Chill for 1/2 hour. Roll into balls and cover.

GREEN HORNET SMOOTHIE

- | | | | |
|-----|-----------------------------|-----|--------------------------------------|
| 1 | tablespoon yoghurt. | 1 | handful loose spinach. |
| 4 | leaves kale, stems removed. | 1 | cup coconut water. |
| 1/2 | apple. | 4-5 | fresh mint leaves.
lemon or lime! |

Directions: Mix everything in a blender and enjoy

#14



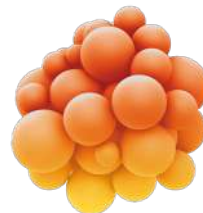
STUDY SONGS

- Staying Alive - **The Bee Gees**
- Every Breath You Take - **The Police**
- The Drugs Don't Work - **The Verve**
- Comfortably Numb - **Pink Floyd**



Check out our playlists on [Spotify](#). We've got something for every mood!

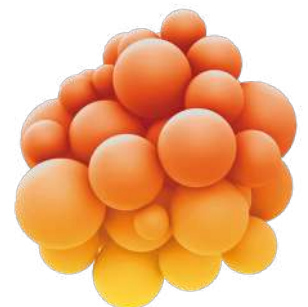
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TEST YOUR KNOWLEDGE

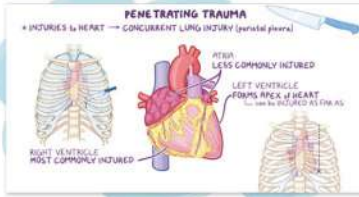
Match the condition with the term

- | | |
|---------------------|---------------------------|
| 1. Tennis Elbow | A. prepatellar bursitis |
| 2. Goosebumps | B. tibial stress syndrome |
| 3. Housemaid's knee | C. lateral epicondylitis |
| 4. Sneezing | D. sternutation |
| 5. Shin Splints | E. horripilation |





As a medical student, you're inundated with so much information, it's difficult to know what's important. Osmosis provides you with the right study techniques to help you retain, understand, and study more efficiently throughout med school. Learn to think clinically and be better prepared for classes, exams, and clinicals with Osmosis's comprehensive library of videos, questions, flashcards, decision-making trees and more.



Videos - Expert-reviewed videos that condense down material with short, engaging videos



Flashcards - Quickly recall key material with flashcards backed by spaced-repetition



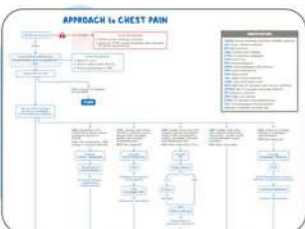
Questions - Thousands of rigorously reviewed board-style questions with detailed answer explanations



High-Yield Notes - Beautifully illustrated printable notes with full-color images and tables



Mobile App - Study on the go with the Osmosis mobile app



Decision-Making Trees - Allows you to confidently navigate through and make patient decisions based on the information you have at each moment

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[Complete Anatomy
advanced 3D anatomy platform
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2. Follow the instructions that you see on the screen
3. Download the app
4. Start using Complete Anatomy



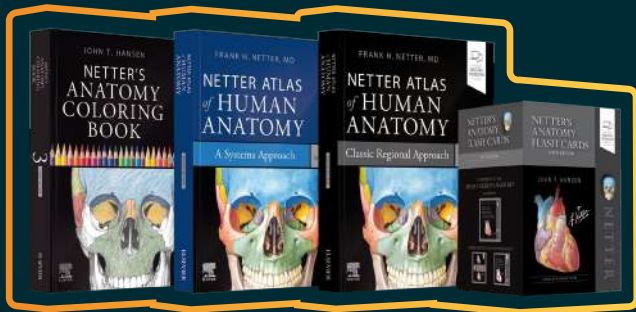
Complete Anatomy



Get under the skin of Elsevier's Anatomy brands

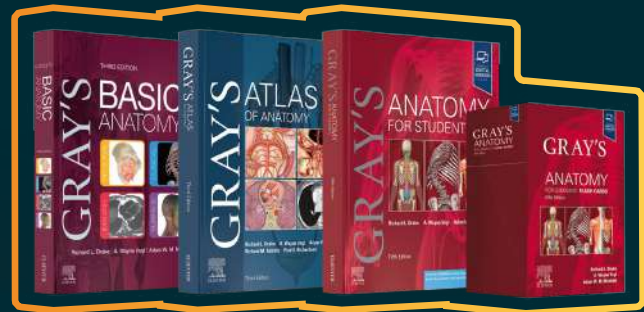
At Elsevier we love anatomy and are proud to have some of the most amazing brands to share with you to help you tackle learning anatomy with ease.

F. Netter M.D.



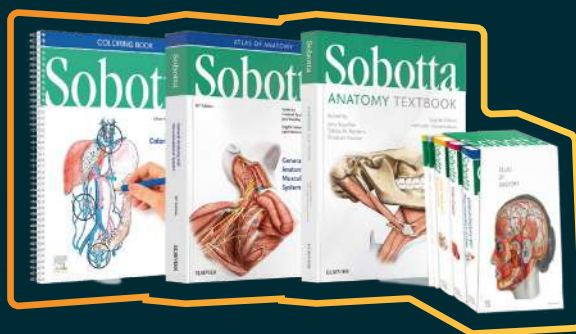
Beloved by students and professionals the Netter name needs no introduction. Known the world over for its stunning artwork program. To ace anatomy, choose from a regional or systems-based approach atlas and supplement your learning with the colouring book, look out for some samples inside this book!

Gray's Anatomy



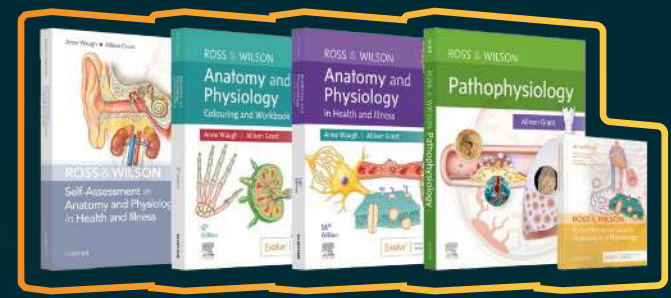
I say anatomy you say Gray's! Gray's has been synonymous with anatomy since the first edition of the Atlas was published in 1858. Now in its 5th edition Gray's Anatomy for Students is the go-to textbook for medical students for essential human anatomy. Now almost as famous as big Gray's (almost). Check out the other titles in the Gray's for student's brand. The flashcards are also a must-have!

Sobotta



Discover the Sobotta family, bilingual in both English and Latin. The head of the family is the Atlas, but, much more than 'just' an atlas. With a deeper focus on clinical relevance and self-test questions it's the whole package. Check out the colouring book and try some of the pages in this book.

Ross and Wilson



Two for one! Ross & Wilson covering Anatomy & Physiology - I can't think of a better pair! This this best-selling textbook has been honed over many years to provide a clear and straightforward introduction to the human body. Great for students of nursing and allied health subjects. It's got a colouring and self-assessment books too!



Health

All books available at major booksellers and via our webshops:
elsevierhealth.com

GOOD LUCK FUTURE DOCTORS!

We hope that you have found our guide informative and fun.
Our mission is to prepare you for the road ahead.

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<https://elsevier.health/en-US/medstudents/home>



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