



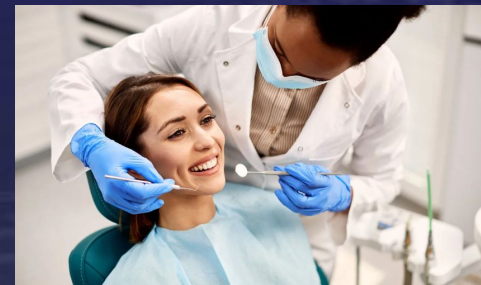
# MED / VET / DENT



## ASPIRE PROGRAMME

**CO-ORDINATOR : Emma-Jayne Hanner**

- What we do at Varndean to support potential medical applicants.
- What other qualities are the medical schools looking for?



To be part of the 2 year programme, students must typically have an average GCSE score of 7 and above, and be studying

BOTH A-level Chemistry and Biology  
OR International Baccalaureate (IB)  
Chemistry and Biology higher level





# Where are they?



## MEDICAL SCHOOLS:

<https://www.google.com/maps/d/viewer?mid=1nIOKFHOW9Vjwy3iVmngU1WjEBXY&ll=54.0455092318618%2C-3.4164356281249866&z=6>

## DENTAL SCHOOLS:

<https://www.google.com/maps/search/where+are+the+DENTAL+schools+in+the+UK/@52.9830466,-7.3938427,6z/data=!3m1!4b1?entry=ttu>

## VETERINARY SCHOOLS:

<https://www.google.com/maps/search/where+are+the+veterinary+schools+in+the+UK/@53.2034656,-7.3933808,6z/data=!3m1!4b1?entry=ttu>

**36 Medical, 16 Dental and  
11 Veterinary schools**

# WHAT WE DO AT VARNDEAN

## 1<sup>st</sup> Year

- Sept: MedVetDent group is set up.
- Oct onwards: Start scrapbook/diary incl. talks etc.
- Oct: Help out on Open Evenings
- Jan onwards: External speaker programme continues eg. MedChi (AEB), BSMS programme. Talks.
- Feb: Consider EPQ for next year. (not IB which has EE)
- April: Personal statement writing starts.
- May : UCAT registration
- June: C3L6 exam (not compulsory but...)
- June/July: UCAT exam



# MedChi 4 Hand Surgeon Talk





# AEB Thursday 22<sup>nd</sup> Sept 2022



Inauguration of newly elected President  
of the Med-Chi Society





**MED-CHI OCTOBER 2023**

**Professor Somnath Mukhopadhyay is Chair of Paediatrics and co-HoD  
Medicine at the Brighton and Sussex Medical School**  
*Onesizefits1- a new way to practise children's medicine?*





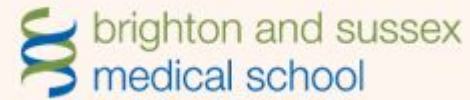
# Ellison-Cliffe Travelling Fellowship presentation evening : OCTOBER 2023



*The* ROYAL  
SOCIETY of  
MEDICINE





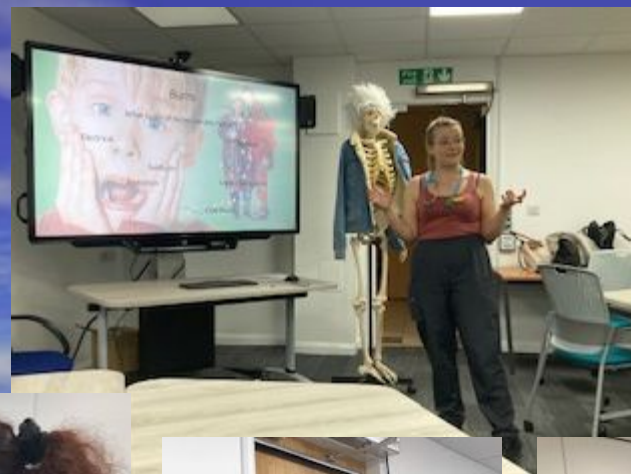


# ETHICS CHALLENGE : NOVEMBER 2023

# BSMS Festive Outreach Lecture DECEMBER 2023







# Jan 2024: Clinical Case History Workshops

- to help prepare students for the **rigours** and **reality** of medical training
- to inform and educate on the **due process** involved in diagnosis
- to help students consider a **holistic approach** to diagnosis and treatment
- to enable students to consider a systems-based approach to **clinical judgements**







## Case Histories on body systems:

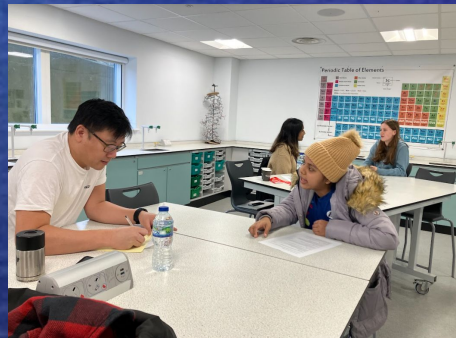
- ENT (Ear, Nose Throat)
- NS (Nervous System)
- MSK – MRI Scans (Musculo Skeletal)
- GIT (Gastrointestinal)
- Respiratory
- Repro/Gynae/Obs
- CVS
- Skin
- UT/Urological
- Misc. eg. anaemia, diabetic management (endocrinology)

# Applications for Future Practice

- include in UCAS personal statement
- supports and increases confidence during MMIs
- discussion point at interview
- useful and relevant for clinical practice



# MOCK MMI : January 2024



# Chris van Tulleken: Ultra-Processed People - how ultra-processed food took over the world

Jubilee Lecture Theatre, University of Sussex 25th January 2024





# BRIGHT IDEAS

An MSC Pathway Programme



*The MSC Pathway Programme is a Medical Schools Council initiative funded by the NHS. BrightIdeas 2024 is an MSC Pathway Programme that is being delivered by Anglia Ruskin University and Brighton and Sussex Medical School.*

An opportunity to complete a medicine focused research project, with the support of a medical student e-mentor.

The programme, which is delivered over four online events and ends in a 4-day summer school, provides invaluable insights into the roles of a doctor as a scientist, a clinician and a teacher.



President: Dr Sarah Cassik  
President Elect: Prof Rob Gibney  
Secretary: Ph Kanis Liu

## THE BRIGHTON & SUSSEX MEDICO-CHIRURGICAL SOCIETY LECTURE

6 pm | 16 April (Tue)  
Lecture Theatre  
Audrey Emerton Building



# Life is Not a Rehearsal



**Dame Parveen Kumar**  
DBE

Dame Parveen Kumar is an esteemed Emerita Professor of Medicine and Education at Barts and the London School of Medicine and Dentistry, Queen Mary University of London. She obtained her qualification from St Bartholomew's Hospital Medical College and worked in the NHS as a gastroenterologist and physician, mainly in north-east London at Barts, the Royal London and the Homerton hospitals. She has been a non-executive director of two acute hospital trusts, the Royal Hospitals trust and recently St Georges Hospital London. She is currently co-chair of the BMJ Commission for the future of the NHS, and Ambassador for UK Health Alliance for Climate Change.

Her research interest was in small bowel disorders, particularly coeliac disease. She co-founded and co-edited the textbook, Kumar and Clark's 'Clinical Medicine', which is used across the world, as well as other books.

She has been President of the: British Medical Association, Royal Society of Medicine, Royal Medical Benevolent Fund, and the Medical Women's Federation. She was the senior Vice President (academic), Censor, Director of CPD, and associate director for international education at the Royal College of Physicians. She chaired the Medicines Commission UK, was a founding Non-Executive Director of the National Institute of Clinical Excellence (NICE). She also chaired the Bupa Foundation, and the BMA Board of Science, amongst others. She has championed the role of women in medicine, helped ethnic minorities and refugees in this country and been involved in humanitarian work.

REGISTER



Her current main interests remain in climate change, medical education, and Global health (edited book on *Essentials of Global Health* with medical students). She is a trustee of many charities, including the British Youth Opera, Barts charity, BMA Foundation and BMA Giving.

Dame Parveen Kumar received many prizes and hon degrees, and life-time achievement awards, the BMA Gold medal 2008 and the BMJ award for the Outstanding contribution to health 2019, and awarded CBE in 2000 and DBE in 2017 for services to medicine and medical education.





## UPCOMING EVENTS

Home

About

Undergraduate

Postgraduate

Research

Living here

BSMS > About BSMS > Events > BSMS Campus Meet and Greet

### BSMS CAMPUS MEET AND GREET

About this session

## BSMS CAMPUS MEET AND GREET

Wednesday 17 April 2024, 1:30pm-3:30pm

Medical Teaching Building, University of Sussex campus

**THIS EVENT IS NOW FULLY BOOKED.** Please check our events page for other events.

# STUDENT SPOTLIGHT!!

IN FOCUS - CONNIE LIN

Connie Lin

## CONNIE LIN

Year of Study: Year 2



Year 2 student Connie Lin discusses her top tips for medical school interviews, her highlights of studying at BSMS, and what she loves about living in Brighton and Hove.

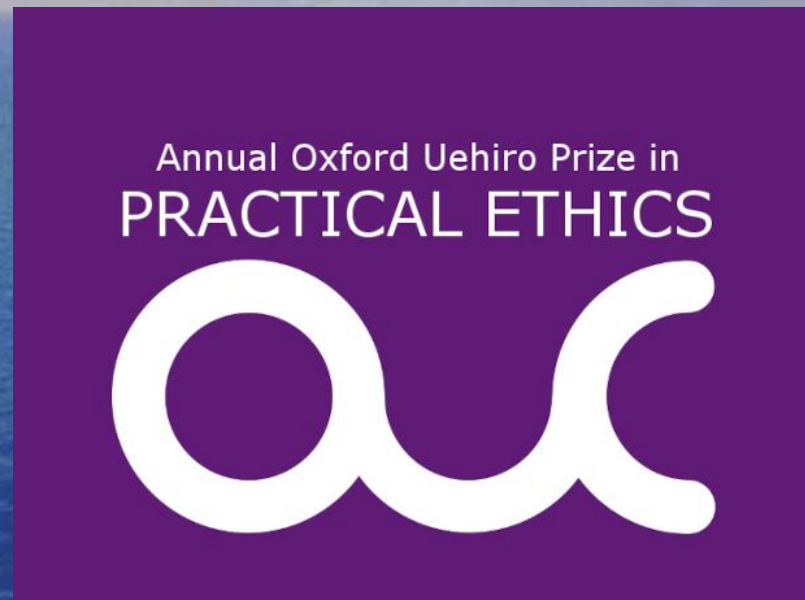
### What made you want to study at medicine?

I want to make real differences to people's lives and improve people's health. I'm also very interested in sciences; therefore I reckon medicine is a great career that has the best combination of what I wanted to do in the future!

### What made you want to study at BSMS?

BSMS provides us early clinical learning opportunities, which is an essential part of medicine. With the early experiences, I believe I can develop great clinical skills in the future as a doctor.

# Practical Ethics and Responsibility Competition



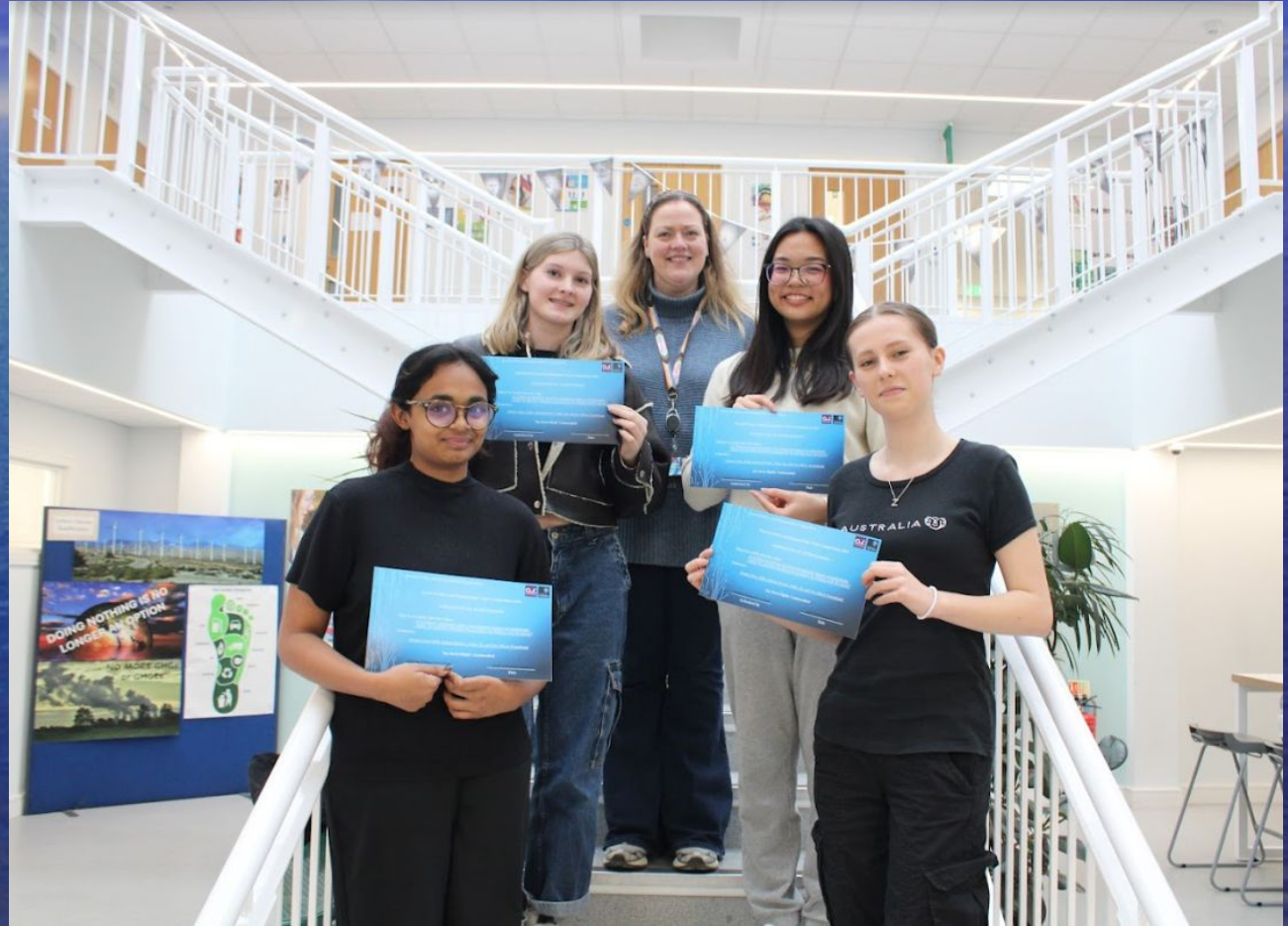
**Is it ethical to perform gender reassignment surgery on  
individuals under 18?**

<https://www.youtube.com/playlist?list=PLrZLXu5hwoDM9xrpqMuVFJjkm4TlhGHvI>



# HIGHLY COMMENDED (within the top 7 NATIONALLY!!!)

JANUARY 2024  
Video featured  
on the  
competition  
webpage &  
Twitter



Practical Ethics and Responsibility Competition



**Practical Ethics and Responsibility Video Competition 2024**

*CERTIFICATE OF ACHIEVEMENT*

**This is to certify that the video:**

Is It Ethical to Perform Gender Reassignment Surgery on Individuals under 18, and Who Should be Responsible for Making such Decisions?

**Produced by:**

Sienna Chan, Polly Ashton-Prevett, Aisha Zia and Zoe Oliver (Varndean)

**has been Highly Commended**

Joanna Demaree-Cotton

Authorised By

19th February 2024

Date



# WHAT WE DO AT VARNDEAN

## 2<sup>nd</sup> Year

- May/June: Book UCAT (Universities Clinical Aptitude Test)
- Jun-July: Personal statement + **PLAN A**
- July: Complete UCAT exam
  
- Sept onwards: Chem Olympiad. (not compulsory but...)
- Sept-Oct: Personal Statement finished/sent off to UCAS
- Nov: Help out again on Open Evenings/Days
- Interviews 1:1 with Emma and Multiple Mini Interviews with ex students/drama dept.
- Mentor 1<sup>st</sup> year cohort



**15 October  
2024**

# The University Clinical Aptitude Test (UCAT)

## MEDICINE & DENTISTRY

The University Clinical Aptitude Test (UCAT) is an admissions test, used by a consortium of **UK and partner universities** to help select applicants to their medical and dental degree programmes.

The test is used alongside other selection criteria such as your **academic qualifications and interviews.**

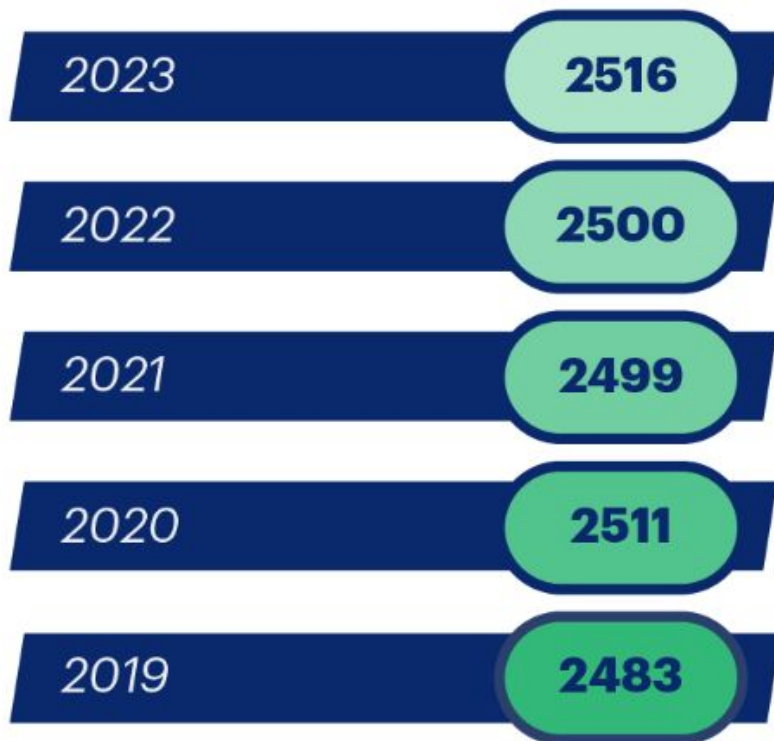
The UCAT is a **computer-based test**, delivered in Pearson VUE test centres throughout the UK



**Marked  
/3600**



The average UCAT score (i.e. the total mean scaled score for VR, DM, QR and AR sections) varies slightly every year:



An average UCAT score is around **2520 – 2580**, meaning the average score for each section is **630 – 645**.

You must meet the minimum threshold marks for graduate entry.

The overall threshold for UCAT is **2540**, with a minimum score of **570** in the Verbal Reasoning section.

## UCAT statistics: Average UCAT score per section (2022 and 2023)



A UCAT percentile of around 80-90 would be sufficient for entry into medicine at most universities.

This would equate to total UCAT cognitive test scores of 2760-2890 (or average UCAT subtest scores of 690-722.5).



# What grades do you need?

**MEDICINE + DENTISTRY : A\*AA (inc. CHEM)**

**VETERINARY MEDICINE : AAB to A\*AA**

**IB : 39 POINTS**

# WHAT QUALITIES ARE THE MEDICAL SCHOOLS LOOKING FOR?

- Good communication skills.
- Evidence of an empathetic nature.
- Robustness/handle stress.
- Ability to make decisions on the basis of incomplete information.
- Show sustained, genuine interest in medicine as a career.
- Med/Vet/Dent is a lifestyle choice (it will take over your life)
- Absence of arrogance.



# RELEVANT WORK EXPERIENCE

- **Essential for all vocational sciences**
- Work experience can be a variety of things: hospital, nursing home, charity shop, farms, primary schools, Scouts, Brownies, St John's
- A few hours over a sustained number of weeks or a block better than "one off".
- Show awareness of skills acquired and how they apply to a career in med/vet/dental sciences.

# HOW LONG IS THE TRAINING?

- 5 YEARS BASIC TRAINING [ 6 YEARS IF INTERCALATED DEGREE TAKEN]
- F1 F2 Years
- Begin to settle on final career path e.g. GP or hospital consultant.
- Specialist registrar [4-5 years]. Specialist training in the area chosen.



# What type of Medical School?

- **All medical degrees have:**

Equal value and status regardless of the medical school and the kind of course followed.

- **General Medical Council dictates degree content**

# What type of Medical School?

1. **TRADITIONAL:** Lecture based. No clinical work (& patient contact) until year 3. Often possible to get a BSc. at end of 3 years.
2. **PROBLEM BASED (PBL):** Emphasis on group/team learning. Clinical involvement from the start. Suit strong independent learners.
3. **INTEGRATED:** A blend of the two

**IMPORTANT:** Read the prospectus carefully!

(General Medical Council prefer Integrated)



# REASONS NOT TO APPLY FOR MEDICINE

- Because my parents want me to.
- I/they want to impress my/their friends
- I want to earn lots of money and have status. I want to be called "doctor"
- Casualty looks a breeze
- I want to help people
- The white coat looks sexy.



# A real veterinary student Surrey University Jess Duke





# A real Dentist David Cobbett ex Newcastle now in Hove



# Real Med Students: Labib/Habib Syed Barts London and BSMS



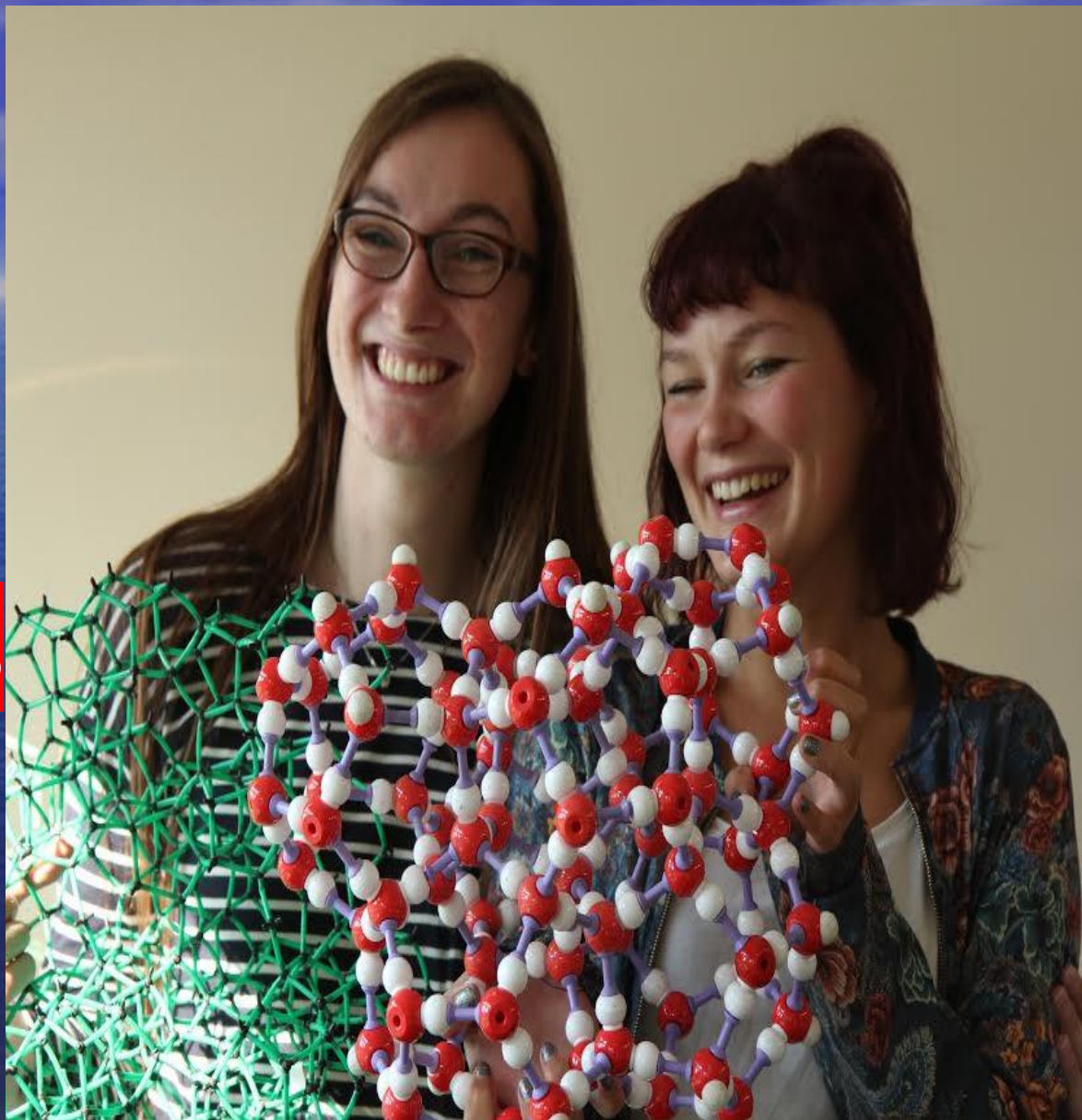
**Labib says:** *"I would recommend students to dream big and believe in your capabilities, as hard work can get you anywhere you want! "*



Fiyinfoluwa Oladipo  
Imperial London 4<sup>th</sup> Yr  
intercalating with BSc in  
genetics



Tash & Evie  
at Oxford  
& UCL  
Now doctors  
at St Georges  
and UCH  
London





# Good luck!

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

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

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

<https://www.thecompleteuniversityguide.co.uk/courses/veterinary-medicine/getting-into-veterinary-medicine-top-tips-for-applicants/>

<https://www.themedicportal.com/application-guide/choosing-a-medical-school/comparisontool/>

Contact details: [ehh@varndean.ac.uk](mailto:ehh@varndean.ac.uk)