



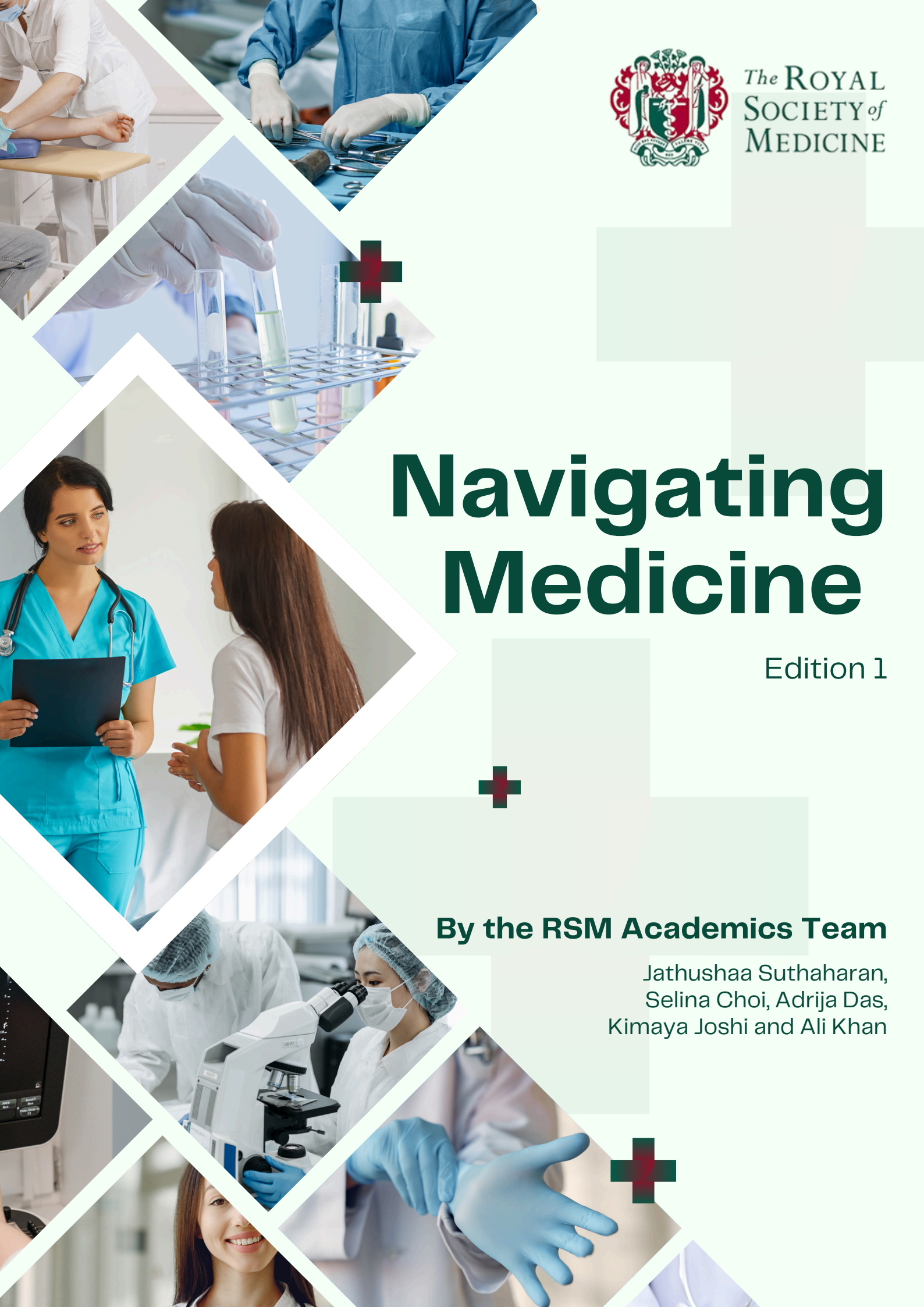
The ROYAL  
SOCIETY of  
MEDICINE

# Navigating Medicine

Edition 1

By the RSM Academics Team

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Kimaya Joshi and Ali Khan





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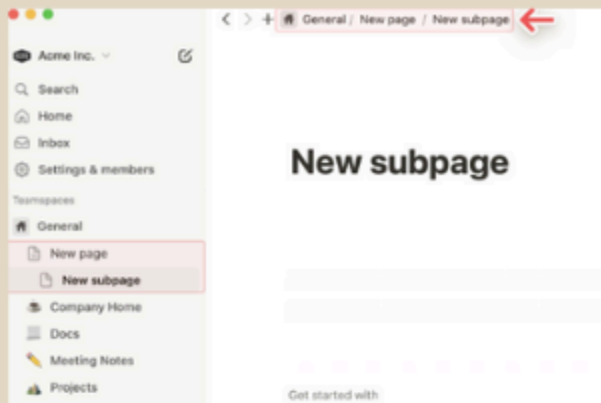
# THE PRECLINICAL TOOLKIT



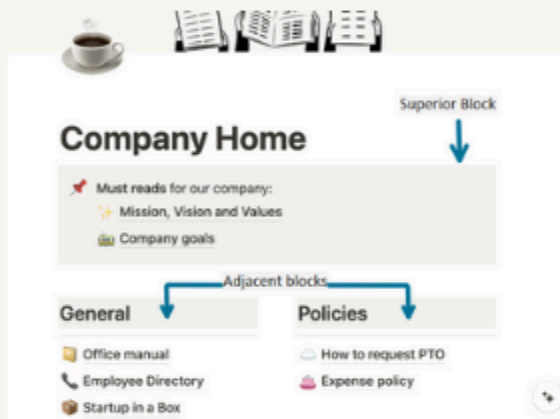
BY ADRIJA DAS



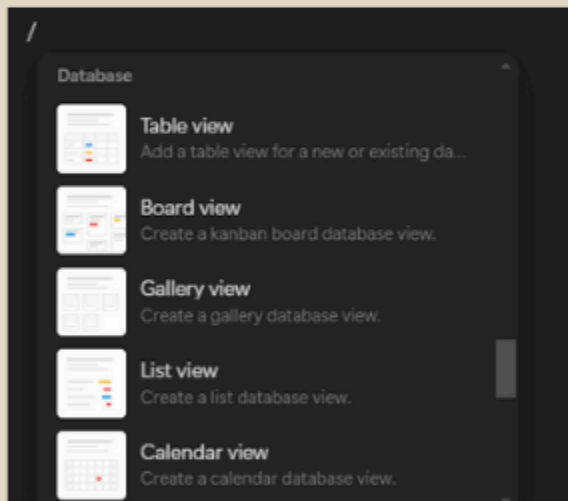
# Basics of Notion



Pages, the hero of this app as you can have multiple of them and can not only have pages inside pages to better sort topics but also link them to each other



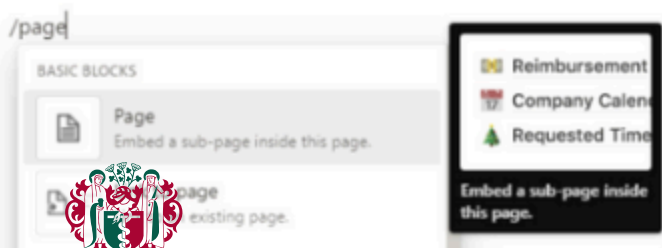
Blocks - the basic building unit of Notion. This makes it really handy to alter your notes to your visual appeal. everything you create is a block and can be moved easily



Databases are probably a med student's favourite due to their structured format and come in handy in tracking cases, managing study schedules or even extra curricular. You can set yr databases to various views such as gallery or table



## New Page

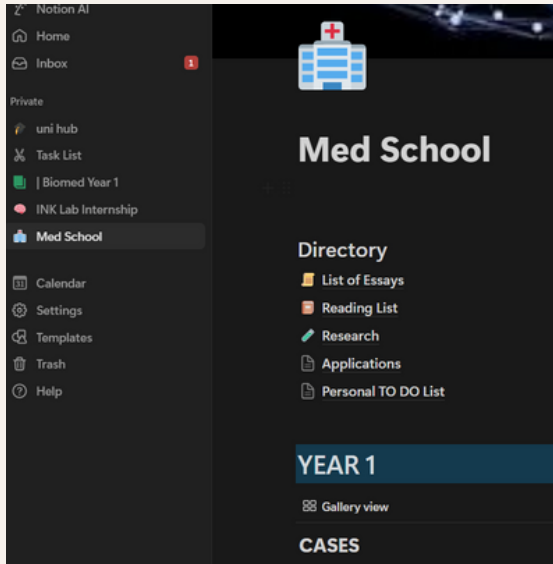


How to use this feature?

- One of the biggest benefits of Notion is the ease in use and navigation
- To add any of these components in an existing page just type in '/' and select the desired one from the drop down menu
- To add a completely new section to your dashboard, click on the '+' sign (Add a new page) in the side bar view

# SETTING UP NOTION

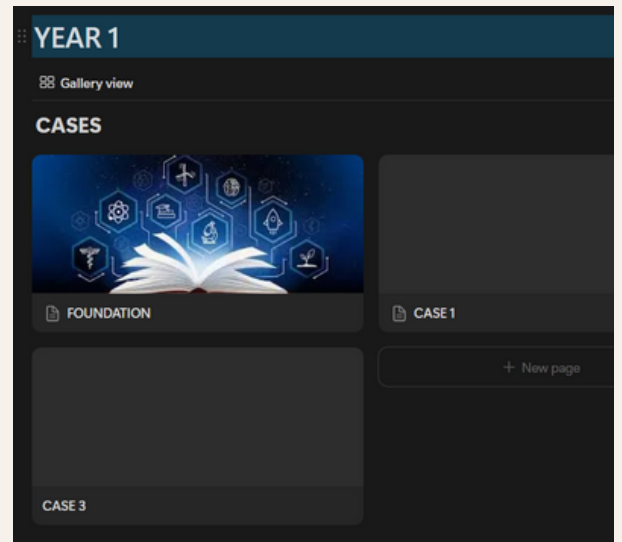
*As a med student!*



## Step One

### Create a Dashboard

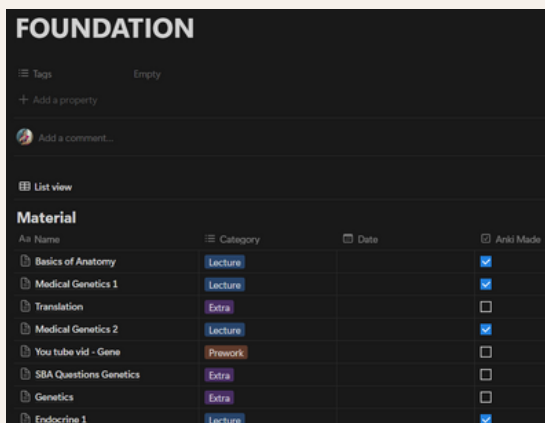
Make a main page within your Notion from the side bar toggle. This will be your Med school academic hub. Everything under one roof



## Step Two

### Make a main gallery database

Within the Dashboard, create a database with a gallery view and add all your module / cases / subjects for the year into it. This will enable you to have a broad overview whenever required.



## Step Three

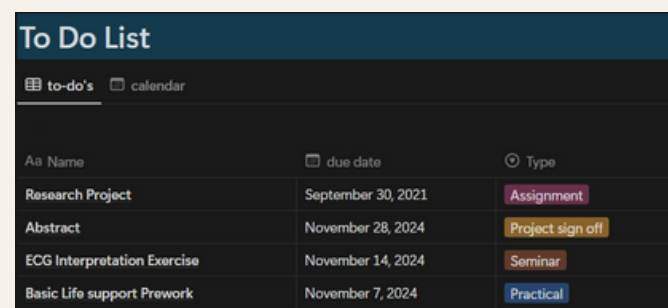
### Add Individual Table Databases to each of year module pages

This will enable you to monitor the material within each module/case. You can add additional tags like Anatomy / pharmacology to the table rows to allow you to better navigate

## Step Four

### Create a study tracker

This can be in the form of a To do list Table with attached deadlines or a calendar with allocated time slots



# Surviving Clinical Years

# 1: INTRODUCTION TO CLINICAL PLACEMENTS

BY KIMAYA JOSHI



Starting clinical years is a big step—it's where you go from studying in the classroom to working directly with patients. Instead of lectures and textbooks, you'll be learning on the wards, applying your knowledge to real cases alongside healthcare teams. This phase isn't just about understanding anatomy or physiology anymore; now, it's about diagnosing and managing actual patient care while building essential skills like communication, critical thinking, and decision-making.

The shift can feel overwhelming, but preparing for each placement can make it smoother. Before each rotation, brush up on the main topics you'll be covering so you have a foundation to build on. Once on the wards, take advantage of every learning opportunity, ask questions, and practice skills under supervision. This hands-on experience will help you gain the confidence and skills you need as a future doctor.

The following tips should help you to make the most out of your experience on the wards!

## 1. Be prepared

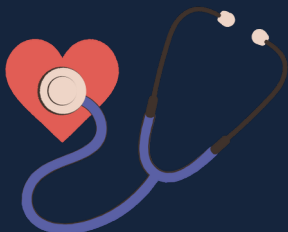
Starting your third year and diving into clinical rotations is a big change! Unlike the previous years, there won't be any scheduled lectures or notes handed to you—you'll be learning directly from working with patients on the wards. This hands-on approach is exciting, but it can feel a little overwhelming at first. A good way to ease into it is by reading up on the area you'll be working in ahead of time.

For example, if your first rotation is in respiratory medicine, spend some time reviewing common respiratory conditions before you start. Look up the main symptoms, how they're diagnosed, and how they're treated. Websites like Zero to Finals are helpful for quick, clear summaries. Having a basic idea of what to expect will help you feel more confident when you see real cases.

And don't forget the little practical things, like checking where you're supposed to be and knowing your schedule—it can make those first days a lot less stressful. Getting a handle on these details ahead of time can really help you focus on learning when you're actually there. It's all about setting yourself up for a smoother, more manageable start!

## 2. Practice, Practice, practice!

As annoying as it sounds, there is no substitute for practice when it comes to learning clinical skills. Try and practice all the clinical examinations at every opportunity. Learning the steps by heart makes OSCEs a lot easier since you don't have to worry about what the next step is but rather can focus on showing empathy and listening to the patient. It is also a lot harder to perform examinations on real patients compared to your friends or a teddy, since patients require explanation and reassurance.



Practice taking blood and cannulation as much as you can – I really struggled with cannulas at the start of 3rd year, but you will only get better with practice. I found it useful to tag along with one of the healthcare assistants or phlebotomists and practice on patients. This makes it less daunting as you have someone to take over if you are not confident or want to observe first.

## 3. Speak to patients

Going on the wards for the first time can be a bit scary. You may feel like you don't know what's going on or that you have nothing valuable to do. The only way to overcome this is to speak to as many patients as you can! This is also a great opportunity to practice your history taking skills. Ask one of the doctors if they have a patient that you could speak to and try and see at least one patient with each condition on the UKMLA conditions map. Seeing a condition in real life makes it a lot easier to remember as opposed to simply doing questions or reading about it. However, if this is not possible check if your university can provide you access to speaking clinically – this is an amazing website that has videos of real patients talking about their condition and covers most medical conditions. YouTube is also great resource for seeing common clinical signs.



## 4. Maintaining a work-life balance

One of the biggest challenges in clinical years is maintaining a healthy work-life balance. Long days filled with travel to and from placements can be exhausting, making it hard to find motivation to study in the evenings. However, setting aside time for wellness and a bit of studying each day is essential for staying on top of things and avoiding last-minute stress. Make time for exercise and self-care—it boosts your mood, increases your energy, and helps you focus better.

My biggest advice is to chip away at your studies every day, even if it's just a little bit. Doing a couple of Passmed questions every day will help familiarise you with exam questions early, ensuring that you feel prepared by the end of the year. This habit has helped reduce my stress significantly.

## 5. Make the most of every opportunity

Please make the most of placement opportunities! It can be very tempting to want to leave early, especially if nothing interesting is going on. However, try your best to practice taking histories and clinical skills as this is key to performing well in your OSCEs and working as a doctor in the future. Exposure to certain specialties such as ophthalmology or dermatology is very limited in most medical schools (I only had 1 week of placement) so you are unlikely to get it again. Good luck!!





# BEYOND MEDICINE

*Welcome readers!*

From Health Tech to Space Medicine, there are countless unique opportunities in medicine that many of us may not be aware of.

Each edition will spotlight an exciting non-traditional medical field. We'll explore what the job entails, discuss the pros and cons, and most importantly, answer the question: *how do we pursue a career in this field?*





# HEALTH TECH

BEYOND MEDICINE

BY SELINA CHOI

ISSUE 1

@sel\_hjc

**For our very first edition, we're focusing on Health Tech.** This field often comes to mind when we talk about a career 'beyond medicine'.

It's at the forefront of constant innovation and boasts a strong earning potential, so it's no wonder that more doctors (and medical students) are becoming interested in this area.

So, how can a medical doctor transition into the tech world? Let's take a closer look.



## 1. What is Health Tech?

According to [WHO](#), the definition of Health Tech is: 'medicines, medical devices, assistive technologies and procedures developed to solve health problems and improve the quality of life.'

Some examples of specialised areas :

- Genomics for precision medicine
- Wearables and health applications
- IT and software
- Medical devices such as insulin pumps and pacemakers
- Artificial intelligence
- Health information technology (HIT)

## 2. What are the Pros and Cons?

Here are some thoughts from doctors who ventured into health tech.

### Pros

- Flexible working (remote-hybrid, no nights and weekends)
- You can turn ideas into real impactful projects
- Well paid salary
- Can create your own start-up business

### Cons

- May miss the short-term positive impact by interacting with patients
- Your decisions are responsible for the whole company's growth and success

## 3. I'm interested, what next?

### Get involved

- Do an SSC or elective relating to Health Tech - companies such as [Concentric](#) offer electives in digital healthcare
- Do an intercalated course related to Health Tech - [intercalate.co.uk](#) is a great database to search for programmes
- If your University already has a Health Tech society - join! If not, start your own! Being a committee member will give you more experience and bonus CV points

### Network

- Set up a LinkedIn account and connect with health tech companies and groups which interest you
- Attend RSM student section networking events (coming soon)
- Attend Health Tech related conferences - tickets may be pricey but most Uni's have conference bursaries (ask around!)

