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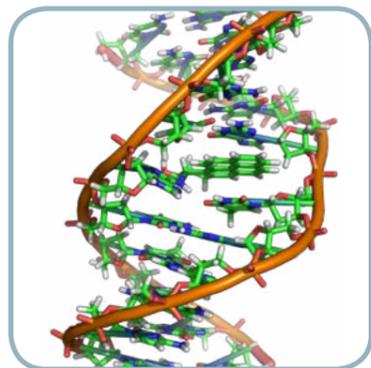
PiXL Futures
Getting Into Top Universities

PiXL6 MEDICS BULLETIN November 2019



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FUTURES

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DNA



Interviews



MOOC



Cardiac Deaths



Ted Talks



Pre-eclampsia

“Movember” sees a major fund raising event every year for Prostate Cancer UK. This is one of the fastest rising cancers, partly because men are living longer, but it is NOT just a disease of the elderly and the message needs to be got out that it can occur in much younger men. Indeed, in the USA testing for it is mandatory for many health insurance checks for all men over the age of 40. 50% of all men are also likely at some stage to develop an enlarged prostate and issues arising from that. Check out the details and symptoms of these and procedures such as HOLEP and TURPS.*

*Southampton University has just announced a new advance in prostate treatment. Radiotherapy has tended to have a side effect on nearby tissue and organs of the body but they have devised a gel that, when injected, can protect those surrounding areas by isolating the prostate so that only it gets the treatment and other areas are unaffected. This will encourage many men to have the potentially life-saving therapy without fear of the possible side effects.

Interviews:

These can take various forms but most Med, Vet and Dental schools have now gone over to the MMI system of multi mini interviews, where you visit a number of different stations or rooms in rapid succession, answering a range of different questions, from the personal to the professional and ethical, and maybe even take part in a role play. These are sometimes referred to as “Multiple Mugging interviews”. Don’t be put off or intimidated by them. They are testing how you react under pressure so Keep Calm, try to control the situation you are put in, think like a professional and do all you can to maintain a rapport with the people interviewing you. Make

sure you have brushed up on all of the following before you go:

- (i) The latest CQC (Care and Quality Commission) report on your own NHS Trust.
- (ii) A review of local provision (i.e. what are local medical/dental/veterinary/pharmaceutical services like? Is there good patient access? Are there local specialist units?).
- (iii) Sharpen up on any reading and research you’ve done or lectures/courses you’ve attended so that you can quote them accurately and precisely and say what you got from them.
- (iv) Sharpen up on any appropriate work experience or shadowing you’ve done, what you learnt from it and what you have read and researched since then to follow up on any illnesses/conditions/treatments you encountered.

“So, what is the evidence that you have the qualities and skills you need be a good doctor/dentist/vet/pharmacist etc?”

This is a question that so many candidates collapse on, not because they don’t have evidence but because they get all shy and modest and, when you ask them why they haven’t mentioned lots of items that are actually in their personal statement, they say things like, “I didn’t want to sound as though I was boasting”. You are not boasting! You are simply stating facts of what you have done that allow the interviewers to see that you have done different things, and it then allows them to pick out one or two to discuss further with you. You will only sound “boastful” if you say things that you



haven't really done or claim you to do (i.e. further reading, research etc.) when you haven't. Practise talking about yourself, what you've done etc. and why it's strengthened your determination to apply for your course. You need to feel comfortable doing so, especially as "good communication skills" are considered key to being a good practitioner and you are unlikely to qualify as one unless you have them.

Sudden cardiac deaths in children:

Occasionally, one hears tragic stories of children or young people suddenly collapsing and dying of heart conditions that no-one had suspected were there. HCM or "hypertrophic cardiomyopathy" is an inherited condition that causes heart muscle to become thicker, which can lead to life-threatening abnormal heart rhythms and sudden cardiac arrest. Most people with HCM are undiagnosed and have few, if any, symptoms. Although there are tools that can help predict the risk of sudden death in adults with the condition, until now they haven't existed in children. Scientists at UCL and Great Ormond Street have developed a tool that allows doctors to identify children with HCM, who may need to be fitted with an implantable cardioverter defibrillator (ICD), which can shock the heart back into a normal rhythm if they experience a life-threatening heart rhythm.

Pre-eclampsia:

... affects 1 in 25 pregnancies in the UK and gestational hypertension (high blood pressure in pregnancy) up to 1 in 10. Pre-eclampsia usually develops after 20 weeks of pregnancy and is diagnosed by testing for protein in the urine and high blood pressure. The exact cause isn't known but it is thought to be a problem with the placenta, which supplies nutrients to the baby in the womb. The NHS in England has announced that a new blood test for eclampsia, which

measures placental growth factor, will soon be available. It should allow for earlier and more accurate diagnosis.

Look up

Details on the **BBC Health Page** of research into identifying the very earliest signs of cancer, the link between air pollution and heart attacks, Max Whitlock's high-intensity training routine (excellent to get people of any age doing some exercise) and for dentists "everything you ever wanted to know about your teeth" (not quite a degree in 3 ½ minutes!).

TED talks

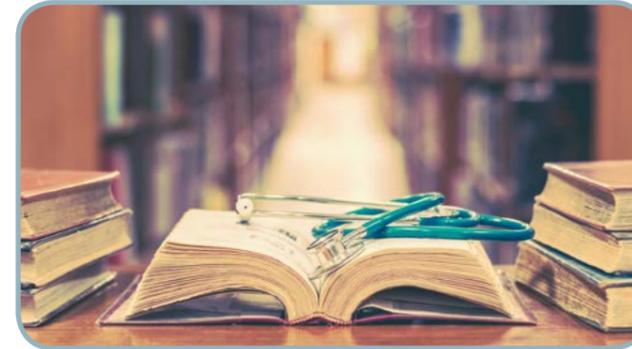
how CRISPR lets you edit DNA, how bacteria talk, how to make stress your friend, how nanoparticles could change the way we treat cancer.

MOOCs

Sleep Deprivation, Solutions and Strategies, Biochemistry - the molecules of Life, Understanding Insulin, Women's Health After Motherhood, Clinical Empathy and Medicinal Chemistry.

Hopefully you will have returned from half term rejuvenated and ready for a busy half term. For those of you taking the BMAT, if this gets to you in time, remember to do a practice run of the essay so that you don't run out of time in the real thing and remember that it is a test of your communication skills rather than a test of your opinion. Anyway, best of luck with it and especially so if you get an interview before the next bulletin comes out in December.

Best wishes from the PiXL team.



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