

Aspiring Medics

Reigate College



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www.reigate.ac.uk

The duties of a doctor registered with the General Medical Council

Patients must be able to trust doctors with their lives and health. To justify that trust you must show respect for human life and make sure your practice meets the standards expected of you in four domains.

Knowledge, skills and performance

- Make the care of your patient your first concern.
- Provide a good standard of practice and care.
- Keep your professional knowledge and skills up to date.
- Recognise and work within the limits of your competence.

Safety and quality

- Take prompt action if you think that patient safety, dignity or comfort is being compromised.
- Protect and promote the health of patients and the public.

Communication, partnership and teamwork

- Treat patients as individuals and respect their dignity.
- Treat patients politely and considerately.
- Respect patients' right to confidentiality.
- Work in partnership with patients. Listen to, and respond to, their concerns and preferences.
- Give patients the information they want or need in a way they can understand.
- Respect patients' right to reach decisions with you about their treatment and care.
- Support patients in caring for themselves to improve and maintain their health.
- Work with colleagues in the ways that best serve patients' interests.

Maintaining trust

- Be honest and open and act with integrity.
- Never discriminate unfairly against patients or colleagues.
- Never abuse your patients' trust in you or the public's trust in the profession.
- You are personally accountable for your professional practice and must always be prepared to justify your decisions and actions.

Is medicine the right career path for you?

Arrange work experience

Speak to health care professionals

Participate in open days, workshops, clubs

Internet Research

Read about latest medical advances / medical news / ethical issues

Education: GCSE and A Level requirements

Arrange Work Experience

You will be required to have done at least 2-3 weeks relevant work experience before you submit your application in the September of Year 13. This can be at:

Hospitals

Care Homes / Retirement Homes

GP Surgeries

Out of hours / walk in clinics

Reigate College has an arrangement with Epsom and St Helier Hospital for a one week work experience placement for our Aspiring Medics and all students are encouraged to arrange placements in addition to this opportunity. Some contacts have been included below for your information:

Epsom and St Helier Work Experience Opportunities: This is arranged directly with the Partner Schools (of which Reigate College is one)

Epsom and St Helier Hospital Volunteering Opportunities: Please contact the voluntary services department on 01372 735079 or email voluntary.services@esth.nhs.uk.

Surrey and Sussex Healthcare NHS Trust Work Experience Opportunities: Opportunities are posted on the Trust's website, but normally open in the January for the coming year <http://www.surreyandsussex.nhs.uk/working-for-us/work-experience/> (email Academy@sash.nhs.uk)

Surrey and Sussex Healthcare NHS Trust Volunteering Opportunities: <http://www.surreyandsussex.nhs.uk/working-for-us/volunteering/>

Western Sussex Hospitals Work Experience:

<http://www.westernsussexhospitals.nhs.uk/your-trust/careers/learning-development/work-experience/>

Ashford and St Peters Hospitals Work Experience:

<http://www.westernsussexhospitals.nhs.uk/your-trust/careers/learning-development/work-experience/> (email WorkExperience@asph.nhs.uk). Opening date for applications is normally the start of December and the deadline for submitting an application is 31st December.

Dorking Community Hospital: <https://www.cshsurrey.co.uk/our-services/location/dorking-community-hospital>

Kings College Hospitals – Priority given to local schools:

<https://careers.kch.nhs.uk/working/work-experience>

Royal Free London NHS Trust Work Experience: <https://www.royalfree.nhs.uk/patients-visitors/get-involved-in-our-hospital/volunteer-at-the-royal-free-london/being-a-volunteer/work-experience/>

Royal Surrey Hospital Guildford Volunteering Opportunities: If you are interested in volunteering your services, please call Chrissie Beard, Voluntary Services Manager, for a discussion about what opportunities are currently available. E-mail chrissie.beard@nhs.net
Tel 01483 464 847

Sussex Community NHS Foundation Trust Volunteering Opportunities

<http://www.sussexcommunity.nhs.uk/work-with-us/volunteering/>

A directory of local retirement homes, GP Surgeries and SEN Schools can be found in Appendix A. Universities recognise that it can be difficult to secure a work experience placement in a hospital, so time spent volunteering in these setting would be of benefit. Aspiring medics need to be comfortable talking to people of different ages, religions, ethnicities and genders. Communication skills, empathy and respect for all individuals are of paramount importance. Therefore in an interview for a place at medical school students can draw on a diverse range of experiences with the general public to reflect this.

Additional work experience volunteering with children, the disabled and the elderly, would be beneficial.

Volunteering Opportunities

Volunteering Website	https://do-it.org/
British Red Cross -	http://www.redcross.org.uk/Get-involved/Volunteer
St John's Ambulance	http://www.sja.org.uk/sja/volunteer.aspx
Royal Voluntary Service	https://www.royalvoluntaryservice.org.uk/
Mayday NHS Volunteering	http://www.maydayhospital.org.uk/page_pageid_24.html

Keep a diary of ALL experiences that would be relevant to your application to medical school

- A Action** (what you did/saw)
- B Benefit** (what you gained/learnt from the experience)
- C Course Relevance** (relate it back to the course requirements)

Nursing applicants look at the 6Cs (see below) when they are thinking about their experience/skills/future careers and it would be good to consider how your experiences can fit into these when applying to study medicine:

The 6Cs:

Care

Care defines nurses and their work. People receiving care expect it to be consistently right for them throughout every stage of their life.

Compassion

Compassion is how care is delivered through relationships based on empathy, respect and dignity. It can also be described as intelligent kindness, and is central to how people perceive their care.

Competence

Competence means nurses must be able to understand an individual's health and social needs. Their expertise, clinical and technical knowledge for delivering care and treatment must be based on research and evidence.

Communication

Communication is central to successful caring relationships and team working. Listening is as important as what nurses' say and do and critical to decisions about a patient.

Courage

Courage enables nurses to do the right thing for the people. It means speaking up when there are concerns and having the personal strength and vision to innovate and embrace new ways of working.

Commitment

A commitment to patients and the public is essential to the working life of a nurse.

Speak to Healthcare Professionals

Don't be shy! Contact your GP surgery and ask if you can speak to the practise Manager, GP or nurse about a career in medicine.

Volunteering as a ward host/hostess will enable you to witness how a NHS multi-disciplinary team works.

Ask family, friends and acquaintances if they know anyone who works for the NHS in any capacity who would be happy to talk to you. Think about what you would ask them – workload, ethical issues, working environment.

Participate in open days, workshops and clubs

Schools, Colleges and universities will be offering 'information sessions' for aspiring medics, sign up for all opportunities!

Reigate College has a medical discussion group to enable students to talk about ethical issues and medical advances and news. If your new school/college does not have a similar club ask about setting one up with a member of staff. It strengthens communication skills, provides an insight into the professions and provides lots of useful material to talk about when you are interviewed by a medical school.

St John's Ambulance: An excellent volunteering opportunity and a small insight into the role of paramedics.

Sports Clubs: Evidences teamwork, commitment and communication skills and also ensure that you are looking after your own physical and mental health. Both of which will be of importance throughout your training and career as a medical professional.

Internet Research

Research, research, research!

Step into the NHS www.stepintothens.nhs.uk/

Student friendly advice and guidance on the 350 different roles within the NHS with interactive quizzes, real-life stories and videos aimed at students taking their first steps in a career in the NHS

NHS health careers www.healthcareers.nhs.uk/career-planning/offering-careers-IAG/teaching-resources/guide-students

Informative guidance about planning a career in the NHS

<http://www.medicalcareers.nhs.uk/>

<http://www.medschools.ac.uk/Students/Pages/default.aspx>

<https://forums.studentdoctor.net/>

<https://studentnurse.net/>

<https://studentmidwife.net/>

<https://www.england.nhs.uk/6cs/wp-content/uploads/sites/25/2015/03/cip-6cs.pdf>

Read about the latest medical advances, medical news and ethical issues

<http://www.bbc.co.uk/news/health>

http://www.bbc.co.uk/news/science_and_environment

<http://www.onehealthinitiative.com/>

https://www.sciencedaily.com/news/health_medicine/

<https://www.bma.org.uk/advice/employment/ethics/medical-students-ethics-toolkit>

Recommended Reading

S. Nuland, *How we live* (Vintage, 1998)

S. Nuland, *How we die: Reflections on Life's Final Chapter* (Vintage, 1995)

Goldacre, B. *Bad Science*. Harper Perennial, 2009. (also see Ben Goldacre's columns for theGuardian at <http://www.guardian.co.uk/profile/bengoldacre>

Education: GCSE and A Level requirements

MSC entry requirements for UK medical schools 2017

<http://www.medschools.ac.uk/SiteCollectionDocuments/MS-Entry-requirements-for-UK-medical-schools.pdf>

What do I need to do to become a Doctor?

To become a doctor you need to complete a five-year **degree** in medicine. Entry requirements vary, but to get on a medical degree you normally need at least five **GCSEs** at grades A* or A, including English (grade 8-9 under new grading system*) and maths and at least grade B in science. You also need a minimum of three **A levels** at grades AAA or AAB in chemistry and either biology, physics or maths, plus another academic subject. If your medical degree is your second undergraduate degree, it will be four years long.

After completing a medical degree, you then need to complete two years of foundation training, followed by three to seven years of specialist training. The length of your training will depend on which speciality you have chosen. You will also need to pass a Disclosure and Barring Service (DBS) check.

Academic route

- Minimum of three A levels at grades AAA or AAB in chemistry and either biology, physics or maths, plus another academic subject
- Medical degree
- Two years of foundation training
- Three to seven years of specialist training
- DBS check

***At the time of going to print it is understood that a grade 8/9 will be required under the new grading system, but this could be subject to change and should be checked for the year of entry.**

How Reigate College Supports Aspiring Medics

1. Aspire University Pathway

The Aspire University Pathway has been designed to provide high-achieving students with targeted advice, support and guidance to enable them to make successful applications to the most competitive courses at the most prestigious universities. The on-going, focused support the College offers, results in students gaining places at the UK's Russell Group Universities including Oxford and Cambridge and on the most competitive courses, such as Medicine and Law. At the heart of the Aspire Pathway is a weekly seminar. Each small seminar group is led by a dedicated tutor whose role is to guide students through the programme and provide personalised advice to support each student's individual requirements.

2. Additional forms of support

To complement Aspire Seminars a number of additional forms of support are offered to students to enable them, regardless of background, to succeed in the most demanding of environments.

Additional Qualifications. Students will have the opportunity to study extra qualifications, including the EPQ (Extended Project Qualification) which is highly regarded by universities.

Oxbridge Support. The College runs a comprehensive programme of support for those thinking of making an Oxbridge application. Students are given a specialist subject mentor and are encouraged to attend a range of conferences run by Oxbridge academics.

Specific Enrichment Activities. For subjects such as Medicine and Law, the College offers supported discussion groups (e.g. Medicine Society and Law Society) through the College's wider Activities Programme.

General Enrichment Activities. The Activities Programme also incorporates more general activities (such as Debating and Duke of Edinburgh's Gold Award) that are designed to equip students with the skills and knowledge to help them stand out from the crowd.

Work Experience. The College has extensive links with employers and organisations offering work experience, for example, hospitals offering placements for selected medical applicants.

GP Surgeries:

Birchwood Medical Practice

Horley Health Centre Kings Road Horley Surrey RH6 7DG, **Tel:** 01293 771200

Chaldon Road Surgery

Chaldon Road Caterham Surrey CR3 5PG, **Tel:** 01883 345466

Dr Glover & Partners

Pond Tail Surgery Godstone Green Godstone Surrey RH9 8DY, **Tel:** 01883 742279, 01883

Dr GORDGE & partners

The Moat House Worsted Green Merstham Surrey RH1 3PN, **Tel:** 01737 642207

Dr HINKES & partner

515 Limpsfield Road Warlingham Surrey CR6 9LF, **Tel:** 01883 625262

Dr KERR & partners

The Wall House Surgery Yorke Road Reigate Surrey RH2 9HG, **Tel:** 01737 244325

Dr P F Roberts and Partners

Caterham Valley Medical Practice Eothen House Eothen Close Caterham CR3 6JU, **Tel:** 01883 347811

Dr TROMPETAS & partners

Warlingham Green Medical Practice 1 Church Road Warlingham Surrey CR6 9NW, **Tel:** 01883 625532

Dr V Tun And Partners

Whyteleafe Surgery 19 Station Road Whyteleafe Surrey CR3 0EP

Tel:, 01883 624181

GREYSTONE HOUSE

Greystone House Practice 99 Station Road Redhill Surrey RH1 1EB, **Tel:** 01737 761201

Holmhurst Medical Centre

12 Thornton side 12 Thornton Side Redhill Surrey RH1 2NP, **Tel:** 01737 647070

Oxted Health Centre

Oxted Health Centre 10 Gresham Road Oxted Surrey RH8 0BQ

Tel: 01883 734000

Smallfield Surgery

Whealers Lane Smallfield Horley Surrey RH6 9PT

Tel: 01342 843822

South Park Surgery

42a Prices Lane Reigate Surrey RH2 8AX

Tel: 01737 240022

The Hawthorns Surgery

1 Oxford Road Redhill Surrey RH1 1DT, **Tel:** 01737 762902

The Lingfield Practice

The Surgery East Grinstead Road Lingfield Surrey RH7 6ER, **Tel:** 01342 836327

Townhill Medical Practice

Guards Avenue Caterham Surrey CR3 5XL, **Tel:** 01883 331900

Wayside Surgery

Wayside Surgery Kings Road Horley Surrey RH6 7AD, **Tel:** 01293 782057

Woodlands Surgery

5 Woodlands Road Redhill Surrey RH1 6EY, **Tel:** 01737 761343

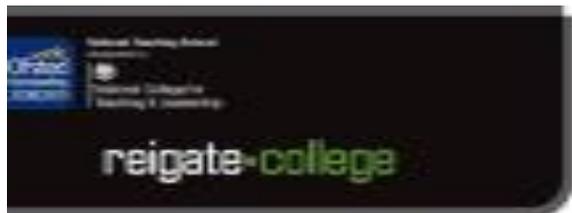
Nursing Homes

<http://www.housingcare.org/nursing-homes/area-2-reigate-banstead.aspx>

https://www.carehome.co.uk/care_search_results.cfm/searchtown/Reigate/searchctype/carehomenursing

SEN Schools

<https://www.surreycc.gov.uk/schools-and-learning/schools/directory-of-surrey-schools>



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