



MDU

WESLEYAN

we are all about you

TTA Pack

Beneficial things to do to pass the time

 **SIMPLY**
FINALS

Simply Online

- There are a number of Simply lectures from previous years that have been archived to make room for new lectures:
 - Breaking Bad News and Explaining Stations
 - Complex Discharge and the MDT
 - Drugs used in Diabetes
 - Drugs used in Hypertension and Heart Failure
- They can be found via the following link:
www.simplyrevision.org.uk/index-of-simply-finals-lectures.html



Simply Online

- Over the years, some of our talks have been given by different specialists. Links to these extra resources are available on the respective topic pages (e.g. Rheum, Gastro, Endo)
- Dr Adam Feather has also previously given various talks for Simply Finals which have all been slightly different.
- The recordings and slides to each of these can be found at the following page:

www.simplyrevision.org.uk/general-medicine.html



TTAs

In previous years, we have provided suggestions for things to do on the wards to consolidate your knowledge and practise things that you might not consider practising.

We have consolidated all of these suggestions on the next couple of slides. Some will be more relevant than others, but most have come up in one way or another in previous years.

Ultimately, the medical school are signing you off as being competent of the GMC required competencies, available at:

www.tinyurl.com/GMCskills



Regular Activities

You should be examining and taking focussed histories of each system >2 times a week. Ideally:

- Presenting findings and offering management plans.
- Peer marking (with mark schemes/exam-like settings)
- Getting Feedback

This can be supplemented by using the practice case summaries provided.



Suggested Activities *(in no particular order)*

- Check the blood test results of three patients – are further investigations warranted?
- Perform a lying-standing blood pressure (properly)
- Ensure you have a revision plan to see you through to the end (allowing catch up days) or review your existing one
- Review fluid prescriptions and fluid balance charts of ward patients with the FY1/SHO
- Measure a capillary blood glucose
- Perform an ECG (put the leads on the patient!)
- Observe an echo
- Review the diagnosis and initial management of a septic patient (was the sepsis 6 done?)
- Review a patient's fluid input/output chart
- Perform a urine dip
- Practice presenting X-rays to a doctor/peer
- Hand washing!
- Practise venepuncture, cannulation, ABGs
- Attend a pre-op assessment clinic
- Practise prescribing drug charts
- Practice explaining inhaler technique to a patient
- Practise Catheterisation
- Review the prescription chart of a patient with the F1/SHO
- Explain/Perform a PEFr
- Try to watch the preparation and administration of a blood transfusion
- Oxygen devices – review different types and practise connecting them
- Practise writing up a sliding scale prescription
- Practise ABG interpretation with a junior doctor
- Review a warfarin prescription
- Practise prescribing a sliding scale
- Set-up an IV infusion
- Observe a dietician review
- Draw up an IV medication with a nurse
- Don't forget to practice the less-favoured exams, e.g. thyroid, joints, vascular, DRE