**Phase 3a FAQs**

**Tips for the SSC**

**General**

* Contact potential supervisors at least 3 months early, especially for competitive specialties
* Use connections from previous placements
* Use this experience to explore something you are interested in, there are very few things you cannot do for an SSC if you sort it early.
* If it’s close to exams, maybe a desk based project is better, so you can revise as well

**Barnsley, A&E**

* Plenty of parking along Gawber Road - to avoid traffic outside the hospital in the mornings, go down Intake Lane (a left off Pogmoor Road) then take a right onto Redbrook Rd. Then you are driving towards the hospital and can park on the left on Gawber Rd.

**Tips for GP**

**General**

* Make sure you ask your GP to give you patient lists to see by yourself and then discuss with the GP after every 1-2 patients as you’ll learn a lot more than just watching
* Great opportunity for a general medicine recap and to keep examinations up to speed.
* Get IM injections done on this placement

**Woodseats Medical Centre**

* Parking is behind the practice - to get to it you’ll need to go down Linburn Road and then onto Osmanton Road (it’s at the bottom of this one, or just park on Osmanton Road if the car park is full).

**Ashville in Barnsley**

* Quite long lunch breaks so take your laptop with you so you can do some work (eg public heath essay, ILA prep).
* There’s a small library/workspace room that you can use or the kitchen room

**Tips for Psychiatry**

**General**

* Psychiatry: A clinical handbook is a great resource, it's on starplus
* Make sure to debrief with friends, psych can be heavy and it's good to talk it through with people
* Try and spend as much time on inpatients as possible so you can practise MSE
* If you have another student on your placement with you, try and do joint histories at first, it helps you get more comfortable with the psych setting. You can also give each other feedback on history taking style/skills.
* Practise! Taking psychiatry history can be a daunting experience. The only and best way to get over this is by doing as many as you can in this placement.

**Bassetlaw**

* You can park in the staff car park in Bassetlaw, and there’s always spaces. Just ring the buzzer at the entrance to the staff car park, say you’re a medical student and your registration number.
* The canteen at Bassetlaw is sparse - bring your own lunch (and coffee supplies)- there’s a kitchen and fridge in psychiatry, plus a room for students.
* Bring your own work to do in the student’s room if you have some spare time.

**Tips for Neurology**

**General**

* No one minds if you leave early

**Royal Hallamshire**

* The stroke ward/on call room (currently on L2) is a great place for finding learning opportunities- don’t worry if you’re meant to just be covering the stroke ward/on call, just say you’re a med student and looking for stuff to do.
* Worth spending at least a day on Neuro ICU- there are lots of scans to look at. Ask one of the doctors to talk you through them if you’re unsure.

**Tips for Geriatrics**

**General**

* A really good chance to get a good generalist overview with very friendly teams! Make the most of being able to have a bit more independence here.

**Tips for Obstetrics and Gynaecology**

**General**

* Try to watch one of everything and then do it yourself (watch a few speculums and then do it
* Do a speculum and catheter if you can as you might not get a chance for a while
* Make sure to go to c-section theatre
* Gynae clinics and on calls are good for learning
* Great summaries in this book: Obstetrics and Gynaecology by Lawrence Impey, Tim Child
* Try and see different types of births

**Bassetlaw**

* Use the time to do the learning as it's a very quiet hospital - but you can still get good experience you just need to time it well. Keep asking when the best times to come are

**Tips for Paediatrics**

**General**

* Try to clerk in patients as you get lots of experience with general exams that way which is good for adult medicine also
* There is a lot of content - break it down and learn the stuff you don't recognise first and then worry about the other stuff later
* Easiest to find case study on a ward
* Is a heavy placement so don't worry if it feels a lot
* Take any chance to get things signed off
* Paediatrics is as much about managing the parents as it is the child
* Don’t worry if young children cry

**General Phase 3a Tips**

* Especially running up to exams, try to get ahead with content for upcoming placement so you don’t have to teach yourself content and attend placement and revise previous topics at the same time.
* 3a is a bit of a slog so pace yourself.
* Try and find someone who has been on that placement before you and ask for tips and how it works! Saves time on working it out yourself for the whole first part of the placement
* Keep on top of notes otherwise you'll be very time pressured when it comes to exams. You get lectures weeks which is a good time to do this
* Just because you are on a specific ward does not mean you can only do those histories/examinations (e.g. just neuro on a neuro ward). All the patients have hearts and lungs etc why not examine them too.
* ILA information can be really helpful