The Exciting Part!!
Stage 3 (Years 3, 4)

Monique Atkinson
(Year 4, 2012)
### Stage 3 – Year 3 & 4

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*Elective term!*
A Typical Day in Stage 3 (Years 3, 4)

A day in Birth Unit
6am: Wake up, Breakfast!!
7am: Leave home to drive to Westmead
7:20am – Arrive at the Hospital and change into scrubs (aka pyjamas) for the day
7:30am – Join the midwives for handover and get allocated an expectant mother to help look after. Set up induction, take obs, perform examinations
8:30am – Case based tutorial with consultant Gynaecologist on woman presenting with lower abdominal pain.
9:40am – Get called out of tutorial to assist in delivery!! Perform neonatal examination, give vaccinations to baby, monitor Mum’s recovery.
A Typical Day in Stage 3 (Years 3, 4)

11am – Lecture given by Obstetric Senior Registrar on Presentation and Management of Pre-eclampsia and Eclampsia.

12noon – Return to birth unit to catch up with all the patients. Discuss management of post-partum haemorrhage with Obstetrics Senior Registrar.

12:45pm – Assist in Emergency Caesarian. Scrub in, push where told to push and hold lots of different instruments!

2pm – Attend O+G Journal Club to discuss a recent paper published on CPR in Pregnant Women.

3pm – Attend the afternoon antenatal clinic.

3:50pm – Get paged to attend a delivery back in birth unit.

5:30pm – Leave Westmead to drive home
A Typical Day in Stage 3 (Years 3, 4)

6pm – Reach home and debrief about my exciting day, clear emails, catch up on Facebook.

7pm – Dinner

8pm – Read online textbooks and make notes on Management of a difficult labour, using the Core Curriculum as a guide.

10pm – Go to sleep!
Assessments
• MCQ exam papers
• The occasional essay
• OSCE (Observed Structured Clinical Exam)
• Long Case
• Formative sign off sheets from supervisors
Highs of the Experience

**Medicine itself**
- Challenges – time management, working with variety of people
- Problem solving nature of diagnosis and management of patients
- It’s just plain interesting!!

**Other opportunities**
- Research – Honours at Westmead Fertility Centre
- Involvement in Sydney University Medical Society (SUMS)

**The Sydney Experience**
- The travel and experience in a wide range of settings
- Large cohort – very social!
- Forming relationships with leaders in a wide range of Medical specialties
- Style of learning – encourages real world application of knowledge
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Lows of the Experience

- Not working in a real job for what feels like forever!
- Feeling overwhelmed sometimes
- Dealing with sadness and loss
How I feel about the SMP after 3.5 years

• Prepared me well
• Well supported with excellent quality teaching
• Formed strong relationships with my peers, Doctor tutors

Where to next?!
Suggestions for applicants

• Know why you want to study Medicine
• Discuss your ideas with your friends and family
• Decide on where you will be happy studying and go for it
• Take a few moments every now and again…

Good Luck!