

UNIVERSITY OF HEALTH AND ALLIED SCIENCES
SCHOOL OF MEDICINE
P.M.B 31 HO, VOLTA REGION



REPORT: FOURTH YEAR IN MEDICAL SCHOOL

Hi, it is my great pleasure to write to you this update. I hope you are all doing well and I guess you had a very enjoyable holidays. I wish you all a Merry Christmas and a Happy New Year with more opportunities and new developments.

I am really happy because am finally done with the pre-clinical phase of my studies which is the first three years in med. School. Honestly, the pre-clinical phase was more of theoretical work and I had no idea how to apply what am learning in the hospital. Haven patiently waiting for my results, my name was part of the past list of first batch medical students. Those who made it through med. School usually said that second year is the most difficult time, but from my point view, third year was the most difficult and time consuming especially when I studied Neuroscience and Musculoskeletal system with dissection of cadavers

In addition, am proud to be part of the **MAIDEN WHITE COAT CEREMONY** of our school. This is a form of graduation ceremony done for every third year medical student to usher them into the clinical phase of studies (That is for the rest of the 3 years). What they do in such ceremony is that, they will dawn you a white coat with your name tag, put a stethoscope on your neck and swear the Hippocratic Oath. And from the Oath I learnt that first of “Do no harm”. This has given me the license to touch a patient for the clinical period. Two **UNITED** volunteers, Uncle Pierre Alexandre from France and Auntie Emma Wolesen from Denmark came to the ceremony. I showed them around my school, our hospital and hostels. They were also happy, Honored and proud.

After the ceremony, I took a rest for a week before active lectures had begun. The courses we are required to study for the fourth year are as follows:

- ❖ Clinical Methods
- ❖ Junior Clerkship in Surgery
- ❖ Junior Clerkship in Internal Medicine
- ❖ Clerkship in Psychiatry
- ❖ Clerkship in Community Medicine

The clinical method is for 8 weeks and this is to prepare us towards the clinical work in the hospital. We studied how to establish rapport, communicate with a patient, ethics and obtaining history of presenting complaint from a patient based on the presenting complaint in order to make a definitive diagnosis.

After that, they partitioned us into two groups for surgery and internal medicine rotation. I was part of surgery group. Junior Clerkship in surgery is for 13 weeks after which we will write end of rotation exams and swap with internal medicine group also for 13 weeks. After end of rotation exams, we will also write end of year exams. Within 13 weeks, we have lectures every day in the morning from 8.00am to 9.00am and go to the hospital from 9:30 am to 12:30pm. We have 1hour break and go back to the hospital later. On

that same day, we have whole group tutorials from 3.00pm to 4.00pm where you are given a topic to lecture or present on. We do have tutorial sometimes in the evening at 7.00pm with our Professor, a Cardiothoracic Surgeon. After tutorials, I go to the hospital to clerk a patient for presentation during ward rounds the next day. You can imagine I do not have much time for myself to study. Besides tutorials, we also have bedside teachings, ward work like procedures and Operations at theatre for the subsequent days. For Theatre work, we learnt about hand washing, suturing skills, wearing gown, identification of surgical instruments and their function and how to prepare a patient before and after surgery

We ve also been given log books to fill in the activities and procedures we have performed under supervision of our senior colleagues. I have a lot to do ahead, like my professor always says “The hospital is your sleeping place and as a Doctor when others are getting tired, you should still stand strong”. I usually go to the emergency to perform at least one of the procedures like passing urethral catheter, nasogastric tube and setting of an intravenous line no matter how tired I am. I also thought it wise to study what we have learnt in the week on Saturdays and Sundays.

With my experience in the first 8 weeks of surgery rotation, am expecting to study more to graduate as Doctor and am prepared to make you proud. I am now in the fourth year and have two more years to go. This encourages me to work and finish the race hard.

I want to assure you that, whatever you are investing in me will turn into a good thing. Thanks a ton to all my sponsors. Big thanks to Mr. Edem Richard, Auntie Jessy and Mothers of HardtHaven for their support and making this dream come true. Am Really! Really!! Really!!! Grateful

Lots of Love

From: Silas.



