

ELECTIVE (SSC5b) REPORT (1200 words)

A report that addresses the above four objectives should be written below. Your Elective supervisor will assess this.

Describe the pattern of illness in the diverse ethnic population of Newham and contrast this with the rest of the UK

The London Borough of Newham is one of the most deprived yet most ethnically diverse areas within the United Kingdom. The largest ethnic group within Newham is Asian/Asian British at 46.1%, a population in which there is an increased prevalence of hypertension, cardiovascular disease and diabetes mellitus type 2. The latest statistics on population of Newham find a population density of 85 people per hectare compared to the London average of 52 people per hectare; such over-crowding has led to various changes in pattern of illness, leading to reduced gross expenditure of GDP per person within the population, leading to poorer health than other areas in London and the UK. One of the most common infectious diseases in the Newham Borough is Tuberculosis due to overcrowding and high prevalence of migration from the South Asian countries.

Describe the pattern of health provision in Newham and contrast this with the rest of the UK

Due to the limited resources and lower expenditure per person on health within Newham, the health provisions continue to receive lower budgets compared to other areas in the UK. The time taken to see the GP within Newham is also increasing. There have been many health initiatives within the Borough of Newham to increase health standards, as the host of the 2012 Olympics, there have been many initiatives such as health promotions to increase exercise and healthy eating. Furthermore, various fitness programmes are available through local leisure centres, swimming is encouraged through the Olympic Pool membership. As a resident of the Borough of Newham, I have come across various health promotions through GP centres, local community centres and the local Newham Magazine which all residents receive on a monthly basis. The magazine provides various activities such as group walking and other health promotions such as healthy eating.

Understand how genes, ethnicity and lifestyle factors relate to common endocrine diseases

Diabetes is one of the most common diseases occurring in the Asian population, it is the leading cause of adult blindness through retinopathy. Research has demonstrated the Asian population is 6x more likely to suffer from diabetes mellitus in comparison to Caucasians. Furthermore cardiovascular disease is also 4x more prevalent. During clinics with Dr Flood, we discussed various forms of diabetes from new diagnosis to very severe long lasting diabetes in patients suffering from various symptoms. I now feel more confident discussing the treatment plans as recommended by the World Health Organisation.

Gain competency in writing peer-reviewed articles for a scientific audience through publication of current research projects.

During my placement, I conducted various medical research projects I had started during my final year medical school. These projects including writing a original research paper on the way OSCEs are conducted in various medical institutions. The questions I explored were whether having one OSCE examiner was accurate and statistically significant compared to having two examiners. Furthermore, I explored the use of intervention such as Mock OSCEs had any affect in the overall performance on the official end of year OSCE exam. My elective has allowed me to partake in such projects and write them up to a publication standard. I am more confident in using statistical programmes and producing graphs through Prism software.

Elective Reflection

Due to personal circumstances, I was unable to complete an elective abroad and had to settle with organising an elective locally at Whipps Cross Hospital. Although initially disappointed by the lack of 'adventure' as I have had many previous placements at Whipps Cross hospital during medical school, I am now pleasantly surprised and pleased with my choice. I have had the opportunity to explore medicine in the view of actual diagnosis and treating patients without being overshadowed by exams. I have been given the opportunity to focus on my history taking skills to presenting to a senior consultant. Dr Flood.

I have been rather nervous about starting my Foundation Year Placement in a nearby hospital, although I have always performed well throughout medical school, the idea of having responsibility for patients and being surrounded on a ward on my own has worried me on many occasions. I have been able to improve my nervousness through working in clinics on my own and seeing patients, Dr Flood allowed us to clerk various patients with various pathologies. A case which springs to mind is one of a teacher who attended the clinic having being diagnosed with type 1 diabetes for approx 10 years. He was relatively young and well spoken, he immediately mentioned he had not been good at monitoring his glucose regularly, something which I found surprised due to his eagerness to question myself more about his condition. I was able to discuss his condition with him and provide him with relevant advice and then take a history regarding his symptoms; which I presented to Dr Flood, through his feedback I was able to improve on a more focused history and communicate further with the patient. I believe I often make a big deal over forgetting fine small details, however I believe I can now focus on the main chunks required whilst ensuring I remain safe at all times.

Through ward rounds, I have been able to be directly observed by Dr Flood, we are required to pick up on all the clinical signs of the patient and come up with a differential list. Dr Flood has drastically improved my presenting skills, I feel more confident discussing patients with my colleagues. Although there has been major improvement, I believe there is still a long way to go regarding my differential plans. I hope to use more of my knowledge in the future before coming up with a differential plan rather than jumping to conclusions. Through discussing various patients, I believe I now understand the importance of taking a step back prior to discussing any possible diagnosis or differentials.