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MSOM Academia



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MSOM



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MONTHLY PRESCRIPTION

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ABOUT US

MSOM Academia was established in 2019 to supply medical education outside the university curriculum. We help to prepare future Doctors as they transition into the working world and train MSOMs medical screening programme volunteers.

WHAT WE DO

We are here to support UK and international students at every stage of their medical career.

We hold interactive workshops to improve their knowledge in specific areas of important procedures, such as our '*Pace Yourself: ECG*' session.

We organise online medical education sessions to stay connected and informed during the current pandemic – including our student led *Zoom Through* sessions and our *On-Call* sessions led by UK medical doctors.

Our training helps students entering MSOMs medical screening programmes, designed to enhance various hands-on skills such as history taking, venepuncture and BP measurement. Students are then examined by a doctor to ensure their competency.

We provide informative booklets and leaflets to those attending our workshops and screening programmes. All our materials are approved by a doctor to ensure we deliver accurate information.

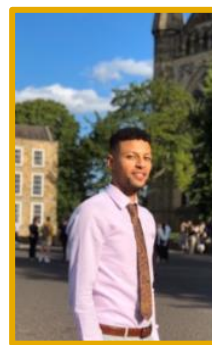
MEET THE TEAM!

PRESIDENT

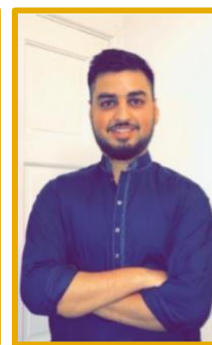


Aranie Prabakaran
6th Year

VICE PRESIDENTS



Youssef Aboufandi
5th Year

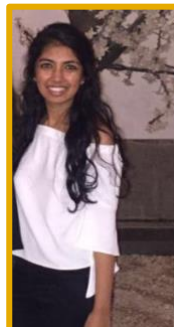


Adil Rabi
5th Year

EVENT SECRETARIES

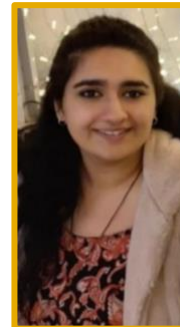


Punita Basra
6th Year

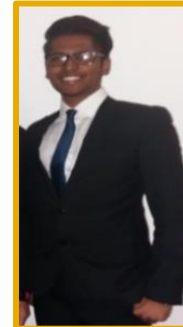


Sai-Laveneya
Mithiran
5th Year

ACADEMIC SECRETARIES

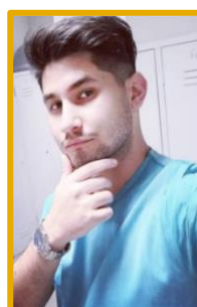


Uzma Ali
5th Year



Rajiv Gaikwad
5th Year

SOCIAL SECRETARIES

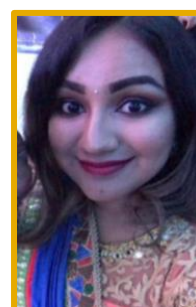


Farhoud
Pishnamazi
3rd Year



Shumail Malick
5th Year

MARKETING AND PROMOTIONS SECRETARY



Catherine Babu
4th Year

Our Sofia Guide

PRECLINICAL STUDENTS

MAK - 2nd Year

1st Year

SUBJECTS: You will cover *basic sciences, languages, and medical subjects*. Keep up with Cytology as the exam occurs in February. *Biology* is one of the *toughest* exams but fear not! There will be *colloquiums* which are progress tests occurring throughout the year.

EQUIPMENT: For all preclinical years a *lab coat, scalpel set and gloves* are a must.

GENERAL TIPS: Try to *work consistently*, establish a *routine* and prepare well for your colloquiums as this sets up a good *foundation* for your medical knowledge.

Don't forget to learn the Bulgarian alphabet!

Most importantly, take time to have fun and enjoy the journey!

'The true independence from your home and family really lets you explore your true self and builds character'.

- MAK
2nd Year



'Anatomy, Physiology and Biochemistry are the foundation for your coming years so stay focused, pace your studies and don't forget to have fun.'

- Aroosa Malik
4th Year



Uzma Ali - 5th year

2nd Year

SUBJECTS: *Anatomy, Physiology and Biochemistry* are the mammoths of this year. They make up the *basics* of medicine so *test and teach* each other, *share* your knowledge and remember, this is a *marathon*, not a *sprint*!

GENERAL TIPS: *Slow and steady* wins the race for the anatomy exam, make a *consistent routine* to complete points off your syllabus throughout the year.

You can find Anatomy and Physiology *quizzes* online or make your own question bank and constantly *test yourself*!

Ghaida Suliman - 4th Year

3rd Year

SUBJECTS: Whilst still having classroom hours for *core* medical subjects such as Pharmacology, Pathophysiology and Microbiology, more time is spent with *patients in hospitals* to build up *basic clinical knowledge*.

EQUIPMENT: In addition to the above, you will also need a stethoscope!

GENERAL TIPS: Brush up on your *Bulgarian skills* as many patients don't speak English, your professor will translate, but your speaking ability allows you to ask detailed *questions* when you're required to collect their *history*.

'These subjects required us to do a lot of independent studying and really pushed us. Overall, although challenging, I enjoyed third year a lot and I'm grateful it went as smoothly as it did.'

- Emiliya Gyuleva
4th Year



Our Sofia Guide

CLINICAL STUDENTS

Fawaz Khalid - 5th Year

4th Year

SUBJECTS: Welcome to your clinical rotations! These include ENT, Ophthalmology, Radiology, and many more. These are hands-on and carried out in smaller groups allowing for an intimate and in-depth experience.

EQUIPMENT: In your clinical years, you will additionally need scrubs and appropriate hospital shoes

GENERAL TIPS: Have a good understanding of anatomy and physiology and read around the subject before you start your particular rotation. Top up your transport pass! You will be in hospitals all around Sofia depending on your specialty.

'Fourth year is a relief because you have passed the halfway point and get to start your clinical rotations. It is the year that feels like your knowledge is finally coming together.'

- Lauren Young
5th Year



'A completely new experience compared to the last year. It tested my boundaries of knowledge. It is THAT year that makes you question: 'Do I really have what it takes to be a Doctor?'

- Emefa Vondee
6th Year



Yarusha Pal - 6th Year

5th Year

SUBJECTS: This year includes Paediatrics and the second half of Internal Medicine.

There are also several specialty rotations like OBG/GYN, Orthopaedics and Dermatology.

GENERAL TIPS: Combine all the techniques that have worked for you so far. Pay attention to learning Bulgarian and perfect your history taking skills. Be prepared to work hard and don't compare your work to others.

Sorubaan Baskaran - 6th Year

6th Year

SUBJECTS: These final 15 months are separated into cycles and state exams. Cycles end mid-February.

Out of all the cycles, I felt that Anaesthesiology and Urology were important for me.

GENERAL TIPS: Bridging gaps and filling holes in knowledge should be the primary goal for all final year medical students.

Simultaneously, if time permits, you should try to find some clinical attachments

'The Bulgarian medical system and the medical system in your home country (e.g: NHS) will be different, it should be in your interest to familiarise yourself with them.'

- Sorubaan Baskaran
6th Year



Monthly Dose of...

Puzzlecetamol

There are 10 words to find in the word search! Use your scientific knowledge in order to fill in the gaps and then you will be able to complete the wordsearch! Enjoy!

K	A	E	X	O	P	H	T	H	A	L	M	O	S	C	N	W	L	N	L
E	O	L	A	E	T	H	P	Y	E	S	D	I	I	T	I	C	K	S	O
R	C	O	E	S	S	N	I	O	D	R	N	A	T	V	S	O	A	U	I
A	C	E	Z	A	E	M	R	E	N	T	C	R	E	O	I	I	E	E	O
T	V	Q	U	L	R	M	T	A	A	E	E	I	H	A	E	A	I	W	I
O	R	L	I	Y	E	D	N	I	N	M	Y	R	I	N	G	I	T	I	S
P	C	G	A	M	N	G	I	Q	B	K	X	C	H	W	E	O	L	S	A
L	Z	H	L	A	T	J	A	F	B	A	L	M	A	T	R	C	F	A	T
A	O	S	I	A	N	M	G	A	T	I	H	Y	A	L	M	D	L	E	A
S	B	L	C	L	B	A	C	L	C	T	L	F	B	C	X	E	O	A	L
T	O	R	O	I	A	E	O	A	D	U	L	I	E	E	S	E	R	S	U
Y	N	E	E	G	L	A	L	S	S	N	I	L	R	E	U	A	R	I	S
I	Y	L	N	P	U	M	R	L	E	G	A	T	I	U	E	T	B	T	E
A	E	H	D	R	T	S	U	Y	A	I	G	L	A	S	B	L	L	I	H
R	A	O	X	I	R	S	H	C	L	S	G	R	S	A	K	I	A	C	A
Y	B	A	T	M	R	S	O	I	T	I	M	R	G	E	H	R	N	E	A
U	G	G	P	O	D	F	C	N	A	T	N	S	B	L	U	A	T	I	E
D	B	O	I	T	E	L	I	B	S	L	A	F	A	O	K	A	I	P	C
F	N	T	G	O	T	G	I	F	L	A	T	U	L	E	N	C	E	R	R
L	T	G	J	H	A	A	F	O	M	R	I	S	H	M	L	F	L	H	N

- 1) Which of the following insects is known to carry Lyme disease?
A) Honeybees B) Earthworms C) Ticks
- 2) What is the term for the space between your eyebrows? _ _ _ _ _ ll _ (8 letters)
- 3) What medical term describes the protrusion of the eyeballs? _ _ _ p _ _ h _ _ m _ _ (12 letters)
- 4) Which medical term describes the surgical transplant of the cornea?
A) Keratoscopy B) Keratoplasty C) Corneoplasty
- 5) Which medical term describes the inflammation of the tympanic membrane?
_ y _ _ _ _ _ t _ _ (10 letters)
- 6) What is the medical term for gas produced in the bowel? F _ _ _ _ _ _ n _ _ (10 letters)
- 7) The enzyme that breaks down starch into sugar is _ _ _ _ _ _ _ (8 letters)
- 8) Another name for the ankle bone is the:
A) Tarsus B) Metatarsus C) Calcaneus D) Talus
- 9) High levels of _ _ _ _ _ _ _ _ can lead to jaundice (9 letters)
- 10) What are the hair-like projections on the outside of cells called? _ _ _ _ _ (5 letters)

1) Ticks 2) Glabella 3) Exophthalmos 4) Keratoplasty 5) Myringitis
6) Flatulence 7) Amylase 8) Talus 9) Bilirubin 10) Cilia

We hope you enjoyed the first edition of our newsletter! Please get in touch with us if you would like to submit an article discussing a medical topic! Look out for our next events including MSOM On Call sessions, where real doctors go through clinical cases, informative workshops and many more, keep an eye on our socials for updates!