

## Virtual Work Experience: Consultant Anaesthetist

Due to the pandemic, gaining work experience in a medical setting is not possible. As an alternative these videos have been made to allow you to gain some insight into what working as a doctor can be like. Alongside watching these videos, we think it would be a valuable exercise to work through this companion document as a guide.

While watching the video, **pause** when you reach a **BOLD BLUE TIMESTAMP**. These are prompts for you to **reflect on** what you're watching as well as your own experience. There are some links to websites, (which you can refer to once you've finished watching the video) to help you think about some of the questions. You might find it useful to make a note of some of your ideas for future reference- such as to be able to talk about in a personal statement or interview.

If you have any questions about what you've seen or read, please do get in touch with us at [advice@youcanbeadoctor.co.uk](mailto:advice@youcanbeadoctor.co.uk).

Dr Adam Capek is a **consultant anaesthetist** working at the Queen Elizabeth Hospital in Glasgow. A **consultant** is the highest level of experience that a doctor can have, once they have finished all their training. It typically takes 5-8 years to become a consultant, depending on the specialty. In this video he is working on the **labour ward**, where women deliver babies. Follow this link to find out a bit more about the different roles an anaesthetist might have, and who they might work alongside: <https://rcoa.ac.uk/documents/anaesthesia-explained/anaesthetist>

### 0:39

When doctors are **"on-call"** from home as Adam describes here, they can sometimes give advice over the phone instead of coming in to the hospital.

- Think about the ways in which medicine is a career with a hierarchy based on years of training and experience. Why is it important that junior doctors have access to help from senior doctors?

## 2:00

Adam changes into his **scrubs** when he gets to work.

- Why do you think doctors (and other healthcare staff) wear scrubs when they're in the hospital?
- At the moment due to the pandemic, everybody in hospital wears scrubs. Usually, it is mostly the staff who work in theatre (where operations are carried out) who wear scrubs.

## 15:09

Adam shows us some models used for teaching and training.

- Why do you think it is useful for doctors to have these models to practice on?
- Think about the different **technical skills** doctors learn how to do. Why is it important for doctors to stay competent in practical skills?
- Adam says that in real life this procedure would be "**sterile**". Can you find out what this means? Why is it important?

## 17:35

Think about the different types of doctors who might be involved in this case- an **obstetrician** carrying out the surgery, an **anaesthetist** ensuring sedation or pain relief, and a **paediatrician** to check the baby is alright.

- How many different **specialties** (types of doctor) can you think of?
- Which skills do you think are more important for different specialties?
- <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors>

## 18:07

Adam says this was a "great thing to be a part of", and says his job is "**rewarding**".

- Think about a time you helped somebody or felt that you made a positive difference, perhaps when volunteering or in school. How did it make you **feel**?
- Additionally, think about a time when a plan didn't work out or something went wrong at work/school; how did you react initially? What did you do to find **support**?

## 21:25

Adam talks a bit about the "highs and lows" of his job.

- What things do you do to help yourself manage **stressful** times?
- Read about the **emotional toll** of being a doctor. Think about how there can be both exciting, happy experiences but also difficult ones. <https://www.bma.org.uk/advice-and-support/your-wellbeing/insight-and-advice/emotional-toll-of-being-a-doctor>