

Virtual Work Experience: Consultant Nephrologist

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.

Dr Colin Geddes is a **Consultant Nephrologist** working in Glasgow. Here he takes us through a day in his job. A nephrologist is a doctor who specialises in kidneys. Find out more about **renal medicine** here: <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/medicine/renal-medicine>.

2:31

Colin shows us part of the **“ward round”**.

- Think about why it is important for different team members to come along and stay updated about patients.
- Ward rounds can be very different, but there are some key features which should be covered. Think about what information it might be necessary to gather on a ward round. Compare your own thoughts to this 'ward round checklist' developed by an NHS doctor: https://improvement.nhs.uk/documents/1702/C._Ward_Round_Checklist_Caldwell_Example.pdf

5:33

We see Colin spending some time reading up on **new developments** in his specialty.

- Medicine is a career which is constantly changing. How do you think doctors manage to stay **up to date** with new medicines or techniques in their fields?
- Think about places you could get information from about new developments in medicine and science. Have you ever read the medical section on news websites?

9:32

Colin tells us that a patient had a **kidney biopsy**.

- Read this information sheet about kidney biopsy: <https://patient.info/kidney-urinary-tract/glomerulonephritis-leaflet/kidney-biopsy-renal-biopsy>
- Consider the risks and benefits of having a biopsy. Think about how doctors and patients **weigh up** these factors when deciding whether to carry out a procedure.

11:53

Colin fills out a '**work based assessment**' for one of his trainees.

- A **portfolio** is a record of training. Why is it important that doctors keep accurate records of their progression?
- Do you try to keep note of things you have done which may be useful for your CV or medical school application?
- Think about a time that you received feedback from a teacher or peer. How did you change your behaviour afterwards? How did you feel receiving **constructive criticism**? Was it useful to learn about what your particular **strengths** may be?

16:38

Many people may know more about organs such as the brain, heart or lungs than they do about the kidneys.

- Try to describe in one or two sentences what the **functions** of the kidneys are.
- If you're struggling, watch this quick video: <https://ed.ted.com/lessons/how-do-your-kidneys-work-emma-bryce#review>
- Think about how you could explain this information to somebody else, such as a patient. How can you adapt the **language** you use to speak to non-medical people ('laypeople')?
- Why is it important to adapt our explanations depending on the patient sitting in front of us?