

Virtual Work Experience: Consultant Geriatrician

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 Hazel Miller is a **Consultant Geriatrician** working in Glasgow. She shows us a typical day on her ward, including how the **Multi-Disciplinary Team** work together to coordinate patient care. Find out more about Geriatric Medicine here: <https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/medicine/geriatric-medicine>.

1:48

Hazel tells us a bit about **geriatric medicine**.

- Why do you think it is important to have doctors who specialise in medicine of the elderly?
- Can you think of specific **challenges** in managing the health and wellbeing of older people?

- <https://www.bgs.org.uk/resources/a-career-in-geriatric-medicine>. Find out a bit more about geriatric medicine, in particular think about the role of the geriatric doctor within a **multi-disciplinary team**.
- Hazel describes geriatric medicine as “**holistic**”. What does this mean to you?

3:09

Hazel says that junior doctors have to do a lot of admin.

- Do you think of yourself as an **organised** person?
- Why is it important that everything is clearly **documented** throughout somebody’s stay in hospital?

5:00

Listen to the **multi-disciplinary team** describing their roles in patient care.

- Why is it necessary to have meetings like this?
- What **strengths** do you think you bring to a team?
- Think of a time you have struggled with a task and have been helped by somebody else in a group- maybe a group project at school or during some volunteering. What **skills** did they have that you didn’t?

7:02

Hazel says that one of the reasons that she is worried about this patient is due to the **large number of medicines** that they are on.

- Although we think of medicines as helping patients, can you think of any ways in which they might be **harmful**?
- This video helps to illustrate one of the ways that our bodies process medicine. It shows that medicines can have effects besides their intended ones. <https://www.youtube.com/watch?v=uOcpsXMJcjk>.
- How do you think you could explain this to a patient?
- How do you think doctors and patients can weigh up whether to use treatments, particularly if there are both risks and benefits?

11:17

Hazel gives us some advice about how to consider whether medicine is the career for you.

- She advises that there are some very **difficult** things about medicine, particularly when things do not go well for a patient under your care. How do you think this would make you feel?
- Can you think of any ways you try to **manage stress** in your life? Think about particular hobbies you may have, or friendships which you rely on.