WHAT THE FUTURE HOLDS: PERSPECTIVE FROM A 4TH YEAR MEDICAL STUDENT

Ololade Obadare
A BIT ABOUT MYSELF....

- 4th year medical student at the University of Nottingham
- Avid speaker on topics such as racial injustice, and global health
- Interested in Psychiatry and Obs & Gynae
- Founder of the African-Caribbean Medical Network
SHARED FEARS AMONGST MY PEERS & YEAR GROUP.

- Having just about completed the 2 week induction of the start of our clinical phase before national lockdown was enforced.
- A 6 month hiatus from practical & clinical exposure
- Being thrusted into the penultimate year essentially having the clinical skills of a 2\textsuperscript{nd} year medical student
- Feeling inadequate/no where near prepared to qualify as doctors within the next 2 years
- Uncertainty about what is going to happen next..
Navigating Medical School Amidst COVID-19

- 2-week observership to round off the previous academic year (3rd year)
- Having to adjust and adapt, along with everybody else, to the new health & safety practices and guidelines
- Increased work pressure on staff means you have to be bold enough to seek out clinical opportunities as they come
- Incredible support from medical professionals
- Realising we are not alone in this
What the future holds...

• Short answer = nobody is certain
• “The Covid Generation” of doctors to come
• Prioritising our individual wellbeing as well
• We will graduate, qualify, and develop to be fine clinicians
INTEREST IN PSYCHIATRY

• Started with a sign-up to a Psychiatric mentoring scheme called PsychStart at the University of Nottingham back in 2017

• Paired with my mentor who I still keep in touch with

• Great and inspirational experience with my Psychiatry attachment

• Interested particularly in perinatal psychiatry
To any other medical student here...

- Times are tough but we will get through it.
- Don't underestimate the power of community within medical students.
- Have confidence in your abilities that you will make a fine doctor despite unprecedented circumstances.
Thank you for listening!

Ololade Obadare