

ICSM GAZETTE



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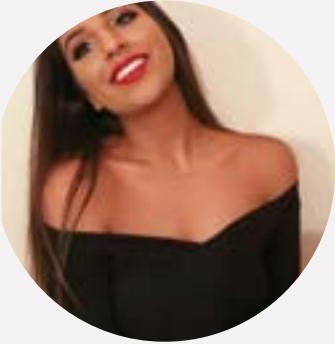
SPECIAL **SAVE OUR ST MARY'S EDITION**

Includes the latest updates
on the sale of St Mary's and
what this means for ICSM.



Incorporating the St Mary's and Charing Cross Gazette and Westminster Broadway

EDITOR'S ADDRESS



Anushka Sharma
Editor 2019/20

Dear Readers,

A warm welcome to the 2019 Winter Edition of the ICSM Gazette! We are excited to present our readers with an issue complete with all the latest from ICSM, including recent news, events and student-written features! We have encouraged students of all stages of training to contribute to this edition, and we hope that the some of the views and opinions of our writers may resonate with you.

Before elaborating much more about what is to be read in this issue, I would like to touch upon a recent decision made by the College that has shaken both the medical school and our alumni. Earlier this year, the news broke that our beloved St. Mary's Hospital would be sold. Whatever one may feel about this decision, it was certainly a sad revelation amongst the ICSM students. Our Features Editors, Simran Mann, has covered extensively the details of this sale, what the sale means for the future of Imperial College School of Medicine, and the views of students and alumni in the hope to gain more insight into the matter.

In keeping with previous issues, this issue offers our traditional Dean's Column from Mr Martin Lupton and our State of the Union piece from Benjamin Russell, the ICSM-SU President. There are some updates from the St. Mary's Hospital Association, and a beautifully written Tales from the Archives by Kevin Brown. This year saw the passing of two people who were both instrumental to the medical field and a very important part of our history; the obituaries of Dr David B. Paintin and Sir Stanley Peart can be found in this issue.

Our News Editor, Hana Dowidar, has worked closely with our Features Editors, Simran Mann and Sameed Shariq, to bring you all of the exciting news around campus. This team have worked incredibly hard to bring together several aspects of the medical school and have encouraged an array of writers to help along the way! From the infamous ICSM mumps outbreak to the introduction of Medical Women's Federation representatives on campus, these sections promise an exciting read! As always, we have a brilliant 'Top 10' piece from Amanda Hertzberg, which should help us all relax and recuperate over the Christmas holiday period. Our Academic Editor, Dave Ariyanayagam, has put together a year-by-year 'survival guide' for the medical students who may need it! He also explores the ins-and-outs of the new BSc structure and lets us in to some exclusive information regarding the four new BSc pathways introduced this year. Our Clubs & Societies Editor, Abi Mahendran, provides us with an update from ICSM's sports clubs, academic societies and volunteering bodies. And our Travel Editor, Piyush, reports on former Features Editor Mala Mawkin's incredible elective journey.

I would like to thank everyone who has helped contribute towards putting this edition together. Zeba Azeem (Secretary) and Lorita Krasniqi (Treasurer) have been a key part of the smooth running of the Winter Edition. Zeba and Sameed have also spent hours reforming the ICSM Gazette website, which has had a huge effect on student engagement! I cannot find the words to express my gratitude to the dedicated Gazette committee, and to members of the Faculty and our Alumni Associations who provide us with the content that keeps the ICSM spirit alive. In the wake of recent events, this is a particularly special reminder about what it means to belong to a medical community of such comradery.

The Gazette is incredibly grateful to St. Mary's Hospital Association and the ICSM Alumni Association for their ongoing support, that makes our magazine happen. I would like to give special thanks to Kevin Brown for his continuous counsel, and Dr Jonathan Hoare for his dedication towards the Hospital Association. Finally, I would like to reserve special praise for my predecessor, Rajiv Ark. His tremendous commitment to the Gazette is extremely admirable, and it will definitely be difficult to meet the standards he set in the previous year. He has been ready to help me through the entirety of this issue. Thank you so much.

I really hope you enjoy reading this issue as much as we have all enjoyed creating it. On behalf of the ICSM Gazette Committee, have a very Merry Christmas and we will see you again in the New Year!

Anushka Sharma

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We would love to hear from you, please send in any announcements to icsm-gazette@imperial.ac.uk. These could include births, deaths, engagements, marriages, anniversaries and achievements.

Contributors

In addition to all those authors named in the issue I would like to thank Blaithin Dockery, Grace O'Connell, Alexis Buckle, Chris Pringle, Ethan Malone, Kimberley Nyamakope, Sarrmaly Varatharajan, Haris Javed-Akhtar, Aadith Selvamohan, Kenechukwu Ezeonyim, Masaki Yanai, Pritesh Patel, Vishal Sriram, Kevin Zhang, Syra Dhillon, Dr Nina Shehata, Alex Coombs, Omar Ghandour, Carmen Traseira, Nathaniel Shatwell, Vasiliki Kalogianni, Yasamin Mahmoudzadeh, Aida Abdelwahed, Hannah Mallon, Mabel Prendergast, Amanda Hertzberg, Shonnelly Novintan, Anita Bolina, Zahrah Sufi, Shehzar Alam and Dr Mala Mawkin for their contributions to this issue.

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Academic Editor: Dave Ariyanayagam

Mr Martin Lupton, Associate Dean and Head of Undergraduate Medicine

As one heads towards the end of a year, the urge to reflect on the past 12 months and start to plan for the next is fairly overwhelming.

This year is no exception.

The scale of change since last Christmas has been fairly spectacular. The Faculty of Medicine has changed shape. It has divided itself into eight departments (from the previous four) in order to focus on key areas of scientific enquiry, but also (and in my view more importantly) to make each department more human in scale. Some of the old departments were so large that staff and students felt a bit lost, anonymous and invisible to the system.

In parallel with this massive organisational transformation, the School of Medicine has introduced the first year of its reimagined MBBS curriculum, alongside a number of exciting new programmes for those on the traditional course.

One of the key drivers for change to the curriculum has been the desire to introduce new ways of teaching. The evidence is very powerful that learning together in smaller groups is more effective than sitting in large lecture theatres. In line with this, we have introduced a blended programme of study, which revolves around small groups and high quality digital learning resources.

Contiguous with the reorganisation of the Faculty into more human sized units, we have divide our large year groups into smaller cohorts.

We believe that our movement toward more human-sized groupings will increase the chance for all our people (staff and students) to flourish. There is evidence that people are more likely to feel they belong in smaller groups and that a sense of belonging improves our performance. Furthermore, in a place where you feel you belong, you are more likely to be able to develop the mental and moral qualities that make you distinctive. In other words, you are more enabled to develop your character.

This is important to us as a School and a faculty because, in the words of Albert Einstein, “Most people say that it is the intellect which makes a great scientist. They are wrong: it is character.”

Mr Martin Lupton





State of the Union

Benjamin Russell, SU President 2019/20

Hello again ICSM; it is my pleasure to introduce my first State of the Union article for this year!

After some interesting developments taking place over the Summer holidays (my condolences to the fifth and final years who were still here), we welcomed the new term in with some fantastic ICSM style and introduced ourselves to the largest cohort we have ever had. Over 350 medical students and 150 medical biosciences students have begun to settle in to their new courses.

They were welcomed with the insane fortnight of 'Avengers'-themed events crafted by our events team, who have done a fantastic job managing to maintain the classics, while updating them to offer more inclusive alternatives. A 'First Film Night' ran in parallel with First Sports Night, and Sports Day/FRESHtival/ The Endgames keeps getting better and better with more food, more societies taking part, and ultimately more fun had by all (choosing to ignore a mere ten minutes of torrential rain).

It is my absolute honour to thank the events team, entire Students' Union, and all the people we worked with to make this Fortnight such a success. Reynolds was – as ever – another cornerstone of the successful Fortnight, and we would like to thank all the managers and staff who helped us out. With an absolutely massive majority of students taking part via the passport we hope that everyone was able to meet as many new people as possible and make a bunch of new friends!

A mere week later, we celebrated Halfway Dinner and Commemoration Day in quick succession, recognising two significant milestones in everybody's journey through the School. I got to celebrate my own halfway point with my entire year group, which I think we all agreed was one of the best evenings to date, and I was lucky enough to lead the procession in the Royal Albert Hall to celebrate our newly qualified doctors, biomeds, and intercalators.

Despite hearing some saddening news about St Mary's Medical School Building over the Summer when we learnt that – despite our efforts to fight it – the building was going to be sold, there have been some important and exciting updates. A consultation process has been agreed between the Faculty of Medicine and the Students' Union, which will let all our students have a direct chance to influence where investments to our experience will be made. The decision to sell may have been made behind our backs, but I am extremely hopeful that the College has improved their thinking and will actively listen for our input into the future of our Medical School. Our strong, combined reaction as ICSM has already changed how decisions around Heston and Harlington are being made, where students are now being consulted openly before anything had been decided.

My eternal gratitude goes to the nineteen ICSMSU Officers I have the joy of working with this year. They have gone above and beyond in their roles to welcome our new students and improve the whole ICSM expe-

rience for everyone. I cannot wait to see how they progress in their plans this year. Thanks – as ever – also goes to the School of Medicine, St Mary's Hospital Association, ICSM Alumni Association and ICU for their continued support.

I hope you are looking forward to the year as much as I am!

Ben Russell



Mumpsgiving 2019

Abi Mahendran updates us on the infamous outbreak of the wildly infectious disease...

As you may or may not have read, various universities around the UK have been hit by a mini-mumps outbreak, including Dublin and Nottingham. This October, an unnamed 3rd-year medic added ICSM to that list. While no more than 10 or so people have had confirmed mumps so far, the highly contagious nature of the illness, coupled with the fact that it is contagious before it is symptomatic, mean that we are likely to see this number increase drastically in the coming weeks and months. Outrage has ensued, coming from Imperial College students mainly. The focal questions being thrown around were: "Why wasn't this person vaccinated?" and "How stupid could medics be to get mumps?"

As it turns out, they had been vaccinated. In fact, every person I know who has been infected has had their MMR vaccine. Why, then, has this mumps outbreak begun? Is it a result of a lack of herd vaccination or is this some new strain that we are not protected against? It appears that every new article discussing this issue suggests that the efficacy of MMR vaccines is lower and lower. From 95% to 84% to 80% and even less, perhaps this vaccine simply isn't good enough.

The disease itself, at least in the way it has been presenting in our students, has thankfully not been too serious. The obvious painful swelling of the parotid glands and general malaise are the only common symptoms I have been hearing of, and following a week or two of quarantine, every infected person I know has made a full recovery. However, the issue remains that mumps has the potential to be a serious disease and it is highly unlikely that it will affect every infected person in the same way.

If mumps keeps spreading, then chances are that someone will experience one or more of the serious

associated complications, such as meningitis, orchitis or oophoritis (swelling of testicles and ovaries respectively).

Indeed, mumps outbreaks among students are not unusual. Multiple universities have reported outbreaks in the last decade or more – even here in London, UCL had mumps just two years ago and KCL six years ago. The huge diversity in backgrounds that we find at universities, especially ones with high international student intake, creates an environment in which contagious diseases prosper. If we also add unvaccinated students to this melting pot, and the fact that the mumps part of the MMR vaccine is not as effective as the others, it is not all that surprising at all that we are no longer a mumps-free university.

What's the solution? Some university towns, such as Exeter, have in the past implemented catch-up immunisation programmes for under-25s. For us, though, the current advice is bed rest, painkillers and quarantine. As long as the disease is not too serious, the most important thing to do is to stop the spread.

On a serious note, if you do start no-

ticing that your face is getting a little swollen, make sure you get it checked out. Even after the swelling reduces, the disease is still contagious for up to a week, so it is best to remain quarantined until a week after symptoms disappear. Thanks for reading, this report has got me feeling tired. Why does my face hurt so much?

Abi Mahendran

.....
**"Every person
I know who has
been infected has
had their MMR
vaccine"**



The Climate Crisis and Mental Health

Blaithin Dockery walks us through the arising phenomenon, Eco-Anxiety

In the past few months, we have seen the growth and popularity of climate protests across the United Kingdom. The media extensively covered movements like Extinction Rebellion, so called “climate rebels”, last month as they continued to increase the intensity of their stunts finally leading to a police ban on their protests. Although we often focus on the inconvenient disruptions caused by Extinction Rebellion’s protests, the group’s message has clearly infiltrated many of our thoughts. Their protests led to a wide-scale awareness of the climate crisis which may be leading to a new mental health disorder. Eco-anxiety is a relatively new phenomenon whereby people feel anxiety about ecological disasters and threats to the natural environment, particularly in light of the climate crisis. No statistics are available on the prevalence of eco-anxiety, but some experts have noted an increase in public anxiety around climate change.

Dr. Emma Lawrance, a Mental Health Innovations Fellow at Imperial’s Institute of Global Health Innovation (IGHI), spoke on the Imperial College podcast about eco-anxiety and the management of such conditions. She explained how the fear of impending ecological doom, increased by an awareness of the facts surrounding climate change, coupled with a feeling of a lack of control can lead to anxiety. Dr. Lawrance pointed out that it is still not clear whether eco-anxiety is affecting people who are predisposed to such mental health conditions or whether it is a distinct condition that affects a wider group of people; therefore, further understanding this distinction may impact how the condition is approached and treated. Dr. Lawrance went on to explain that eco-anxiety can have a wide range of side-effects such as interfering with sleep, causing obsessive thoughts that interfere with daily life, and emotional distress manifesting as fear or anger. To manage this anxiety, she suggests talking to people who share these environmental concerns in order to help one another work out what lies within their circle of control, and thus discuss how they can take positive actions.

Additionally, Dr. Lawrance noted that in regions that have already been dramatically impacted by climate change such as Greenland or areas affected by

wildfires or hurricanes, there has been an increase in a number of mental health issues that go beyond eco-anxiety, including PTSD, trauma and even suicide. These conditions are more severe and have wider implications for the individual and communities. For people facing such mental health challenges, treatment such as seeking professional help is often necessary.

There are clear links between mental health issues and the climate crisis, with just a few conditions discussed here. However, there is still not enough focus on the implications of climate-related mental health issues and how to address such conditions. At the IGHII, Dr. Lawrance is currently working to understand the evidence behind these climate crisis related mental health issues to produce substantial and potentially valuable data. She and her team are also considering the policy implications of such a mental health crisis, and how to raise awareness of these issues to the general public. Good mental health is extremely important and its loss can be highly detrimental to the individual; thus, it is essential to have open and frank discussions about issues that may affect mental wellbeing. For those that may be facing a mental health crisis at Imperial, there is help and support available through the student counselling service and mental health first aiders on campus.

Blaithin Dockery



The BSc Medical Biosciences Podcast

Hana Dowidar interviews Grace O'Connell to learn all about the exciting, innovative student-run BMB Podcast

Podcasts have gained a cult following in recent years and have quickly become one of the main forms of media consumed by the general public. As such, the BSc Medical Biosciences (BMB) department did not want to be left behind and we are launching our very own student-run podcast! I sat down with the mastermind behind the concept and actualisation of this idea, Grace O'Connell, to find out more about her plans for this new biomed-focused podcast.

To start with, can you please tell me the general idea behind the Medical Biosciences podcast?

Think journal club meets student notice board. BMB is such a research focused degree and it's important to read around the subject, especially in second and third year, so I figured why not make that easier?

What motivated you to start this project?

As the first year of the course, we were thrown in at the deep end and I think it took a while to work out what is actually required from coursework and exams. Listening to the podcast will help squeeze in that extra reading needed to get the top grades in an easy and memorable way. I also really wanted to find a way to help younger years navigate the course and create a support network throughout the course.

Will this podcast be exclusively for BMB students or will medical students also benefit?

It won't be exclusive to BMB, as there will be a large focus on current research. Most student-related matters will be universal, like how to get an internship and how to actually write a lab report; however, there will be aspects that are BMB-specific such as students talking about their LP2 projects and pros and cons of optional modules.

What sorts of topics will you discuss

on the podcast? And how will it be structured?

In each episode we'll have students and researchers discussing papers or their own research, as well as topical issues for students, like tips for internship applications and surviving BMB.

How do you think this will help the student body?

Ideally, the research discussed will have a link to each of the modules in Year 2, so from that perspective, it should help out with extra info for exams. There will also be tips on student life, like finding a student flat and the career possibilities with a science degree. There are more jobs than accountancy if you don't want to go into research!

Is this a student or faculty run project?

Student run! I wanted to make sure

it was very much for students by students. I mean, who knows more about how to get a summer internship/ grad job than someone who's done it in the last 6 months?

How can our readers get involved or help out if they would like to?

First episode of the podcast should be out in a couple of weeks. Follow the BMB Facebook page and if you want to join the team or have any ideas, email me - grace.oconnell17@imperial.ac.uk

Is there anything else you would like to add?

Big thanks to the podcast team - Chris, Effie, Emily, Hana and Soumya! Thanks for putting up with me and my long-winded explanations.

Hana Dowidar



GAZETTE SPECIAL LOOK: SAVE OUR ST. MARY'S



ICSM graduating class of 2019 in the annual 'Final Line' photo taken outside St Mary's

ICSM Gazette aims to keep students, faculty and alumni up to date about this situation and we hope to provide a platform through which your voices can be heard. If you would like to share information about the sale or overall opinions from stakeholders in the medical school, please contact Simi at sim-ran.mann15@imperial.ac.uk.

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"ICSM Gazette aims to keep students, faculty and alumni up to date about this situation and we hope to provide a platform through which your voices can be heard."

The idea of selling the St Mary's medical school building has been suggested in the past, but as students, we have always been told this would not be allowed to happen. Former ICSMSU President, Daniel Faehndrich reports that he questioned the likelihood of a sale earlier this year and his fears were dismissed by the faculty. Realistically, the sale would have been in discussion at this point in time, so many have accused faculty of actively deceiving us. To add insult to injury, we now know that the College Council invited the ICSU President to the July meeting where the sale was discussed, but not the ICSMSU President. The voice of the medical student body has been intentionally excluded throughout this process and our needs have not been represented.

This is not the first time ICSM students have found themselves trying to protect the facilities at St Mary's.

In recent years, threats to close the swimming pool in the St Mary's medical school building were met with a massive backlash. This facility is used by students, staff and members of the general public, so when the college suggested closing it for financial reasons, a wide range of stakeholders protested. Following a process of petitions and Freedom of Information Acts filed by students in regard to the costs of running the pool, plans to close the facility were withdrawn. The fact that students fought so hard to maintain this facility, only to see the entire building be sold a year later has left us feeling cheated and abused.

The St Mary's library lies at the heart of this issue.

The library has previously been used not only for studying and teaching but also for historic balls and concerts, including Light Opera's performance for Princess Margaret in 1956. Today it is a vital working space and resource facility for students, staff and researchers.

Professor Jonathan Weber claimed during the public forum that the library is used mostly by NHS staff, with the insinuation that students should not be so protective over a facility which is apparently mostly used by non-students. To me, this suggests a fundamentally distorted view of our experience and priorities as medical students. Similarly, answers to our questions about how this sale could possibly benefit us have largely been focused on the idea of investing in research facilities on the White City campus. Embarrassingly little has been said about how this might af-

fect our clinical experience.

During our clinical years, we are taught almost exclusively by NHS doctors and nurses who often rely on library facilities at their respective hospital sites. The fact that the St Mary's library is used by a such wide range of people reflects the importance of shared facilities for people at all stages of their medical careers. Perhaps the most important of this diverse group of people are those NHS staff who are our foremost educators at medical school.

The responsibility of preserving the St Mary's building extends to those outside of ICSM.

In the past, some have tried to have the medical school building listed, in the interest of protecting the library from threats of redevelopment. Interestingly, although the building is not officially listed, a 2016 planning application for the hospital site referred to the medical school as an 'Unlisted Building of Merit', which should be preserved during any potential redevelopment of the hospital site. It is clear that protecting St Mary's has not only been a priority for students on a sentimental basis but has also been an ethical consideration for the NHS Trust.

Over 6,000 people have signed a petition demanding that the sale is delayed until there has been 'more immediate meaningful, transparent, public consultation with student representatives and alumni'. The petition was spread rapidly on social media by students, staff and alumni, including writer and ICSM alumnus, Dr Adam Kay. However, as it was pointed out in the Q&A, the decision to sell the building has already been made so the college is disregarding this demand.

The lack of transparency throughout this process is deeply concerning.

We do not know who the buyer is or how much space will be retained for students on the St Mary's campus. We also have not been given any clear information about how the money will be spent. The College Council shares its meeting minutes on Imperial's website, claiming to exercise transparency in their governance. However, there is no mention of the sale in any of the minutes from this year, which suggests all discussion has been censored from the transcripts.

We have been told that the sale will be made over the next 5 years, which means that the only students who will still be here when this is completed are the current first years. Faculty have promised to involve students in a 'working group' to decide how to allocate the money made from the sale but most students are cynical about this promise. My worry is that, even with a 'working group', it will be difficult for the student body to maintain any involvement in financial decisions if this process is dragged out for years. The controversial Teddington sale invoked outrage from students but over the years, this eventually subdued and many of the current younger years know nothing of the issue.

This time, the only way we can stay involved throughout the process of this sale is by repeatedly reminding each other of our anger. We should be angry that we were excluded from this decision, we should be angry about how it was handled by the College and we should stay angry about it in the years to come.

Simran Mann

"Appalling behaviour. First the selling of the sports fields at Teddington and now this. Deeply disappointed by this decision."

- CX/Westminster/ICSM Alumnus

"The college does not recognise the importance of the history of the medical school. The current medical students of Imperial do not like associating with the main college for precisely this reason."

- CX/Westminster/ICSM Alumnus

"This is a vital part of the medical school, with a library that is constantly full, a common room always in use, and gym facilities valued by students. To take all of this away without clear and effective dialogue with students is an act sure to destroy trust that the students hold in the medical school. Dr Lupton's kindly emails mean nothing if the medical school is unwilling to even consult on issues that affect students so profoundly."

- CX/Westminster/ICSM Alumnus

"This is a historic and lovely building with excellent facilities used my both medical and IC students. It is a travesty that you would happily wave goodbye to excellent and unique resources like the student run gym and the historic library. How will you replace these on the Mary's campus? My understanding was that the gym space was gifted to the student union- do you have the right to sell it?"

- St Mary's Alumnus

"St Mary's library was the most iconic part of my ICSM education, it is the reason I felt that imperial was a cut above the other medical schools and it was my motivation to study hard. Without it, ICSM loses a part of its historic identity, which is a sad day for an institution which wants to make itself the best in the world. St Mary's library tied me to institutions such as the Helix centre, the Hamlyn surgical centre, and many others that boosted my career. These opportunities would now certainly have been less accessible for me and Imperial students would become less competitive in the global landscape."

- CX/Westminster/ICSM Alumnus

"This is the nicest medical school library I have ever been to and I think it's really sad to lose it. I don't want another 'modern' library space with no history and culture in it. If you replace it, I want it to feel like the St Mary's library with all its history. There are so many history resources for St Mary's hospital and its medical school from previous published alumni accounts available so it can be done."

- CX/Westminster/ICSM Alumnus

Formal Statements

St Mary's Hospital Association:

"I think that you can say that the SMHA and Mary's alumni completely oppose the sale, and its manner, with no consultation. We find it sad that a more creative vision of the medical school's future could not have included preserving medical student life and research in central London on such a historic site. Institutions flourish in the long term on tradition and spirit which is hard to rebuild and there is a real danger that Imperial College is throwing this away for short term gains."

1976 St. Mary's alumni:

"I am attending the meeting "Invitation to shape the future of Medicine at Imperial" and confirm I have the written authority of the Class of 1976 St. Mary's Hospital Medical School graduates to voice our strongest objection and disapproval of the proposed sale of the Medical School building.

This part of London's heritage and a world-wide famous landmark must have a listed status. While we appreciate financial constraints dictate certain actions, we also believe that history is more important than money, so why not modernise and preserve an institution that has proudly produced generations of doctors in the service of queen and country. The proposal appals all of us St. Mary's boys and girls and only serves to confirm our initial fears when Imperial acquired the medical school. This we vocalised in representation to the Chancellor of the time, Her Majesty Queen Elizabeth the Queen Mother who personally acknowledged our concern about Imperial conquest erasing everything Mary's. [In response, we received] a letter from her sympathising with our cause.

The uproar and indignation we feel about this proposal mirrors that of the people of this country when the idea of selling the NHS to American bidders was fleetingly mooted. We wish to put this and our objection formally and firmly on record.

The name and heritage of this august establishment must not be for sale."

George Boulos, FRCGP

For and on behalf of the 1976 St. Mary's Medical School graduates.

Ben Russell (President, ICSMSU):

Dear All,

We are aware of the announcement made this morning regarding St Mary's. We understand that some of you may be upset/angry/confused about what is going on with the future (and history) of our Medical School, and we promise that as your Students' Union we will listen to your voices. This applies to both current students and our most valued alumni.

If you would like to send an email outlining your thoughts, please do so to icsm.president@imperial.ac.uk.

We will be here to listen to and represent your views

Benjamin Russell, ICSMSU President



Two separate Q&As were held in September: one was specifically for students and one was a public forum that was advertised to alumni. This in itself was a controversial move, with some claiming that the College unnecessarily segregated students from St Mary's alumni, many of whom have felt disenfranchised from Imperial College since the medical schools merged. The student Q&A was held on Monday 2nd September and the public forum was held on Wednesday 4th September. Both were attended by:

Professor Ian Walmsley (Imperial College Provost)
Professor Jonathan Weber (Dean of the Faculty of Medicine)
Mr Martin Lupton (Vice-Dean (Education))

Recording was strictly prohibited so we are unable to share exact transcripts of the two events. However, some attendees kindly made notes, which have been used to generate a summary of the answers given in response to the questions posed at each of the forums.

Why is it being sold?

The facilities in the Faculty of Medicine are not fit for practice: the St Mary's building for researchers and academics and The Reynold's Building for undergraduate students. There are 4 times as many researchers and academics in the St Mary's building as there are students at any one time.

Now that there is land space at the White City Campus there is an opportunity to give the Faculty of Medicine new and improved research facilities. The only way to fund this is to sell off the St Mary's site as there is no other funding coming from Imperial College. A portion of the profits from this sell off will be used to mitigate the lost facilities to students and improve the already existing student facilities at other sites.

How are you going to mitigate the loss in facilities?

It would be great to have facilities at lots of sites but it isn't possible anymore. Some space within the St. Mary's hospital will be repurposed into a common room. £2-3 million has already been invested into re-decorating and improving teaching rooms in the Reynolds' Building. The top floor of the Reynolds' Building can be repurposed once staff are moved to White City. More teaching facilities in the Charring Cross lab Tower block will be redone.

There will be a working group to consult on the development of the spaces at CX.

[There was relatively little discussion of the plans for Hammersmith and White City as these are apparently not undergraduate developments]

What about the library?

The library cannot be replaced. There are 12,000 sq ft of college owned space in various parts of the St Mary's hospital itself, some of this will be repurposed into "Student Study Spaces".

"The library is not used by academics- by and large it is used by the NHS staff (and mostly nurses). You can have a similarly nice space here (CX) [at this, everyone laughs] At St Mary's you just need a common room and space for quiet working." (Jonathan Weber)

"To keep the library would be the tail wagging the dog." (Jonathan Weber)

"The Library is a casualty, a sad casualty. We will re-create study space, but it won't be wood paneled."

What about the gym and the pool?

For the School of Medicine, the primary facilities will be at CX. The plan is to use the space in Charing Cross sports club. The College will pay so that access to the CX sports club becomes part of Ethos membership. College believe these facilities at the sports club are adequate but that there is a need for more and new equipment. "If need be" some money might be put into improving the facilities they have there.

How will you make up for the loss of heritage?

We want you [the students] to help us do that.

Martin Lupton was not involved in the decision making process.

Why weren't the students consulted before the decision to sell St. Mary's?

A very small, select group of senior members of Imperial College Staff made this decision. Due to confidentiality agreements etc students were not involved.

This was a senior College decision that was made. Yes, 6,000 people have signed the petition against it, but the petition asks to delay decisions - the decision has been made.

"Essentially, [involving students] isn't realistic" (Ian Walmsley & Jonathan Weber)

Martin Lupton was not involved in the decision making process.

Will you tell the students exactly how the profits are going to be spent?

For financial sensitivity reasons we can't tell you anything now. Once the sale has been completed then we will be transparent with you.

Why does the medical school need to sell off its assets when other faculties at Imperial have high-quality facilities paid for by college?

"Money is invested, there is the new School of Public Health and other facilities at White City, but yes, the undergraduate school has not been invested in adequately."

"The faculty of medicine will need to fund any improvements itself."



The Students Have Spoken

"St Mary's is a large part of the reason I applied to ICSM. Reading about its alumni, its sports successes and its role in ground-breaking medical technology when I was 17 excited me and made me certain that Imperial was the medical school I wanted to go to."

- ICSM Student

"Relinquishing control of this building is of course hugely sad and it will be a shame to lose the history of the medical school. However, things move on and I don't think it's unreasonable for the college to think that having two medical school buildings is excessive. This isn't St Mary's medical school anymore, this is ICSM, and this decision should be made in the best interest of our students of the future, not for those reminiscing on the past."

- ICSM Student

"This decision has been made by people who have no idea how this decision affects people. Not just the history but from a pragmatic point of view the facilities at St Mary's CANNOT be replaced. The faculty seem completely oblivious to the fact that having facilities geo-graphically near St Mary's is extremely important. The Faculty have lost so much respect from the students which is such a shame."

- ICSM Student

"I understand there will be investment into new spaces at St Mary's, Charing Cross and Hammersmith, but there was no concrete plan as to how these would look before any decision on Mary's sale was reached, and no student input/vote on whether these new spaces would be the preferred option as opposed to maintaining St Mary's. I also fail to see how these spaces would be better than what already exists at St Mary's."

- ICSM Student

"Has anyone taken into consideration Wilson House? (The historic ex-St Mary's medical school accommodation which is now an imperial college hall in Paddington). If the medical school building is sold off, what implications will this have for facilities and safety of students in this Paddington hall? Wilson currently houses 400 imperial students... St

Mary's is an excellent local resource for these students and the facilities there are well used and enjoyed by them. Will the college assure them a similar provision? St Mary's is also the security base in case there is an emergency in hall to which the sub-wardens require assistance, or if any student requires the help or advice of college security... If the medical school building is no longer there, will imperial retain a security presence at the hospital? If not, will they staff Wilson House 24/7?"

- ICSM Student

"Making the decision during a College holiday and essentially trying to hide it is almost more of a problem than the decision itself."

- ICSM Student

"We must also look to history. In my first year at ICSM college sold off Teddington sports ground to fund its acquisition of Heston. We were not consulted and it was promised Heston would have much better facilities for us. 5 years on, we have lost our cultural home. We lost the convenience of how close Teddington was to public transport links, which has increased barriers to medics' participation in team sport. We have seen increasingly medic teams training elsewhere than college land, as the inconvenience is not worth it being free to use, or are finding as a team with smaller numbers we rank further down the list for training pitch allocation and have the option of 8-10pm in zone 5 or nothing."

- ICSM Student

"I am deeply concerned by a lack of precise plan to replace the facilities available to students at St. Mary's campus. So far, we have only heard promises without any details. I am especially worried because of St. Mary's library, which in my opinion was the best among ICL libraries, and proved to be essential for generations of St. Mary's/ICSM medical students."

- ICSM Student

"They've intentionally let standards slide at St Mary's campus because they've been wanting a sale for years. It's a disgrace."

- ICSM Student

Halfway Dinner 2019

On Saturday 19th October 2019, the class of 2022 spent a Night in the Clouds to celebrate reaching halfway through their time at Imperial Medical School. Hosted at the Royal Garden Hotel Kensington, the red carpet was rolled out for our half doctors to make their way in to what promised to be an unforgettable night complete with our own paparazzi.

The event started with a prosecco reception and following a short speech by myself, the highly anticipated dinner was served. With coffee and tea served, Dr Jonathan Hoare, Chair of St Mary's Hospital Association was invited onto the stage to present three Outstanding Achievement awards in recognition of students, selected by their peers, whose actions exemplified the best of ICSM. Congratulations again to our three winners – Carmen Traseira, Anchit Chandran and Muntaha Naeem! Then the time came for the faculty speech which this year was delivered by Dr James Moss, whose identity was kept as a surprise to be revealed on the night itself. In true James Moss fashion, the speech did not disappoint with an aptly chosen analogy and two of our award winners displaying visual aids as 'projectors'. With the conclusion of the speeches the evening continued with a

spectacular band set featuring performances by a number of familiar faces from our year group. A special thanks goes to Will Jackson for all your work over the past few months in organising the band and to all the individuals who performed on the night. Behind the scenes the photobooth team had arrived in preparation for capturing those all-important images - because nothing truly happened if you don't have the photos to prove it. With the band's set drawn to a close the lights changed, signalling that it was time for us to dance the night away with the DJ playing until the early hours, when we had to descend from the clouds and head home.

I'd like to take the opportunity to thank Dr Hoare and the continuing support of SMHA and Dr Moss for his inspirational and unique speech. Last but certainly not least I'd like to extend a huge thank you to my committee for working so hard over the last few months to bring our take on Halfway Dinner to life and making it such a memorable night for all our half doctors!

**Alexis Buckle
Halfway Dinner Chair 2019**



ICSM Fashion Show 2019

The ICSM RAG 'You Know My Name' Fashion Show 2019, held at The Clapham Grand on 12th March entailed a decadent display of unique fashion, donated by twelve up-and-coming designers, and modelled by Imperial College's very own students.

The night delighted its six-hundred strong audience through a multitude of arts; from Fashion, to Music, to Dance to Extraordinary entertainment. The students of Imperial united to experience an incredibly beautiful display of creativity whilst also fundraising for two charities selected by ICSM RAG; Child Action and Community Action Nepal.

This year, the 'You Know My Name' Fashion Show of 2019 emphasised the importance of self-confidence. Our committee recognised that confidence comes from within, but it is so often influenced by external factors, social norms and stereotypes. The Fashion Show Theme, 'You Know My Name', was chosen to depict a very real and easy mistake that all of us are guilty of making at some time or another. We are taught not to judge a book by its cover throughout our lives, but somehow, it is a bias we are all at risk of succumbing to. In order to reflect these truths, this year's committee wanted to create a show the audience would never forget. For the first time ever, every designer that took part was new to the ICSM Fashion Show. Each offered something unique, but the one thing they had in common was their individuality. The students

modelled several types of clothing, including womenswear (Okwuis Frocentric, Olya Sookie, House of Holstein and Miina Laitsaari), menswear (Ludmila Whittaker and Sidemen Clothing), unisex clothing (Lemuel MC, An Original Leroy and Pillwaa), jewellery (Escape The Cloud and L'Essayer) and even lingerie (Flash You & Me, Bluebella and Ten London).

But the ICSM Fashion Show is not just about the fashion. The audience were treated to a series of musical and theatrical surprises. For the first time ever, each walk featured over three songs professionally mixed together; it really was a party on stage. The first half of the show included a live rendition of The Cell Block Tango by the ladies of ICSM Light Opera and was closed by an incredible set by The Techtonics, Imperial's biggest A Cappella group. The ICSM Jazz Band then blew our audience away with some classic pieces through the interval. The second half of the show was opened by the ladies of IC Dance Company, who performed a beautiful contemporary piece, and was closed by a performance by Nikki Ambers, a contestant from The Voice UK. Following the show, three different DJs welcomed the audience into the after party, including world famous Italian DJ Mario D'Ambrosio.

The show raised over £9500 for the elected charities; this sum was a record for the ICSM Fashion Show. We could not have done it without the incredible work of the Fashion Show Committee 2019, and all of the

models that took part. Our headline sponsors, ScientHealth and Class 1 Personnel, enabled us to reach this goal, and our other sponsors contributed to making the show what it was; including The Drinks Basket, who donated prosecco, Franco Manca, who donated pizza, and Amazon, who provided all of the guests with unlimited popcorn!

We can't wait for the next Fashion Show!

Anushka Sharma
Fashion Show Co-Chair 2019



ICSM Drama Productions

Deepika Kumanan explores behind the scenes at ICSM Drama

On Monday the 4th of November, ICSM Drama set out to perform three original plays written and directed by members to welcome freshers into their society, one of which was 'Ja'mie: Med School Student'. In this exclusive interview, Sameed Shariq and Zeba Azeem set out to ask the co-director (Chris Pringle) and the lead actor (Ethan Malone) about what the play would entail and how it allows freshers to integrate themselves within the ICSM Drama community.

Can you give us an idea of what to expect from the Freshers Plays?

Chris Pringle: The ICSM Drama Freshers Plays are an opportunity to get lots of people involved in the society, its 3 short comedy plays that are not too serious but meant to be a bit fun. The one that I'm directing with my co-director Annie [Rees] is called 'Ja'mie: Med School Student'. It's an adaptation of the Australian TV show 'Ja'mie: Private School Girl', but we've adapted it to the people in the society and medical school life, poking a bit of fun at the guys that we work with and the society.

How well do you think the cast integrated with one another?

Chris Pringle: The cast all came together, and this is quite possibly the first time a lot of them would have met each other and over the past couple of weeks when we've been having rehearsals, they've really been getting on well. I'd like to think they've formed some friendships with each other, they seem to be talking in groups. Also, with us and some of the older years, they were a really good cast, they take on feedback really well and I think they're having a really good time. Directing and working with them has been an absolute pleasure.

Who is playing the lead character in the play and why did you pick them?

Chris Pringle: Ethan is playing our main role of Ja'mie and honestly, from the first time he walked into the audition, we knew that it was him. His energy, his character and his willingness to go all out is fantastic.

Can you give us a brief synopsis of the play?

Ethan Malone: Ja'mie is all about this private school girl and her group of friends and basically everything that they get up to. So, in our case, for the play, there's a new guy at the school, Ja'mie is really interested in him, and spends the play going after him whilst also trying to go after a fifth year.

How did you find the experience of playing Ja'mie?

Ethan Malone: Playing Ja'mie has been quite interesting, I think the main thing is the voice. So if I was to introduce [Ja'mie], I would say [speaks in an Australian accent], 'hi, I'm Ja'mie, and Ja'mie has got an Australian accent but also a little bit feminine, so it's getting the mix between the feminine, the Australian and not going too masculine, it's a lot of effort. Even right now I'm [thinking] is this quite right?' It's been quite an interesting experience.

Despite being a second year yourself, what was it like to rehearse and play alongside freshers?

Ethan Malone: The cast of the play is generally freshers, so people I've never met before, but I think we've all come together really well, we've bonded during rehearsals. We might be different years, but we get along really well. I think that's made rehearsing really quite fun, because in between the seriousness [of the play], there's moments where we're having a chat with friends. It's been a nice chance to meet all the new medics coming into the university.

I would highly recommend anyone to look out for the next ICSM Drama play 'Tiger Country', as it is based on healthcare and provides a fresh perspective into the beautiful yet controversial NHS.

Deepika Kumanan

RAG Review 2019

RAG Chair Kimberley Nyamakope gives us the latest on the RAG radar so far....

Our committee this year has been working hard over the summer to plan out the BEST year for RAG; get ready to put the FUN in fundraising. With the help of you the students, we started off the RAG year by choosing our two charity partnerships for this year Firstly, a local charity, Hammersmith and Fulham Food Bank who work to prevent and relieve poverty in and around the London Borough of Hammersmith and Fulham. Our other partner is Schistosomiasis Control Initiative, a charity which works with governments in developing countries to improve healthcare and providing education about how to treat and prevent parasitic infections and their impact. We then set out to change as many lives as possible!

The first Saturday of Fresher's Fortnight introduced RAG with our RAG Fresher Day. The freshers and RAG committee had a great time treasure hunting around South Kensington in true James Moss X Orientationopoly fashion followed by an even better time working our way through 80 bags of crisps and triple figure numbers of cocktail sausages. We then descended upon the West End for a massive night out, after which we shortly ascended back home again... I'll leave it there.

After a short two weeks of recovery, ICSM RAG was back with our annual Halloween Masquerade Ball at the infamous Aquum Clapham. With the trials and tribulations of Bar Rumba a distant memory, over 200 of you, donning sharp black ties and even sharper masks kicked off RAG's fundraising efforts. Next up was Gladiator sports night, where some of our sports clubs battled it out in the Colosseum of Reynolds, followed by a boogie in Embargos. In just a month, RAG has raised well over £1,000 for our charities, and this is just the beginning!

Later this term, we have some Christmas Carolling with our very own ICSM Music society! You will

then have the Christmas break to rest before the wildest week in ICSM...

'How can I keep up to date with all this' I hear you ask? Visit our website icsmrag.com and follow our Instagram @icsm_rag for information and updates!

**Kimberley Nyamakope
ICSM RAG Chair 2019**



Cultural Societies and Events at Imperial

Deepika Kumanan educates us around the impact of different cultural societies on campus, and the events they host as a part of that.

One of the best aspects of our university is the vast amount of diversity we are able to experience, as many of our students endeavour to bring out every amazing aspect of what their culture has to offer. Personally, one of the highlights of my first year at Imperial was the rich culture I was lucky enough to experience from the range of events on offer by our many cultural societies, be it Mega Maalai, M Night or Afrogala. In this article, different committee members write of their own experiences of their initial exposure to these societies and the impact they believe they are having on the university.

Tamil Society

Sarrmaly Varatharajan, TSoc President

How has your society made you feel welcomed into a community?

My first year at Imperial is undoubtedly a prime example of how International Tamil Society (ITS) made me feel more welcomed at university. Joining any new establishment can be extremely daunting but being able to surround yourself with others that share the same background makes the experience a lot less intimidating and a whole lot more thrilling. Be it bowling, dinners, or our flagship event Mega Maalai, these various activities enabled me to meet remarkable people and make incredible friendships.

What impact do you think your society will have on the university in general?

One of the exceptional aspects of having as many clubs and societies that Imperial proudly has is the amount of knowledge that is imparted. There are many students from all over the world that are yet to be exposed to what being Tamil entails. Our society definitely provides an opportunity for everyone to understand a bit more about the culture, politics and history of one of the oldest civilisations in the world.

So your main event this year is Mega Maalai, what is the aim of the event in terms of spreading your culture?

Tamil culture has always had the arts rooted deep within it, whether its dance, drama, music or fashion. As the world progresses and evolves it's essential to remember your background and your roots, and Mega Maalai has been providing a huge platform for young artists to showcase their talent in these arts for the past 28 years. The show is not only about showcasing what has been passed down and performed for generations but it also gives an opportunity for everyone, Tamil or not, to properly delve into and learn about a completely different culture. In addition to this, Mega Maalai last year raised over £13,000 for various charities. Our

continuous support of these very worthy causes spreads awareness and instigates discussion and action to better the lives of many people around the world including those back at home.

Islamic Society

Haris Javed-Akhtar, ISoc Outreach Officer

How has your society made you feel welcomed into a community?

The Imperial Islamic Society (ISoc) places a huge emphasis on welcoming all. Islam from its very inception has set out to win the hearts of all people; a message that preaches equality and companionship. After 633 CE, within just 80 years, this message had spread from Arabia to as far as India in the East and Spain in the West. Today it is the religion of over 1 billion people across the world, including our very own community here at Imperial.

This inspiring model of companionship, welcoming nature and permeating goodness is what the ISoc models itself on. This has produced a society built upon brotherhood and sisterhood. This sense of togetherness resonates through every facet of the society making both members and non-members alike feel like they belong. These core principles are what have built such a strong and incredible community.

Throughout the year, the ISoc carries out various campaigns and events that cater to all people, whatever their interests; from charitable and altruistic work to world affairs and personal development. Through these events the ISoc aims to exhibit their true values whilst also providing beneficial and relevant advice and information to everyone.

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In my opinion, there is not a more beautiful example of camaraderie and mutual love for one another than the brotherhood/sisterhood of Islam, and this is exactly what the Islamic Society strives to represent. This ultimately creates a society with a great emphasis on inclusivity and being welcoming which in turn, is a true reflection of the essence of Islam. Ultimately creates a society with a great emphasis on inclusivity and being welcoming which in turn, is a true reflection of the essence of Islam.

What impact do you think your society will have on the university in general?

The Islamic Society is more than just a religious society. The scope of work that the ISoc is involved in is extensive and goes beyond just educating people about Islam. Therefore, the impact that the society can have on both the Muslim and non-Muslim community alike at Imperial is immense.

In terms of the general university population, the ISoc offers students with advice and guidance on how to study in a university environment. The 'IAM' campaign was launched to help students who are new to university life as well as people who may be struggling with certain aspects of their studies.

For those looking to undertake altruistic work, the ISoc provides a number of volunteering opportunities to benefit local communities and those who are disadvantaged. Schemes such as homeless drives, blood donations, spending time with the elderly, refugee mentoring and so many others provide students at Imperial an opportunity to broaden their horizons and develop in ways they may not have thought possible before. Campaigns such as 'Believe And Do Good' also aim to promote students at Imperial to do acts of good, no matter how big or small. Such campaigns can have a huge positive impact on both the university culture as well as on individual students.

Therefore, the Islamic Society aims to provide the general university population with the opportunities required to develop themselves academically, personally and spiritually.

So your main event this year is Charity Week, what are your aims for this event and what do you think the impact of Charity Week will be?

Charity Week has many aims and objectives. The most obvious being to raise money for causes that are big

issues in the world today; this year including cancer care in Gaza, healthcare in Pakistan, education in Niger and emergency aid in Sudan, to name a few. By uniting together, we can make a significant difference to those people across the world who need our help. But Charity Week goes beyond this. It's not just about raising money, but also promoting the concept of being charitable through our actions: being kind, being united and being caring towards others. These are fundamental Islamic values

Another objective is to raise public awareness. Informing people of major emergencies across the world is critical in drawing attention to important issues and is one of the first steps towards inciting change. We hope our campaign can inspire an active will to make a difference in all those who encounter our dedicated volunteers at Imperial.

Charity Week is also an excellent opportunity to display to people what genuine Islamic values are. It is important that as an ISoc we showcase the true principles of Islam and Charity Week is an exceptional time to do so.

So I believe that the impact of Charity Week will not solely be raising money, but also encouraging people to be more charitable through their character, become more aware of global crises and become more informed of crucial Islamic values.

Hindu Society

Aadith Selvamohan, HSoc Publicity Officer

How has your society made you feel welcomed into a community?

At Hindu society, we as the committee, had the chance to get to know each other during our annual Hindu society retreat. We played games and accomplished challenging tasks such as rock climbing and team building which really helped us to develop our team working skills and identify each other's strengths and weaknesses. It was a lot of fun and I really felt like part of a family during those couple of days as everyone was really kind and approachable!!

What impact do you think your society will have on the university in general?

I think our society does a fantastic job for new students

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in presenting a platform for like minded individuals to get to know each other. We are an inclusive club and no matter where you are from or what you study, Hindu soc has a place for you. This inclusivity fosters a caring and nurturing ethos which impacts the university in a positive way and is especially great for new prospective students. Moreover, Hindu society allows people who are not as studied on Hinduism to learn more about the historical and cultural heritage through our big flagship events and weekly chit chat sessions.

So one of your main events this year is Rangoli, what is the aim of the event in terms of spreading your culture?

Rangoli is our inaugural Diwali formal that marks the first big event of our academic year. We hold Rangoli to celebrate Diwali, the festival of light, and we encourage as many people regardless of their religion to turn up. We aim to spread the message of good triumphing over evil as is the crux of Diwali. But we also aim to uphold the prosperous and virtuous spirit that we as Hindus share to mark this auspicious occasion. Our aims are simply to reach out to as many people as we can and foster a sense of community, passion and prosperity.

Japanese Society

Masaki Yanai, Japanese Society Vice President

How has your society made you feel welcomed into a community?

We aim to welcome Japanese and non Japanese freshers into the community through events such as Freshers Fair and Freshers Dinner. One of our main goals is to spread and share Japanese culture, events, language and more at Imperial! We also love to help society members connect with people from other universities through inter-college events such as our annual Boat Party.

What impact do you think your society will have on the university in general?

We believe that our society benefits Imperial by having events for welcoming the freshers, such as dinner, drinks and welcome parties. During these events, people from all years come and help you along (year 2 to Y6 students), so its very much like a big family! We also aim to guide members of Japanese society from day 1 of University.

So your main event this year is Revive, what is

the aim of the event in terms of spreading your culture?

We help create stronger bonds between members through performance (weeks of practice, as well as the final performance). Its a great event to show your talent and have fun, getting to meet people from other universities as well! The main goal of the event is to fund-raise for the Tohoku earthquake (that's how this event started few years back), however it is now a charity event.

African Caribbean Society

Kenechukwu Ezeonyim, ACS Public Relations Officer

How has your society made you feel welcomed into a community?

The ACS made me feel welcomed into a community by simply including me, and anyone interested in its activities and events. Everyone with a membership is free to sign up and room is often created to allow people be a part of what is going on

What impact do you think your society will have on the university in general?

I think the society will have the impact of sharing and presenting our culture as Africans to students of other backgrounds. As well as helping them to understand the lives of the average black student at Imperial

So your main event this year is Afrogala, what is the aim of the event in terms of spreading your culture?

Afrogala simply aims to give people an insight into the experiences of an African by telling a story. For example, last year's Afrogala told the story of a girl who had never been to her homeland, which is something experienced by many Africans in diaspora.

Whilst there are many challenges to tackling medicine, it is important to embrace and take advantage of everything that these amazing societies have to offer, be it your own culture or another that you take interest in. Going to events such as Mega Maalai, Charity Week Dinner, Rangoli, Revive and Afrogala is something that I would highly recommend as it is an integral aspect of life at Imperial.

Deepika Kumanan

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Events to look forward to

GRIMM TALES

DECEMBER 6TH



APRES SKI BOP

DECEMBER 13TH



SJTIKI

DECEMBER 6TH



LE FESTIVITIES

DECEMBER 11TH



STFYD 2020



SNOWBALL

DECEMBER 9TH



ICSM LIGHT OPERA - CURTAINS

DECEMBER 11TH-14TH



ICSM DRAMA - TIGER COUNTRY

DECEMBER 9TH





ACADEMIC

Medical Women's Federation: MEET YOUR NEW REPS

Established in 1917, the Medical Women's Federation is now the largest and most influential body of women doctors in the UK. They work consistently to fight gender discrimination and achieve real equality within medical fields. Imperial has two new MWF representatives, who are keen to raise awareness about the federation and what it has to offer.

Anita Bolina and Shonnelly Novintan, two 5th year medical students at ICSM, will be Imperial's MWF representatives for the next two years, so we sat down with them to discuss ways in which the MWF could be of benefit to Imperial students, staff and alumni.

By Simran Mann

How did you first find out about MWF and what made you decide to run for this position?

We went to an MWF conference last summer, and were honestly inspired by the MWF President, Dr Hen-rietta Bowden-Jones OBE. Her weekly timetable sounded incredible and was just plain 'goals'- for lack of a better word. She specialises in addiction gambling. Her weekly gambling clinic is the first and only NHS centre to treat gambling disorder. Her clinic template is being used to set up 14 more clinics in the NHS' 10-year plan. She spends another day per week doing research in addiction psychiatry where she investigates the neurobiology and clinical underpinnings of gambling. In her free time, she visits the houses of parliament where she has been successful in her protests for gambling disorders to be included in the ICD (International Classification of Disease). She asked every medical student in the room what their opinion and views were on the current challenges facing women in medicine. She summarised our thoughts and wrote a 'Consensus Statement' stating MWF's priorities in the spring/summer issue of Medical Women.

What are the benefits of having MWF reps?

I think as a university full of high achievers and aspirational young people it would benefit students to have an organisation which supports those students well into their careers. We also think that as MWF reps, we can provide events and resources to help students in the ways they see fit. . At the recent conference, the term 'sponsorship' instead of 'mentorship' was mentioned. The idea behind this was that a mentor wouldn't just counsel with career advice but would actually work synergistically with the mentee to create career opportunities using the mentor's authority as a senior professional. This is something we are looking to hopefully roll-out within ICSM: MWF students can be paired with an MWF doctor in a field of their interest.

Are there campaigns that you would like to run?

Definitely, we have a few ideas on campaigns that we would like to run and are currently working on how to get them up and running! We think it would be really useful to have a sexual assault campaign, as we feel that this is a grey area within the school of medicine. Currently, the protocol in place used to deal with sexual harassment claims is very premature and requires a lot of development. We believe it is only refined enough to deal with 'straight-forward' sexual harassment claims- which, as you can imagine, most claims are not. We would like to work together with the faculty

to build a robust protocol and build awareness around the definition of sexual harassment and abuse.

Do you plan on running any MWF events in the near future?

At the moment, we are planning to run an event entitled 'How to have your cake and eat it too'. This will be a panel discussion with women and men holding senior positions within the healthcare sector discussing how exactly they balance their family life and work-life. We agree that there is a lot of fear-mongering to choose one over the other and we want to invite professionals to explain how exactly they do it! In tackling this issue, we believe it is important to invite both men and women as speakers and attendees; this is an issue that affects everyone and educating all is the only way to dispel the stigma that you can't have a successful professional career and family life.

Who is allowed to attend MWF events or get involved in campaigns?

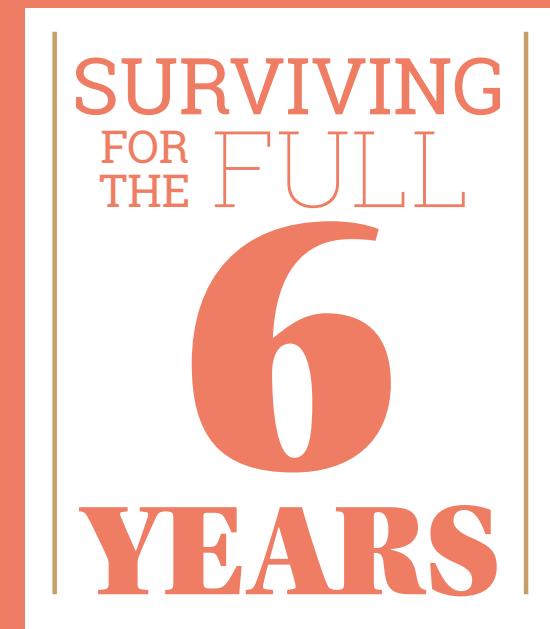
We are in a generation where many men are receptive towards the issues that women face in the workplace and with shared parental responsibility, a lot of issues that we face as women also affect men. The Women's Medical Federation appointed their first male trustees in 2019 as a reflection of our inclusivity. We had the pleasure of meeting one of the new male trustees last week and he was very inspirational whilst also being refreshingly down-to-earth. MWF encourages participation in events and within the organisation from medical school onwards.

If you'd be interested in speaking at a future MWF event or contacting the reps, email sn2315@ic.ac.uk!



"I think as a university full of high achievers and aspirational young people, it would benefit students to have an organisation that supports them well into their careers"

Your Future at Imperial:



Pritesh Patel
First-Year

"The Course has CHANGED"

As you will already know 2nd year is one of the hardest years of medical school. Despite this, it can also be more enjoyable than first year. You have already made friendship groups and will feel like you are now an embedded member of ICSM.

2nd year is split into: LCRS (2 exams) – 50%, MCD – 15%, CRI – 35% and OSPE – pass/fail

For LCRS, your main focus should be on pharmacology, neuro and anatomy. Anatomy in second year has more content than first year but it is taught a lot better. For MCD, topics like cancer and haem are very challenging while other topics build on previous Y1 knowledge. There are plenty of notes for OSPE so don't worry about it too much.

Though 2nd year may be difficult, the start is quite relaxing. I would recommend using the 3 week placement as the end of 1st term to catch up on missed lectures. 2nd term is when the workload starts to pile up and this is when you

Yes, the course has changed, however that doesn't mean that there aren't a number of things that have remained the same and you will surely find first year to be very different to what you were used to in school. Even deciding what to have for dinner every night can seem like a struggle- when in doubt, pasta it out.

Older years tell you that first year is easy and whilst you'll look back and understand why, in the moment it may not seem like it. However, I can assure you, that the largest cause of stress you'll receive this year are from your peers. Avoid concerning yourself with what others are doing and focus instead on yourself. As I mentioned, lectures, tutorials and labs vary greatly from A-level studies and it's ultimately your decision as to how you approach them. I recommend you use first term to try different techniques and see what works for you.

Furthermore, don't be afraid to panopto! If you're too tired to get out of bed, you're not going to be able to focus and you're not going to be productive.

will have to start getting more organised. Easter holiday is where revision should be in full swing. Try not to be learning new material at this stage.

For exams, there are quite a few repeat questions (especially in RDA) so take a look at past papers beforehand but treat them as tests to check your progress. Laz's flashcards, MM tutorial and MedEd are all great resources to use throughout the year.

Good Luck!

Finally, it goes without saying, but you are all here for a long time and when the time comes when it's no longer socially acceptable for you to be going to Ministry every Tuesday (i.e. second year), you'll be searching for social activities as a break from medicine.

That's why I encourage you to get involved with ICSM's incredible societies, there's genuinely something for everyone.

My biggest piece of advice would be to simply try new things, there are so many new opportunities available to you and you won't find time like this again so make the most of first year and have fun doing it.



Vishal Sriram
Second-Year

"You are now an embedded member of ICSM."



Kevin Zhang
Third-Year

"Be friendly and wash your hands, you've already got 50% of the marks"

Right. So you've finally finished 3rd year and enjoyed a massive summer holiday. Luckily for you there are no more early morning ward rounds or long commutes into the realms of Hillingdon or Peter's. Some of you want to do as little as possible and scrape a 2.1 and some of you will be disappointed if you don't win an award. Now that they've gotten rid of exams and given you a week off every month this year should be easy. As you're now not examined on lecture content I guess attendance will be up to you unless your BSc has a strict policy. Hopefully you've picked a subject that you are interested in so you should be wanting to go in. Also in 4th year the lecturers do not panopto many lectures so don't bank on it!

When it comes to ICAs, start early. It helps you know whether you're finding it easy or you need to ask for advice earlier. Of course we all end up leaving them up to the deadline for submission anyway but at least give it a try.

When applying for projects the key considerations are:



Syra Dhillon
Fifth-Year

"53 weeks of 5th year"

You've almost done it, you've already completed half of final year and you're ALMOST at the finish line of what will have been one of the best experiences of your life. The fact you've made it this far and have successfully passed fifth year should give you complete confidence that you WILL make it through this year too.

I know you'll be thinking of your upcoming finals and the sheer amount of knowledge required but don't panic. You already know so much more than you think. So I've got a few words of advice for each of the things you might be worried about:

Firms: get stuck in, get those sign offs early, examine as many patients as you can, and practice your clinical skills for FY1. The SJT - do Prof. Meieran's mocks, read the GMCs guidance and most importantly make sure you do the official SJT mock papers. The PSA - The pass the PSA book is short and sweet - would recommend it, get familiar with accessing the online BNF and BNFC, and of course do the

Your first dive into the clinical world may look daunting, but it's widely considered the calmest year of med school. Other than consultant ward rounds and timetabled teaching (which you should 100% go to), you're basically in charge of your own schedule and your own learning so what you put into firms will be exactly what you get out. If you honestly think you're not going to get much out of the day, I'd just go home/to the library instead. The F1/2s will be your main teaching resource - get to know them and ask if you can do anything or if they can teach.

Your medicine firm is where you'll get most of your teaching in, so bring a notebook and jot down small notes when on the wards where you can. Surgery is a joke. If you can escape, go to the library instead, it'll be 100x more useful in the exam.

Use your GP placement to brush up on your clin comms and history taking, take histories every day. It's also where

most of your DOPS will be signed off so ask the GP to let you do them. Be warned though, it'll just be the two of you for 10 weeks. I know many good friends who fell out just due to spending too much time together.

For exam season, if you explain to your consultant/GP that you have exams coming up, most of them will be chill with you leaving early/not showing up. Do as many question books as you can, the multiple-choice exam is basically pattern recognition. Learn which ethnicities/genders/occupations go with what disease and you'll do fine.

For OSCEs if you remember to be friendly and wash your hands, and you've already got 50% of the marks. For the rest of it, you need to practice so much you're never thinking about what to do next - if you're thinking about what to do next, you've not done it enough!



Dave Ariyanayagam
Fourth-Year

"With the new curriculum this year should be a doss"

You'll have heard it a million times but 5th year truly is a marathon not a sprint... It can be easy to get quite bogged down in it and lose perspective but there's also A LOT to look forward to and plenty of time to look after yourselves and each other!! Here are my main tips on how to stay sane during the longest year of med school:

Little but often is key
Going to firms will help you for both PACES and writtens
Write down how consultants explain things to patients and copy this in your own practice!

You'll hear lots of advice about the 'right way' to revise. Find what works for you and continue with that only

Specialties are worth double path so focus on these more
Keep up with your hobbies the whole way through! If you keep doing what you enjoy it will honestly help you stay focussed so much

Don't be that guy who forgot to claim back travel expenditure from the NHS within the 6 month time limit so end-ed

up being £200 down...

And finally - if it all does get too much and you feel like you're struggling, ask for help early!! Faculty have a wealth of resources that they can provide you with to help you through

Good luck and remember to enjoy it!!



Nina Shehata
Final-Year

"You've almost done it!"



Dave Ariyanayagam explores the recent changes to the BSc year, and speaks to students experiencing **the new BSc format.**

The Medical BSc has been completely revamped to better reflect the principles and skills to be learnt through undertaking an additional degree. This change will mean that BScs are now more uniform (meaning that no BScs have advantages over others) and students can spend more time on applying the scientific skills learnt during the year (as opposed to mindlessly memorising trials and chunks of information). The main changes to the BSc are:

Removal of exams: This year saw the removal of February exams from the BSc. The implication is that the BSc year will now be solely assessed on coursework, with each assessment carrying a larger weighting compared to previous years. Although lectures are no longer examinable through the traditional exam format, they still hold an important role in providing a platform for topics that can be assessed through coursework.

Overhaul of ICAs: Gone are the days where students could take inspiration from essays from older students, as the ICAs (in course assessments) have been completely changed to reflect the new course. The first thing of note is that the ICAs are now all the same across all BSc pathways (except Humanities Philoso-

phy and Law). Module 1 coursework now comprises of: letter to the editor, data interpretation and oral presentation. Module 2: group literature review and lay summary. Module 3: BSc project with oral presentation. Module 3 projects have also been changed so that traditional science pathways will no longer have the option to conduct a systematic review.

Change in module lengths: Module 1 is now 12 weeks long (with interspersed consolidation weeks), Module 2 is 4 weeks in duration, and Module 3 is 15 weeks long. This means that students have time to do a substantial piece of research in Module 3.

Consolidation weeks: The new BSc format has included 3 consolidation weeks, which is in line with a format seen at other universities with a reading week. Consolidation weeks are a chance for students to consolidate the teaching that they have had, as well as time for students to write up coursework and attend the centralised teaching (BSc masterclasses) where faculty members explain how to attempt each piece of course-work.

Addition of BScs: 2019 saw the introduction of several new BScs. These include: Anaesthesia and Critical Care; Surgical design, technology and innovation (to replace the BSc in Surgery), Remote Medicine and Cancer Frontiers.





Title: Surgical design, technology and innovation

Writers: Alex Coombs and Omar Ghandour (course reps)

"We are thoroughly enjoying this exciting area of surgery"

The new course introduces us to surgical innovations across various specialties, where leading innovators come to present their work and demonstrate their inventions. They discuss how their idea was formulated, and then the barriers and steps to implementation. Topics so far have been diverse from robotics and lasers, to the iKnife and pharmaceutical drug development.

The main focus around these topics is about developing our academic skills, including designing surgical trials and critically appraising the literature. These aim to equip us with the fundamental basic skills to become future academics and surgical innovators. We also participate in scheduled surgical simulations tasks allowing us to develop our surgical skills - sessions that are a highlight for the whole group. Teaching is formatted in small

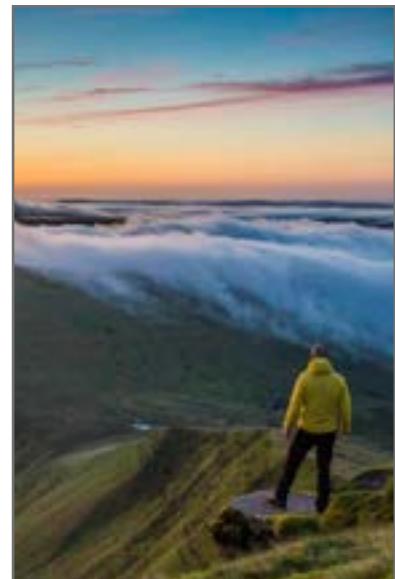
group tasks and lectures creating a dynamic and engaging environment in which all of us want to participate in learning. The module directors and course leaders, who are mostly surgical academics, are thoroughly passion-ate and approachable, making learning fun and stimulating. This new course has been well-received by the first cohort, and we are thoroughly enjoying this exciting area of surgery.

Delivering healthcare in a wide range of environments

The Remote Medicine BSc is a new course that offers an exciting insight into the challenges of delivering healthcare in a wide range of environments. Themed teaching weeks allow students to explore different specialties including altitude medicine, dive medicine, space medicine and many more!

The mixed teaching style of small tutorials, PBL, TBL and practi-cals encourage students to engage with the experts delivering the sessions. In order to put into practice research skills in the field, students have the opportunity to go to the Brecon Beacons in first term and to Nepal for their final BSc project. So far we (the academic reps) would agree that

the course has been extremely interesting and well taught. We look forward to our next teaching theme, crisis and catastrophe, where we will study disaster response medicine and at some point will have the opportunity to practise some trauma skills!



Title: Remote medicine

Writers: Carmen Traseira and Nathaniel Shatwell (course reps)



Title: Anaesthesia and critical care
Writer: Vasiliki Kalogianni, Yasamin Mahmoudzadeh

Focused on the science behind perioperative medicine

The Anaesthesia and Critical Care BSc one of the three new courses derived from the old Surgery and Anaesthesia BSc. It is now more focused on the underlying science behind perioperative and intensive care medicine, covering sepsis, organ failure, perioperative care, pain management and ICU rehabilitation.

We have a wide range of lecturers including clinicians and researchers which has been a great way for us to keep on top of our physiology whilst still being taught clinically relevant content. The lecturers clearly love their field which makes learning from them so much more fun, and Team Based Learning sessions have been very engaging.

We all agree that we are looking forward hearing from our prospective supervisors for the research projects and following ICU patients for our case studies in the next few weeks!

A well-rounded understanding of the vast subject of cancer

The Cancer Frontiers BSc has been a relentlessly interesting course. The first term is split into modules focusing on the Hall-marks of Cancer at the molecular level, surgical approaches to cancer management as well as innovative technologies, and finally drug targets and treatments. We've had talks from a range of captivating researchers and clinicians, which, paired with a flipped classroom approach and group poster presentations has created the environment for a well-rounded under-standing of the vast subject of cancer.

So far, most have enjoyed the course and generally people are relishing the opportunity to soak in new information and perform critical analysis without the ever-present stress of traditional exams. The course is comprised of a small number of students (just 14), which only helps

the lectures and seminars to have a comfortable atmosphere. Indeed, the mutual sup-port from affable peers helps in groupwork and discussion of lecture material and ideas for future work. Most are looking forward to the research project that is individually undertaken in the new year.



Title: Cancer Frontiers
Writer: Aida Abdelwahed and Hannah Mallon

Amanda Hertzberg presents:
Top 10 medical movies to watch during term

Top 10 Medical Movies

As we are well into term, I'm sure a lot of us are in need of some well-deserved self-care in the form of a candle-lit movie night with some Deliveroo. And since we are medical students, we might as well get our chill on with some medical films, of which there are many out there. Fortunately, I have done the dirty work and filtered out the gems from the dirt. Here's a short commentary on ten medical films.

1) The Diving Bell and the Butterfly (2007)

If you're feeling a melancholic French film, this is the one for you. Based on a true-story, *The Diving Bell and the Butterfly* is about a man who suffers a stroke and then continues the rest of his life with locked-in-syndrome. If you are a first-year medic and don't know what that means, I'm sure you'll find out soon. Jean-Dominique, the very silent hero in this romantic Memento-like memoir, used to be the editor-in-chief for Elle magazine until a stroke leaves him with only the ability to bat one eyelid. We see the world from Jean-Dominique's perspective in this film, a powerful and at times slightly humoristic cinematic choice. Experimental, but good. **Amanda's score:**

7/10.



2) Patch Adams (1998)

I guess I should have been alarmed by the relatively low IMDB score, or even by the synopsis for this movie. I would frankly only recommend this movie if you want to turn it into a drinking game or perhaps a heavy roasting session with friends. This movie is filled with clichés and shows no real character development. The soundtrack might act as an emetic (= agent that induces vomiting), especially if you've been munching away on popcorn while watching this. The only redeemable factor about this movie is that it's based on a true story, but other than that I am sure any medical student can see that not much about this seems realistic. Stealing patients from the long queues at a council medical centre to treat them in your own little cabin in the woods as a second-year medical student is just not very close to the reality of anyone here at Imperial, I am pretty sure. **Amanda's score:** **1/10**



T

3) The Intouchables (2011)

This is a heart-warming story of an upper-class paraplegic man looking to hire a fulltime personal assistant and choosing the most unexpected man for the job. Driss, a much younger man from a very different background attends the interview just to get a signature for his unemployment benefits record. The two end up learning a whole lot about each other's worlds and it makes for a movie that's very hard not to like.

Amanda's score: 7.5/10



O


4) Beautiful Boy (2018)

As teenagers in the UK use more drugs than their counterparts from any other country in Europe, and more than every tenth British man, aged 16-24 shows signs of drug dependence (NHS, 2018) this award-winning movie from last year is relevant enough to at least be seen. Whether it needs to be liked or whether it is representative of most cases of drug addiction is another story. I definitely appreciate the cinematics of this movie. A good representation of a strong father-figure with some sort of negative twist always gets to me. "I don't think you can save people, Vicki" is a very hitting line the father in the movie says after repeated attempts to help his son. As medical students this is something I feel like we should all ponder, whether you can really save a person who's biggest enemy is themselves.

Amanda's score: 6.5/10

P

5) Girl, Interrupted (1999)

I included this movie on the list as it is a classic. With both Angelina Jolie and Winona Ryder in it, it has some great performances. It tells the story of Susanna's 18 month stay in a mental institution. Personally, I don't really understand all the hype about this movie, and according to the internet it deviates quite a lot from the book it is based on. I find the story and the subliminal message a tad cheesy, which seems to be a recurrent theme with some of the movies on this list.

Amanda's score: 5.5/10



10



6) Still Alice (2014)

Still Alice is the sad and captivating story of Alice, who gets diagnosed with familial early-onset Alzheimer's disease in her 40's. Familial early-onset Alzheimer's is an autosomal dominant condition which brings about an emotional scene where Alice breaks the news to her children. Julianne Moore does an excellent job at playing this once youthful, intelligent and academic woman whose mind gradually vanishes. This movie really makes you think about what living with Alzheimer's / living with someone with Alzheimer's would/will be like. Definitely worth a watch and a few tears. **Amanda's score: 6/10**

M



7) 50/50 (2011)

In this film a 27-year-old Adam learns he has cancer, and watches everything in his life crumble after that. Sounds like a cheesy plot for a movie, but this is actually one of my favourites on this list. Adams best friend, played by Seth Rogen, is hilariously insensitive to the whole situation (like using Adam's cancer to get girls) whilst still being the only person who really has Adam's back. **Amanda's score: 7/10**



8) Shutter Island (2010)

As much as I love this movie (and the book) I have to admit it's a bit of a stretch to include it on this list. It takes place at a mental institution situated on an isolated island, but other than very Hollywood-dramaticised psychotic patients this movie isn't very medical. However, it features a very enticing story, led by two criminal investigators played by Leonardo DiCaprio and Mark Ruffalo. They are looking for patient escapee, Rachel Solando, who allegedly murdered her children. This almost 2 ½ h movie has your eyes plastered to the screen the whole way through. All I want to say is that those of you who haven't seen this for the first time yet are lucky you have it in front of you. **Amanda's score: 8/10**



9) Brain on Fire (2016)

Based on a true story, 'Brain on Fire' depicts the horror of not knowing what is wrong with you. Susannah, a young woman living in New York with everything going for her suddenly starts changing massively. Everyone around her can tell that something is up but doctors blame it on stress and young adulthood. Whilst this movie seems to have been made in a bit of a rush with a relatively low budget for a Hollywood film, the story is interesting and watching this young woman deteriorate is terrifying. I would also like to allocate an extra point for every time the dad has an aggressive outburst way out of proportion. And one extra point for the cheesy ending that was coming from miles away. **Amanda's score: 5/10.**

i



10) Awakenings (1990)

The second Robin Williams movie on this list, this one is the clear winner of the two. Based on a book by the brilliant neurologist Oliver Sacks, the story concerns the survivors of a certain type of encephalitis who later developed strange neurological symptoms. Unfortunately I don't think the film does the book justice, but it's worth a watch anyway. **Amanda's score: 5/10**

S

Fitness changed my life: It will change yours too



Shehzar Alam
Second Year

Imagine a typical Imperial student: tell me, what's going in their mind right now? Are they stressed about work? Are they thinking about a lecture? Or maybe it's exams? All I can say is it's probably not fitness, or the gym, or their diet. These are things pretty much all of us think about getting right, or know we should be getting right, but few actually make the effort. I get it: being at one of the world's best universities means work, and a lot of it. There's also hanging out with friends, being part of societies, eating, even the damn laundry. You might feel something like fitness needs to take a back seat for a while, and I don't blame you. But what if university life is the time you need fitness the most? What if it could actually improve every single aspect of your life?

My name is Shehzar, and I am a second-year medical student. I wasn't blessed with the fastest metabolism- I was always on the brink of being overweight in my life, and once A level exams hit that turned into a reality! It was during the summer holidays after the exams and the start of first year that I said enough was enough- it was time to get in shape. My body has always been a huge insecurity for me, and I had to do something about it. I started working out at the gym, and I joined the Imperial Medics Rugby club. I'll be honest- at first not much was happening. I was trying so hard, but I guess my body was just stubborn. I was getting frustrated, and motivation started going up and down, but I stuck at it, and eventually things slowly improved. Fat started to melt away, I was gaining muscle, and a few months later I was in the best shape of my life. I realised though that working out and Rugby had a bigger impact than just how I looked; if you google the benefits of exercise or fitness, there are tons. I never really believed all of them before, but they became a reality for me; I became more health conscious the more active I was, and my diet gradually improved every week. The mood swings I've

always had started to decrease until I barely ever had them; the acne that I've had for so long is actually gone now; my sleep was better, and I felt more refreshed; but I think the most important impact was just my general energy and productivity- fitness changed my life.

I'm not saying this to brag, I'm saying this because I think fitness is so underrated, and everyone should try and implement it. Is it possible at Imperial? Yes. It's not easy, especially if you're not that active, yet you still feel stressed and pushed for time. I found it really difficult once exams were around the corner, and so many other things are on your mind. Fitness however builds a discipline in your life: when you're consistent with it, that consistency translates to the rest of your life, especially work. You procrastinate less as well, you can concentrate better, and you are so much more productive. If you join a sports club at Imperial, older students can help you a lot with your course, whether it's giving tutorials, or just general advice. University life also needs a balance- you need time away from work, and the social side of fitness, whether it be a sport, or working out with a friend, makes that time really worthwhile. There are so many opportunities at Imperial to be active- the endless range of sports clubs, the Ethos gym, even running in Hyde park, so why not make the most of it?

Stress is something all of us will face at Imperial, and fitness is an amazing way of combatting it. It doesn't matter what you do, whether it be joining a sports club, working out, or running, just that you do something to be more active and stay consistent with it. My first year was one of the best years of my life, and the fact that fitness was a massive part of it was not simply a coincidence- if all us implement it into our daily life in some way, I honestly believe our university journey will be so much more enjoyable and successful.

It's time to wake up to our biggest challenge as medical students: Sleep.

By Mabel Prendergast

As medical students, we are continuously reminded of the big challenges facing medicine. Nevertheless, we stay silent about one of our biggest challenges yet: the catastrophic global lack of sleep. Currently "two-thirds of adults throughout developed nations fail to get 8 hours of sleep", which is significantly contributing to climbing rates of cardiovascular disease, diabetes, cancer and mental health disorders. Unfortunately, whilst we are supposed to be preventing these alarming statistics, we are in fact contributing to them by allowing sleep to fall to the bottom of our priorities. We seem to have developed a sleep macho culture where we like to flaunt our lack of sleep as if it's a sign of hard work and success. This is a fatal mistake.

Most of us are aware that a bad night of sleep makes the following day more difficult, but do we ever stop and think about how drastic these short-term effects truly are? Students don't realise that their all-nighters are doing the reverse of boosting their performance; with every hour they skip on sleep, their performance the next day is radically reduced. Studies have shown that only one night of reduced sleep will severely damage your attention/vigilance, memory formation, decision-making and judgement". Dr. Chris J. Harvey is a sleep scientist that has joined us at Imperial after his previous work as an Oxford Sleep and Circadian institute. He confirms that sleep is one of the most valuable tools we have in memory consolidation and learning new information. The answer for a good exam score is a good night of sleep not a night replaced by work. Sleep deprivation affects our stress hormone levels and autonomic sympathetic stimulation to such an extent, that we spend the next day consumed by stress and irritability. Allow this lack of sleep to continue and soon you are at a high risk of increasing this stress to mental health disorders such as depression and anxiety. If you want to see a positive change in your daily life, then start by putting your sleep first.

By ignoring our sleep, we are feeding into the medical problems we must treat in the future. Sleep is a significant lifestyle factor in the development of Alzheimer's: every hour of lost sleep will increase your risk of Alzheimer's. Not only this, but sleep is negatively impacting the obesity crisis; a lack of sleep decreases the levels of our satiety hormone, leptin but increases the levels of our hunger hormone, ghrelin. Coupled with the aforementioned negative influence on behavior, sleep becomes a significant factor to consider in the increase

in obesity. If that isn't enough to convince you, sleep is also compounding the risk of cancer to such an extent that shiftwork is now considered a carcinogen. Add this all up and it ends up that people who sleep five hours a night have a 65% increased risk of dying at any moment in time in comparison to those getting 7-9 hours a night. According to Dr. Harvey, these deaths joint with the sleep deprivation of the NHS staff is costing the NHS about 60 billion pounds a year. So, if you care about yourself, the future of your career and the health of the nation, then please start sleeping.

But how can we, as hard-working and driven medical students, change our sleep for the better? My top tip, supported by Dr. Harvey, is to get yourself into a routine. Figure out what time you want to wake up every single morning and then make sure you go to bed at least 8 hours before then. If you do this every single day, you will regulate your circadian rhythm thus allowing your body to fall into a rhythm. Dr. Harvey also emphasizes that you keep this up throughout your weekend.

In order to make sure that this routine will stick, embrace it and make it something that you look forward to. Ensure that you are giving yourself enough time to wind down at night, it's not easy to flick off a switch and go to sleep.

Some ideas include keeping lighting low in the evening, reading a book for 20 minutes or a few minutes of breathing exercises. The same can be said for the morning; you can make it more enjoyable by having a nutritious breakfast or going for a walk before you start your day.

My last tip is to embrace and work to your body's natural circadian rhythm. Society often labels those who aren't morning people as lazy and unproductive when this is genetically predetermined. We each have a chronotype which essentially determines when we are most alert within our circadian rhythm. So, by nature, some people are morning people and some people are night-owls. Learn which one you are and use it to your advantage. For instance, if you feel more awake in the mornings then keep your strenuous tasks for the afternoon.

It is vital that you start taking your sleep seriously. Even if you think you can live with the severe short-term consequences, imagine if you will be thinking the same thing once you've consequently developed a serious disease. We need to realise the benefits of a healthy sleeping routine so we can pass these on to our future patients. Wake up to the reality of sleep deprivation so we can change our own health and the health of the world.



DEAR ESTABLISHMENT, THE RIGHT ISN'T ALWAYS RIGHT

ZAHIRAH S.

If you're not a socialist at the age of 20 you have no heart. If you're not a conservative at the age of 40, you have no brain."

These famous words that have been attributed to the 'wisdom' of Winston Churchill are often quoted by anyone in the centre or the right of politics in an effort to discredit the intellectual appeal of socialism, branding a political school of thought endorsing fairness and equality as nonsensical. The traditional British press, some of the leading newspapers including the Sun and the Daily Mail, a tool of the Establishment, are very keen on perpetuating lies about the left-wing Labour party and socialism to ensure that the status quo remains intact, as well as dismissing real concerns about the inequalities arising at the hands of an incompetent Tory government. We've seen this again and again with the collapse

Surely the role of the media is to scrutinise, raise awareness and write truthfully not fill their articles with falsehoods or inaccuracies to ensure that their company owners can make a quick buck at the expense of reporting with honesty and integrity? It seems that the mainstream media has become an echo chamber for the establishment, a system of elite rule where only the wealthy and most influential can have their say.

I hate to quote him but there was some truth

to Donald Trump's words when he said that we are living in an age of fake news. But the media isn't corrupt in the way that he adamantly proclaims it is. The media is corrupt because it appears to be shutting down and silencing all debate surrounding socialism and left-wing policies. Where is the plurality and representation of a diverse range of views?

This all stems from the lack of diversity and representation in the traditional media where journalists have gotten the positions and roles that they hold through their views and backgrounds. The idea that most of the British commentariat are from a place of privilege means that their worldview is going to be vastly different to the view of the masses yet they have such an important role in British democracy. The media influences us, whether consciously or subconsciously, and it informs, shapes and determines our opinions and thus we need to have a variety of writers within our media organisations and a variety of ideologies and values being advocated by the media organisations that exist.

If the news continues to discuss legitimate and complex schools of political thought in a simplistic and childish manner, the media will only harm society and deplete the health of our democracy. So, what is it that we can do?

Well, it all starts with widening the political news landscape and making room for journalists from all walks of life. Journalists who have

come from working class backgrounds, journalists of colour, journalists of different religions, journalists who have experienced different opportunities, journalists of different sexualities and genders, and so many more areas of society. Every point of view needs and merits equal representation and influence.

We also need to address the corporate, money-hungry world that British journalism seems to be a part of. We do not have a free press. We have a press that is free only to report soundbites from the puppeteers hiding away in their offices in a world that most of us are deemed to be undeserving of. We need to encourage the growth of new media outlets to truly free our press from the clutches of the unaccountable and hidden behind the scene influences which is why outlets like Novara Media are refreshing and at the cutting edge of modern-day journalism.

But above all, we, the younger generation, need to get engaged and make things change for the better. Whether it be through writing our own blogs, writing part-time for publications for our educational institutions, making YouTube channels, or just helping to fund unbiased and honest news outlets, we can all make a difference. We can choose the outlets that matter, the outlets we want to hear from. We can say to the Establishment that we don't want to hear from their mouthpieces, but from real people with something to say and a passion to discover and share the unedited truth.

Now don't get me wrong, I'm not your typical 'loony leftie' who's trying to radicalise you and immerse you into a crazy communist world of thinking. The idea that socialism is an ideology that only illogical, irrational and naïve people can embrace is a farce that has been propagated in the media for too long. I am simply calling for greater diversity in the media outlets available to the people as well as greater diversity within media outlets because a media that thrives off real, intelligent and unprejudiced debate will improve the current political dialogue and engage us, the future generation, with politics. We need a media that cares about the majority of people. We need a media working with the majority of people. We need a media for the many, not the few.



Kashmir Bleeds

by Raabia Farooqi

“Azadi, azadi,
azadi!”

Hundreds of voices fervently repeated this same word over and over; the extent of emotion and weight behind the sound was profound. Translating to ‘freedom’ in Kashmiri, ‘azadi’ encapsulates the plight of a people forced to fight for their liberty and fundamental rights. Trafalgar Square was adorned by vibrant splashes of orange and green as protestors waved Kashmiri flags; others grasped boards with messages such as ‘Kashmir bleeds’, ‘End the Occupation’ and ‘Our Kashmir will be Free’ sprawled across them in black lettering.

On the 15th of August, whilst Indians worldwide celebrated their 73rd Independence Day, hundreds of protestors congregated in the heart of London in solidarity with a region whose independence has been brutally infringed upon. The protest was coordinated by Kashmir Student Action, a group of London university students, in an endeavour to take action against, and attract wider attention to, the human rights violations happening in Kashmir. Speakers highlighted the severity of the current situation and emphasised the importance of condemning the recent acts committed by the Indian government, raising awareness and exhibiting support and solidarity with the people of Kashmir at this time.

On the 5th of August 2019, Narendra Modi’s Indian government illegally revoked Article 370, stripping Kashmir of the rights it has held for over 70 years. Tens of thousands of Indian troops were deployed in the area to suppress potential revolts; the Indian military now have complete control of Kashmir after imprisoning all elected political leaders. Millions of innocent civilians are left terrified, helpless and isolated; the situation in which they are living is one of horror. The imposition of a crippling 24-hour curfew has left Kashmiris imprisoned

within their own homes. Schools, universities and shops are closed indefinitely. Many people are suffering due to food shortages and are unable to obtain vital medications. Civilians live in fear of harassment from the military; reports have surfaced of midnight raids during which hundreds of young boys are abducted from their beds and women are molested by armed forces. Mass arrests have torn families apart as over 4000 innocent people have been illegally detained. Footage has emerged of soldiers swarming peaceful protestors with pellet guns and tear gas, blinding and injuring many. Villagers have described being ‘beaten and tortured’ by the Indian army for no reason. Civilians have been killed in unprovoked attacks; the exact number is unknown amidst attempts by Indian officials to hide the true figures. The Indian government denies everything, claiming that Kashmir is ‘back to normal’.

All internet and telecommunications have been blocked. Whilst this has been justified by Modi’s government as a necessity to ‘maintain peace’, it seems rather to be a veil behind which to commit atrocities without the world watching, and a weapon with which to further oppress and isolate. Kashmiris are left unable to contact each other and the outside world; incapable of expressing their oppression and grief, they have been robbed of their basic freedom of speech. The economic impact is devastating as many businesses have been forced to close. The Kashmiri diaspora face heartache and anxiety as they are unable to contact their relatives to confirm their safety. Kashmiri TV, newspaper outlets and journalists have been completely censored. Almost every basic human right has been violated as civilians live in seclusion and terror; the nation has been left suffering, anguished and voiceless. A statement from a Kashmiri man in Safadakal has



Photographed: 17-year-old Asrar Ahmad Khan who died on 6th August after being injured by pellets and tear gas shells fired by Indian troops whilst playing cricket with his friends.

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"The true intentions of Modi's government are those of animalistic conquest, power and greed."

emerged: "The Government has treated us Kashmiris like slaves, taking decisions about our lives and our future while we are captive. It's like forcing something down our throats while keeping us bound and gagged, with a gun to our heads."

Kashmir had a 'special status' under Article 370 of the Indian constitution, which was a specific term of Kashmir's accession to India. This provision guaranteed the Kashmiri people numerous fundamental rights such as their own constitution, flag and freedom to pass legislation. It also ensured that only Kashmiris can buy and own property in their state. This honoured Kashmir's desire of self-determination, and also served to preserve the unique Kashmiri demographic, culture and identity. This autonomy, although gradually eroded in practice over the years, was completely disregarded when India revoked Article 370 in August. The move was completely unconstitutional; the former Kashmiri chief minister commented that the action marked 'the darkest day in Indian democracy'.

The Indian government has justified the abrogation with claims that it would enable 'development' of Kashmir and 'integration' with the rest of India. However, many argue that the repeal of Article 370 is in fact a reflection of Modi's strong nationalist agenda as it allows Indian Hindus to acquire land, benefit from and occupy India's only Muslim-majority region. Furthermore, in a disgusting statement made by Vikram Saini, a member of Modi's party, it was said that Indian men should 'rejoice' as 'they can now marry the white-skinned

women of Kashmir'. Not only is this a blatant dehumanisation and objectification of Kashmiri women, but it also suggests that the true intentions of the Indian government are those of animalistic conquest, power and greed.

Conflict in Kashmir is not a new occurrence; rather, it is etched into the region's history. After Partition in 1947 formed the Hindu-majority nation of India and the Muslim-majority nation of Pakistan, Kashmir was one of many states granted the decision to join with either new nation or to remain independent. The ruler of Kashmir initially opted for independence but, amidst invasion attempts by Pakistani rebels, was forced to accede India in exchange for military assistance. This commenced a long stretch of localised warfare in Kashmir as both Pakistan and India relentlessly pursued their own perceived claim to the region. Conflict still continues; although the last formal war between Pakistani and Indian forces in Kashmir ceased in 2004, violence, bloodshed and unrest still persist in the region today. Over 400 innocent civilians were killed in 2018 after being caught in the crossfire between Indian and Pakistani forces. It is also of note that throughout this prolonged period of conflict, a plebiscite to establish what the Kashmiri people really want, although consistently promised, has shockingly never once taken place. With both sides embroiled in a territorial battle, the voices of the innocent civilians suffering at their hands have been completely disregarded. Both India and Pakistan have caused huge suffering in Kashmir over the years, and both sides have failed to acknowledge the wishes of the Kashmiri people.





It is vital that the current situation in Kashmir is not exploited to pursue political and nationalistic agendas. At the Trafalgar Square protest I attended, a large group of individuals began to wave a giant Pakistani flag, chanting 'Kashmir will become part of Pakistan!' They were quickly criticised and silenced. The focus of our efforts should be to liberate the oppressed, alleviate suffering and stop what is fundamentally a humanitarian crisis; for either side to exert any kind of territorial claim on the region at this time is ignorant and disrespectful, and this discourse serves only to distract from the plight of innocent civilians. It was inspiring to witness both Indian and Pakistani speakers at the protest united in their goal of condemning the actions of Modi's government, helping Kashmiris and raising awareness of the situation.

Kashmir is famed for its breath-taking lakes, meadows, snow-capped mountains and natural beauty; early Mughal emperors praised it as 'paradise on Earth'. The co-existence of many different religions in the region has produced a rich, vibrant and unique culture. Locals create their own traditional dresses, beautiful handicrafts and embroidery and delicious cuisine; traditional Kashmiri folk music, dance and poetry form a huge part of ceremonies and festivities. And yet, juxtaposed with this beauty and vibrancy is decades of suffering, bloodshed and oppression; Kashmir, a beautiful nation with so much to offer, is instead largely known only for the atrocities that have occurred within it. And today, the situation is worse than ever.

It is therefore of vital importance that we

show solidarity with the suffering people of Kashmir. We must condemn the sickening human rights violations being committed by the Indian military against Kashmiris. We must speak out and raise awareness on behalf of a people who have been stripped of their voices. We must not accept the unconstitutional occupation of any region without any repercussions. We must help Kashmiri's fight for their Azadi.

Speakers at the protest also stressed that we must also dedicate our efforts to other atrocities such as the massacre in Sudan and the murder of Palestinians in Gaza. Whilst the individual causes are different, in all cases innocent people have suffered severely. It was emphasised that we all must unite as we strive for freedom, justice and equality, no matter who the victim is.

It is our responsibility to take action against these injustices. It is imperative that we inform ourselves of these issues, educate others around us and raise awareness in any way possible; we must endeavour to give a voice to the voiceless. We must not become numb or indifferent to the suffering and oppression of other human beings; instead we must exhibit solidarity with their plight and vehemently condemn the perpetrators of injustice.

The ICSM Clubs and Socs present: **Sport Reports - Winter 2019**

Tennis

The first few weeks for ICSM Tennis have been greatly successful. There has been lots of interest in tennis this year, shown by huge turnouts at all three of our taster and team trial sessions from a mixture of different years and courses. Courtesy of Melanie, we were even blessed with freshly baked cake at one of the taster sessions!

Weekly team training is in full swing, most recently being held indoors at Westway Sports & Fitness Centre in preparation for the MPS Mixed Doubles tournament. This was a successful tournament with ICSM Tennis having the biggest turnout of any of the UH medical schools. Congrats to Adi and Mark for reaching the quarter finals and Rachel and Ian for reaching the semis.

The tennis continues with LUSL fixtures throughout the year and then the UH league in 3rd term. Coming into this season as undefeated LUSL champions, we hope to back up

last year's performance with another strong show to retain the top spot. For less competitive players, our Sunday social tennis sessions are underway, allowing others to have a more casual hit and make a few friends along the way.

We enjoyed welcoming the new members on the legendary night that is Fulham Palace Run. This was the first year ICSM Tennis took part in FPR and it was a fun night for all! UH AGM was a much more sophisticated affair, giving us the chance to get to know tennis players at the other London medical schools. This was enjoyed over a fancy dinner at the Royal Air Force Club, Mayfair.

In March next year, we look forward to another international tour – our 3rd ever – to Faro, Portugal. Our social secs have been working hard to organise this and make it as enjoyable as possible. More information to be released soon so stay tuned!



Squash

ICSM Squash has had a packed start to this year. At freshers' fair, we managed to recruit a large cohort of keen new members. After our first squash session of the year the very next day, we ordered pizzas as new and old club members got to know each other, followed by Fulham Palace Run, a huge success. Two of our graffitied butternut squashes made it all the way to Heaven! Other social events we've hosted include a curry night at the institution which is Miran Masala. With a large turnout of around twenty-five members, it's something we'd definitely look to repeat in a few weeks' time.

The next big event on the squash social calendar is tour! The location is to be confirmed, but this is an enjoyable weekend away to play and socialise with another university team in a different city in the UK.

We've had a good start to the year league-wise, with our second team managing to beat IC Seconds in a stunning vic-

tory, and the first team decisively beat LSE Firsts. Our third team have had a mixed start to the year, but with close matches all around it's only a matter of time before they too start clinching victories.

If you're considering taking up squash, please come along to one of our social sessions, held on Wednesday and Sunday afternoons at 2pm at Charing Cross Squash Club, or message us on the facebook page, ICSM Squash.

Cricket

Both the First and Second XIs have had competitive outings in their respective leagues with a largely young squad. After a rocky start away at GKT, the first XI recovered to win against Barts. Needing a win against RUMS to enter the final, we battled hard but fell short at the final over, bringing a promising campaign to an end.

Similarly, a revamped 2nd XI full of fresh new faces also enjoyed an eventful season full of ups and downs, finishing comfortably in a challenging league. While the results overall have not been coming our way, there is far too much talent and passion within this club, and it is only a matter of time before we're back up on top.

The ladies team enjoyed indoor sessions sponsored by Surrey cricket and have secured their very own cricket coach for this season! Cricket dinner provided a barrel of laughs and fun in front of another sell-out crowd. The annual Presidents' Day saw the IMCC alumni inch over the line against the playing XI in a thrilling chase, proving once again that class is indeed permanent. Devon tour rounded off a

smashing year of cricket, with IMCC's finest travelling down to partake in the annual game against Cheltenham Fitzpaine. A narrow loss could not dampen what was a thoroughly enjoyable weekend. Finally, a huge thank you to the previous committee and Dr. Singh for another brilliant year.

The new season dawns, and preparations have started in typical fashion. Our first Net session at the Kia Oval drew a huge response from the freshers. With several nets planned leading up to the season, we are in for a cracker of a year. We welcome players of all abilities, aiming to provide a supportive and fun environment.

Whether you're the next Ben Stokes/Charlotte Edwards, or just want to try your hand at the beautiful game, do make sure to get in touch or come along to the numerous socials and Nets we have lined up. Email me at kanha.kukreti15@imperial.ac.uk.





Water Polo

ICSM Water Polo has had an incredible start to the term. We began the year by smashing our membership record having 23 water polo freshers, our best intake so far! All senior members were extremely surprised by how quickly new members improved, some even making it to the first team.

We have had some very successful games led by our new first-team captain Demetris and our second's captain Nick is expecting some more serious wins in the next couple of weeks. The second team is going strong having gained some really good players such as Marisa and Sheldon. Special shout-out to Olivier for being already so dedicated to the club that he has been playing despite his hand injury.

We have been very busy outside the pool as well with

plenty of socials including curries and house parties. This year water polo has been a big presence at every sports night so far and members are very keen on continuing. Water polo just came back from a very wholesome tour to Brighton, filled with team bonding activities such as laser tag and swimming in the sea. We are all looking forward to our next events, especially waffle party Christmas dinner! Everyone is very excited for our international tour to Prague; we are all expecting great performance as it is going to be the last tour for several of our senior members.

I am extremely excited for this year and, if you are interested in joining us, check out our Facebook page (<https://www.facebook.com/ISCMWP/>).

Men's Football

The boys have had an excellent start to the 2019-20 season. It all kicked off in Gdansk – a beautiful coastal city in Poland, where we embarked on our annual pre-season tour. Singing songs in the refreshingly Baltic sea, sipping beers in rustic pubs and dancing the nights away in industrial techno nightclubs were just a few activities in what was an incredible 4 days.

An unbeaten start for the newly BUCS promoted 1s thus far bodes very well for our trophy hungry group of lads. With Captain Adam Moorcroft absolutely on fire in front of goal, it looks set to be a fruitful season. The 2s have been the clubs most successful team in recent years, but losing a few key players last season, it is now time for the young guns to step into their shoes. A great 3-1 win vs Southampton 2s in the new regional NAMS competition sees them (joining the 1s) go into their mini-tour for the reverse fixture with huge confidence. The 3s and 4s comprising largely of the new fresher intake bodes for a bright future

for the club, and recent victories over RUMS sets them up for an exciting UH campaign.

This season the lads are wearing their rainbow laces on the pitch, in support of Stonewall which works to promote equality and diversity, and support LGBT culture in the sport. As well as this, a large group of us are growing moustaches for the Movember campaign, in support of Men's Health. We have already hit our £1000 target, despite being only half-way through the month.

The end of the October saw an unfortunate outbreak of mumps strike the football boys. We bounced back on Halloween sports night, out in full force with our ridiculous costume theme including a depiction of the evidently useless MMR vaccine, Ali G, tube stations, and cartons of fruit juice. Some absolutely tasty looking events to come in this term include Ultimate Wednesday, UH sports night, Christmas Dinner and the ICSMFC Christmas Bop for the second year running.



Netball

As ever, ICSM Netball Club is off to an amazing start this year, welcoming some fantastic freshers into our netball family! However, our year didn't start there; we had pre-season fitness to get us all back in shape, a HUGE pre-term sports night to prep us for the weeks ahead, and our Alumni Day which once again showed that our netball doctors have still got it!

Having welcomed a new coach and new training courts, we're ready and raring to go for the season ahead and have already had some fantastic results coming in. With 4 teams in BUCS, 5 in LUSL, and our social team starting their GoMammoth league soon, we are proud to be a club with something for everyone! However, it's not all hard work, we have also had some cracking socials thanks to our lovely social secs and are looking forward to heading down to Portsmouth for girls' tour in a few weeks' time!

We still have so many exciting things in store. After

narrowly coming second last year, the 1s will be looking to become champions of the London medical schools in February's UH tournament, and the whole club will be out in full force at Varsity in an attempt to get the yet to be achieved 5/5 wins, and, of course, beat IC. As well as this, the girls are all really excited for all of the amazing socials we have coming up including UH sports night, Netball tour and Rugby bowling to name just a few!

If you're keen to join in with all our fun, drop us a message at Imperial Medics Netball on Facebook or [icsm_netball](https://www.instagram.com/icsm_netball/) on Instagram!



Women's Football

The club has gone from strength to strength since it was founded in only 2016, becoming a BCOC in a short space of time. Our splendiferous sports nights and tantalizing training sessions have cemented us as the girls' team to join this year, with one of our best fresher intakes to date!

Every single girl, new and old, is a true testament to the club and our ethos. We play to have fun and stay fit, with winning an inevitable but well-deserved bonus. Sports nights are the highlight of everyone's week and teaching the freshers the IMWFC ways has been, and always will be, one of the most entertaining aspects of first term.

One month into the year and we are already a massive family. A cheeky Nando's here and a delicious Italian the-

re have proven big hits with the girls, we don't just train and drink – we love to make memories and cement bonds in everything we do. With karaoke night, joint club socials and Christmas dinner all to come we are not slowing down anytime soon.

Next term will be even better than this one with January tour to a top-secret location and NAMS tour, as well as football dinner – a great night to celebrate everything from the past year. I would just like to say thank you to our girls for being absolutely terrific and giving everything 100% effort, the club is what it is because of all of you.

If you have any questions or fancy giving IMWFC a go (best decision of your life) then message fes17@ic.ac.uk





Ladies Hockey

ICSM Ladies Hockey has had a great start to the 19/20 season, with one of our largest fresher/newbie intakes to date! We've had a strong start on the hockey side of things: with our new coach and having played many matches already, this season is set to be a good one. The 1st XI have had some great wins (including one 17-0 thrashing) and we're seeing improvements across all 4 teams, with high levels of commitment and enthusiasm all round.

Our Saturday team is also near the top of the league, something we haven't seen in a while! The strong sense of community is as present as ever, both within the teams and

the club as a whole.

On the social side, we've already had a fantastic pre-season tour to Birmingham and a fun Alumni day with the boys. As well as this, we've had sports nights, club and team socials, Saturday match teas and much more yet to come, including Oxford Tour and Christmas dinner!

We always happily welcome new members (it's not too late to come along!) - if you're interested in joining please e-mail me at oh815@ic.ac.uk.

Men's Hockey

The hockey club as always has had a strong start to the year. Off the back of nine preseason sessions, our 1s won both of their preseason fixtures 3-2 and 6-2 respectively against GKT 1s and the Alumni XI. It was a pleasure to have so many alumni present and five have already played for our Saturday league team this year - please email Eyd for some casual hockey and free food: ema216@ic.ac.uk.

After losing a record of sixteen final years to the NHS last year a large fresher intake has been very welcomed. Freshers fortnight saw over thirty freshers come from the trials and join the boys on FPRun keeping our loudest and proudest title. Already over fifteen have gone on to purchase their socks and complimentary subs filling the gap in both terms of talent and club depth.

As far as results have gone so far, two back to back no loss Wednesday's culminated with our 2s smashing RUMS

3s 6-0, further cementing our rule across UH. Unfortunately, the following week our teams suffered narrow defeats against the best in each league. I'm proud of everyone's attitude following this and we rise up once again as the boys continue to wait to play the oppo of them all IC.

Moving forward we continue to work hard on Monday evenings with our two international coaches and look forward to the results showing the hard graft put in. The boys have taken it upon themselves to participate in Movember this year to raise awareness for men's health globally.

We're also not long away now from our annual Oxford Tour with the ladies' hockey club after tickets sold out in less than 30 seconds. A lot on the horizon for the boys in red trousers!

If you want to get involved there's still time - please email me for more information: jgh115@ic.ac.uk.



Lacrosse

Lacrosse has had a busy first few months with huge fresher recruitment, Alumni Day, lots of socials and a number of very tough matches. However, the club is thriving and hoping to reach some of its highest recruitment numbers ever.

The Men's 1s are sitting at the top of their league with an undefeated record of 4-0. Their biggest match was against their rivals from last year, Hertfordshire Uni, but they managed to claim a definitive 9-3 victory at the away fixture. They are hoping to keep this success going and claim the top of their league. The Men's 2s team has had less success, sitting at 0-4 currently but with some very close losses to both Reading and Canterbury, whom they hope to beat on the return fixture. There has been a great fresher turnout, getting lots of playing time on the pitch.

The Ladies' 1s have had some very close, toughly contested matches. Sitting at 2-3, they hope to rally and secure

some big wins in their upcoming matches. The Ladies' 2s are sitting at 2-2 and with outstanding fresher recruitment and turnout this year, they hope to go from strength to strength as the team improves going forward.

The mixed team has won 2 very close games in LUSL, each by only a goal, and are hoping to keep their momentum going forward and aim to retain the LUSL cup for Imperial once again this year.

Socially, the club has been having fantastic attendance at sports nights and to team dinners. Our Freshers curry was a roaring success and it was great to see the whole club gelling together. As Christmas approaches, we hope to keep this going with our annual Laxmas, continuing what has been a very promising start to the year.

If you want to join Lacrosse, drop me an email at charles.merry13@imperial.ac.uk.

Rugby

So far, we have had a very successful first term with IMRFC. As usual, the year kicked off with our annual Alumni Day. Despite putting up a good fight, the Legends just about pulled through and secured the new Alex Fletcher Memorial cup.

Following a successful rugby fresher intake, both of our teams have grown and developed. Both teams have undoubtedly vastly improved under the supervision of coach Gunne. The new, simplified game structure have meant that we can play rugby our way and dominate teams. Conor "BM" Youmans has done an excellent job leading the 1XV on and off the pitch. Lead by Ish and Arun, our 2XV have been unstoppable, especially in the scrums. I am anticipating that

this will be a very successful season for IMRFC.

We have just returned from our first tour of the year to the city of Birmingham. It was interesting to see the sights and try the local cuisines. Highlights include fresher Ben getting homesick, Stunky being Stumpy and Kwaku two stepping at Pop World. Looking forward to the rest of the season.

For more information on joining rugby, drop me an email at mykola.korolchuk15@imperial.ac.uk.





Boat

The year for ICSMBC started in September with pre-season training programmes kicking off for both senior squads. The time before freshers' built up to a climax with our bop and annual pre-season tours; this year the women travelled to Bristol and the men to Oxford. A massive turnout of club volunteers at Freshers Fair, along with a fair bit of luck, ensured the largest fresher intake to the club in the last 4 years.

With a high turnout at both of our try-out days and our legendary Freshers Curry, all squads have been off to a flying start. Recent attendance at sports nights has also been massive, with particular mention to our mixed 'Cops and Robbers' theme.

Looking ahead, we have our first race of the season

Allom Cup/Novice Regatta on the 30th November fast approaching with the club entering 8 crews! We are also preparing for our international social tour to Leuven after the Christmas holidays.

If you would like to try rowing, coxing or just join us for socials, send me a message at tris-tan.holt16@imperial.ac.uk.

Yoga

ICSM Yoga has had a great start to the new uni year with 150 sign ups this year at freshers' fair! 14 years since the society was started in 2015, yoga has only grown in popularity, as people try to escape the stresses of studying/brexit/the climate crisis with some good exercise, good breathing, good stretches and good vibes.

Every Thursday evening from 6pm-7.30pm, in the Reynolds Basement Music Room, our amazing instructor Sima teaches Vinyasa Flow. It doesn't matter the level, from absolute beginners to experienced yogis, she has modifications and tips for everyone. If you've never tried yoga before and always wanted to now is your chance!

For more information join the ICSM Yoga Society Facebook group. Classes are £5 for a single class or commit to

your love of yoga and buy annual membership for £10 and bulk buy 5 classes for £15. £3 a class for an hour and a half of yoga with a professional yoga teacher - you won't get a better value yoga class in London!

Keep your ears peeled for a possible yoga retreat coming soon...

Namaste.



Badminton

ICSM Badminton has been off to a great start this year. Through Welcome Fair, the club has shown potential for growth with our tremendous 298 sign-ups! Then followed our team trials, from which we have selected impressive players for our 4 teams; we are confident that our players will progress highly throughout the year.

All teams have started out with high morale, having progressed to some impressive wins. Our weekly coaching and training sessions, with the help of our captains, make me confident that all players will improve, and that all teams will perform to the best of their abilities. Additionally, our weekly social sessions have once again proved popular, with people from all years attending. They are a great way for people to play badminton in a friendly and social environment.

The club has also decided to attend sports nights regularly, an event that has been previously overlooked. However, we have also rea-

lised that a big proportion of members are non-drinkers and hence have decided to organise more laid-back social events throughout the academic year. Next came our Welcome Dinner, an opportunity for social and team players to mingle as well as a great occasion for the incoming cohort to get to know older years.

This was a great success, which makes me look forward to future events, especially our annual New Year's Tour in the Netherlands. I am very pleased with the progress the club has made these first few weeks and I'm positive that this will be a strong year for Badminton.

If you want to join badminton, drop me an email at pedro.chen18@imperial.ac.uk.



The ICSM Clubs and Socs present: **Arts Reports - Winter 2019**

Dance

With a banging Beyoncé routine taught at the tasters, I think it's safe to say we all unlocked our inner Beyoncé no matter how deeply buried they were. This was also the start of our commercial classes - a new style that we have introduced this year! What is it you ask? It's anything you want it to be associated with popular culture - think sassy dancing in music videos, hip hop dancers at a Kanye concert, extravagant RuPaul routines etc. To be honest, we're not even sure... but we are sure that it is fun and helps us be our full-out, unique, confident selves (sometimes lol). We have been working towards a routine to Strike a Pose, which you may hear on the radio still!

As well as our weekly commercial classes (Sunday 2-3pm FYI) we hold both beginners and intermediate contemporary classes on Thursday evenings (7:30-8:30pm beginners, 8:30-9:30pm intermediates again FYI hint hint). Our begin-

ners have been working on a routine to Coldplay's Magic and intermediates are bringing it back to classic contemporary with an orchestral piece.

You can catch all these dances and more at our charity showcase on Thursday 5th December in the Reynolds basement starting at 8pm! It will be raising money for COSMIC - a charity close to our hearts and one we've supported for many years now that help those in St. Mary's paediatric intensive care unit. Please come along and see what we have been working on as well as supporting this great cause and if you like it join us next term with our upcoming performances! This includes the annual DJ show-case and MANCHESTER DANCE COMPETITION in February (where we will also be having our lit tour :P)

Come join the fun! Email faye.chen15@imperial.ac.uk for more details.



Light Opera

Light Opera is the home of musical-loving medics, and we are all dedicated to bringing enjoyable and fun musicals to Imperial life! This term ICSM Light Opera has been busy preparing for this year's main show: *Curtains!* After the successes of last year's main show, '*Pippin*', and our 24-hour production, '*Kinky Boots*', all our departments have been very busy getting ready for this term's show! Cast have been rehearsing twice a week, rehearsing killer dance routines and harmonies to die for! Band have been practising and sound incredible, and costumes have been busily making sure everyone looks fabulous! Meanwhile, the powerhouses of backstage, tech, and art have been designing one of the most ambitious sets we've ever had!

Curtains is a comedy musical who-dunnit. With the leading lady dead and a cast full of suspects, will our detective be able to solve this one? Expect lots of plot twists and jazz hands in this marvellous musical murder mystery, from the creators of '*Cabaret*' and '*Chicago*'. The show will be running from 11th -14th December in UCH, Beit Quad. Follow us on Facebook 'ICSM Light Opera' for more details on the event and tickets.

For more details on the show, or about getting involved with anything in our 24-hour production in May, please email me at frances-ca.watson16@imperial.ac.uk.

Drama

ICSM Drama is back again! To kick-start the year on a high note, our production of Pulitzer-winning play 'Wit' by Margaret Edson as our One Week Play was well-received, following a stunning performance by Rachel Ruck (almost a one-woman show). Kudos to Benjamin Hayward for his brilliant directing!

Without a moment to rest, we began welcoming fresher newbies to the ranks via popcorn, Thai food and questionable games of quid-ditch during 'Endgames'. Once re-cruited, our newest members were put to the test through the sarcastic and hilarious Freshers' Plays written and directed by second and fourth years.

But the drama doesn't stop there... Autumn play is about to hit the stage! This year, 'Tiger Country' written by Nina Raine and directed by Yuri Aung and Frankii Watson, is the show of choice. Based on the goings on in many central London hospitals, including Charing Cross and St Mary's, Tiger Country follows a tangle of doctors and nurses in a

busy London hospital. Professionalism and prejudice, turbulent staff romances, ambition and failure collide in this swirling, action-packed drama about an overburdened health service that we all depend on and the dedicated individuals that keep it going. It will make you laugh, cry and relate!

The play runs from 19th-22nd November, starting at 7:30pm (7pm on Friday) in Union Concert Hall, Beit Quadrangle. Tickets are available to reserve online at a cheaper price of £5 for students/E7 for non-students, or on the door at £6/£8 respectively. The only exception is Friday, our consultant's night, during which refreshments will be served in the interval, so tickets are £7/£9 in advance, and £8/£10 on the door. There is also a £1 discount for group tickets.

Please email an-nie.rees18@imperial.ac.uk for more details, and like ICSM Drama on Facebook to keep up to date with all the event details. We cannot wait for you to come and see it!



Music

A few weeks into term, Music Society has already kicked off the new academic year with multiple events! As with previous years, we have had some wonderful performances (including a string trio) playing at the Teaching Celebration early in September.

Following on from this, Freshers' Fortnight saw Bands put on a spectacular gig for 'The Endgames', and Jazz Band took part in hosting 'The Big Chill' together with our sister society, Light Opera. For Commemoration Day, we had the privilege of singing in the Royal Albert Hall together with Imperial College Choir and Chamber Choir. This was a lovely event where we were able to celebrate with all our new graduates and Alumni.

In mid-November, we will be travelling to Bath for our annual Week-end Away where we will be exploring the Roman Baths, local food and nightlife, as well as having a full day of rehearsals! The last week of November, we will be hosting our Autumn Choir and Orchestra concerts at St Stephen's Church, Kensington. Our Choir

concert on Thursday 21st November, conducted by Yasmin Hazemi (Choir) and Jake Griffin (Chamber Choir), includes repertoire by Beethoven, Tallis, Bruckner and more! On Saturday 23rd November, we will be having our Orchestra concert, conducted by Aeron dela Cruz, and will be performing Beethoven's Symphony No.6, Strauss' Emperor Waltz and excerpts from Purcell's 'Dido and Aeneas' and Handel's 'The Creation' featuring our soloists Milly Orr Ewing and Camellia Richards. They both promise to be magnificent concerts and we hope to see some of you there!

Looking towards the end of term, we will once again be hosting this year's ICSM Carol Service. This will take place on Sunday 8th December at Holy Trinity Church, South Kensington. There will be plenty of mulled wine and mince pies!

For more details please check out our website or email med-ics.music@ic.ac.uk.

The ICSM Clubs and Socs present: Academic Reports - Winter 2019

ICSM Connect

ICSM Connect has had an amazing start to the year! With lots of previous members returning to volunteer again, as well as many lovely new faces, we have a total of 72 volunteers on our rota this year! This is fantastic news for a small, wholesome society that continues to grow year after year.

AMSA

The Asian Medical Students Association (AMSA) England is a branch of AMSA International, a society with 27 branches across the world. With the goals of action, knowledge, and friendship embedded into our history, we aim to reach out to all medical students, to share the wide range of academics and socials we have on offer.

BSc Medical Biosciences

With more than a month of the new academic year already having flown by, the BMB students and society are anything but taking it easy. First year BMBs enjoyed their jam-packed Freshers' fortnight and are now getting a feel for the new and slightly bizarre (albeit as a 3rd year, I can say ultimately enjoyable) course... e-modules? What are those? Did some-one say 8-hour labs?

Paediatric Society

The year is off to a great start for Paediatrics Society, with over 180 volunteers taking part in our Play Team scheme on the Paediatric wards of St Mary's Hospital. Earlier this term we warmly welcomed new volunteers to the scheme with training from consultant paediatricians and play specialists from the St Mary's Paediatric team. Play Team is now well under way and it's been great to see the dedication and enthusiasm of our volunteers, who have been brightening the wards with tense games of Jenga and plentiful bubble blowing.

Plastics Society

Have you heard of Plastic Surgery? Think it's all about boob jobs and butt lifts? Not quite...

Imperial College Plastic, Reconstructive and Aesthetic Surgery Society (iPRAS) aims to give members some insight into what a career in plastic surgery is really like, and to give them the skills they need to succeed as a plastic surgeon. Through conferences, lectures and workshops led by world-renowned plastic surgeons, we provide educational opportuni-

ties for students and junior doctors to gain exposure to the various aspects of plastic surgery, but also to learn about wide ranging plastic surgical techniques as well as to develop other skill sets required for one to succeed within the specialty.

ICSM Medical Humanities

Medical Humanities Society is relatively new to the ICSM family, but with 60 members already this year - we're seeing that a lot of you are keen to get involved!

We have had two very successful events so far this term: a trip to the Wellcome Collection's 'Misbehaving Bodies' exhibition and a visit to the Royal College of Physicians' 'Anatomy, Art & Identity' exhibition.

Surgical Society

ICSM Surgical Society has started this year with a bang! We are one of the most active academic societies not just at ICSM but also across all medical schools! Our calendar is packed with events ranging from conferences to specialty work-shops. We aim to bring students closer to surgical training, and every year we strive to build on past successes.

ICSM Oncology Society

ICSM Oncology Society have reappeared in the Imperial sphere this year, following a rather quiet few years out.

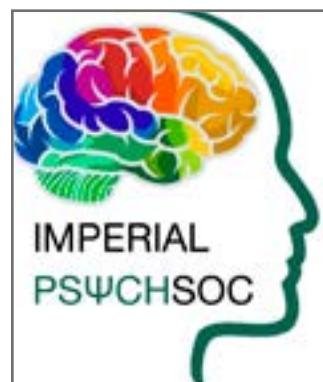
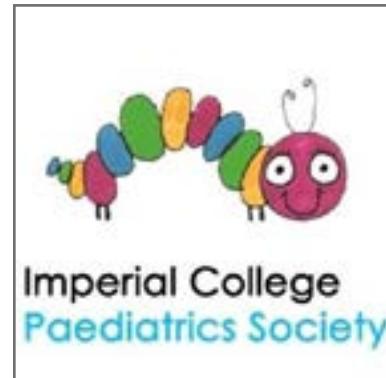
Our first term so far has seen a record number of sign ups, with a wide range of members including medics, non-medics and many graduate students.

Geriatric Society

ICSM Geriatrics and Elderly Medicine Society (GEMS) is a society that focuses on outreach into the elderly community around Hammersmith and encouraging student interest in Elderly Medicine.

HEART

This year ICSM Heart has been hard at work planning new collaborations and revitalising its successful initiatives. We welcomed the latest cohort of medical students at the welcome week early on in the year and laid the groundwork for what we hope to be a successful opportunity for Cardio BSc students to connect with each other across different co-horts.





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"I was hooked on the idea of how we could use big impact initiatives to help improve health globally. For my elective, I wanted to see the extremes of this."

Dr. Mala Mawkin presents: **My Elective Journey**

Introduction

I completed a Global Health BSc in my 4th year and was hooked on the idea of how we could use big impact initiatives to help improve health globally. For my elective, I wanted to see the extremes of this. I joined the eHealth Malawi team to see the on-the-ground work they are doing and then joined the Harvard Health Map team to see how computational epidemiology and digital health is progressing the field. I could not have gone on this elective were it not for my funding awards:

Enid Linder Foundation

Elizabeth Green Memorial Trust Award

ICSM Alumni Elective Award- Pasto-ral, Charitable or Community

Thomas Arno Fund

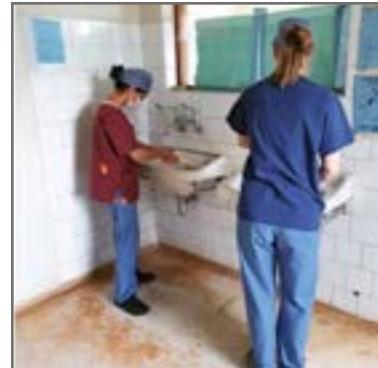
Part 1: Malawi - April 2019

My first stop on elective was to one of the world's poorest countries- Malawi. In fact, it has one of the lowest income per person according to the World Bank, with nearly 70% of the population living under the international poverty line. I travelled with a fellow med student Emma. At the airport before we took off, Emma and I discussed our fears for the trip ahead: Will we be able to emotionally handle the state of the hospitals we are about to work in? How will we cope with seeing some of the world's poorest living conditions? Will we be able to do anything to help at all? Is observing even helping?

Our plan for the trip was a month of visiting a variety of hospitals, clinics, mission workers, embassies and Ministry of Health workers. This was part of the eHealth Malawi programme (www.ehealthmalawi.org). We wanted to see first hand how data and innovation was driving change in Malawi's health. However, what we saw was not anything we were prepared for. We arrived ready to tackle the eHealth problems however, we were faced with more fundamental problems with the health system in Malawi.

At St John's Hospital in Mzuzu the facilities were basic and key resources lacking. On the ward round there were no curtains separating patients beds and so during examinations there was no privacy. The patients had to bring their own bed linen due to no linen budget at the hospital. Additionally, normal hygiene protocols (wash hands between patients etc) were not adhered to due to lack of cleaning supplies. Patients would not wear hospital gowns but cloths that they had brought from their own homes. Despite the shortage of health workers and equipment, the ward rounds were done with smiles on faces and laughs throughout. It was extremely inspiring to see.

We travelled around several hospitals with our guide (a nurse) Baxter, who showed us the landscape of healthcare in northern Malawi. We visited a main hospital, Mzuzu Central Hospital, where I saw a lady 10cm dilated walk into hospital after a long journey and begin to deliver her child on the first bed that was available and free that she could find. The one midwife that was working on the ward rushed over to assist her, as did I, and the baby was delivered in less than 2 minutes since she stepped foot in the hospital. After delivering, she was wiped down with her own clothes (as there was no linen here too) and moved to the floor as the bed was needed for the next patient.



At Nkhata Bay Hospital there was only one doctor working there for 300 patients- and so any emergency surgery either needed to be driven down the poor quality roads to Mzuzu Central hospital, or done by healthcare assistants in the hospital. We showed them some of the online resources we use to train for surgeries, and tried to share tools we used for our own finals that they could use to be up to date with medical education in Malawi too.

In Livingstonia we met with fellow visiting students and workers from the UN, UNICEF, Princeton in Africa and the Overseas Development Institute. Their insights were invaluable- especially on the topic of mental health in Malawi. They explained to us how witchcraft is still being used as a mental health diagnosis in certain areas of Malawi, and the social studies surrounding this. In Lilongwe, we met with the Ministry of Health and also with the Irish Embassy, where we gained a broader perspective on the governmental challenges facing healthcare. This was especially topical as the malaria vaccine was being rolled out during the duration of our stay there.

For our research, we joined the asthma clinic in St Johns Hospital where we examined how asthma was being diagnosed and treated. Basic supplies were not available such as spacers or peak flow meters. We saw the use of ehealth to try and improve this and noted down basic technologies that we could see would help alongside novel ones too. We also saw that patients had “health passports” in which they had a barcode on and when scanned into the hospital it would show up their health records- something that we could learn from indeed!

We also had the chance to see the beauty and warmth of Malawi- we attended services on Sundays in the local church where the nurses in our hospital were part of the choir at. We donated funds to paint and decorate the sun-

day school, and saw the finished work in our final week which almost brought us to tears! We visited Lake Malawi and saw incredible views from Lukwe Eco-lodge one weekend.

But nothing could have prepared us to see the conditions in the hospitals such as where the mortuary in the hospital had broken fridges, so the local prisoners would take the bodies away. Nothing prepared us for knowing the sepsis protocol and desperately trying to implement it, but having none of the resources to save the patient in front of us. And nothing could have prepared me to have been the only person in a whole hospital for a day with a working oxygen sats machine, because it was an app on my phone. In the emergency departments people would travel for hours with broken arms just to receive a confirmatory x-ray and a small bandage (if available).

The whole experience was perspective changing- and seeing patients struggle so often and so helplessly was difficult. Especially when you knew that this scenario would not play out to end in death if the patient would have been in the UK. The research the e-health team is doing is game-changing, and is forcing investment in medical technologies for this emerging healthcare system.

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“Nothing could have prepared us to see the conditions in the hospitals... the whole experience was perspective changing.”

Part 2: Boston - May 2019

For the second part of my medical elective I joined the collaborative efforts of Harvard University & Boston Children’s Hospital Innovation and Digital Health Accelerator for 3 weeks, under Professor John Brownstein and his team.

Digital Epidemiology: To research into and understand the epidemiology techniques and data management tools used to monitor and support infectious disease control.

Virtual Care: To gain an understanding on how e-health is progressing and streamlining healthcare delivery in USA, and the barriers to implementing these tools.





"I am so thankful and grateful for these opportunities over the last few weeks and hope that I can only give back in the same way."

Innovation Technology: To appreciate the collaborative nature of ehealth research and implementation, gaining perspectives from data scientists, physicians, management and software developers.

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Travel

Digital Epidemiology

I began my work with the digital epidemiology team where I was introduced to the Health Map platform. The Health Map project (healthmap.org) offers disease outbreak monitoring and realtime surveillance of emerging public health threats.

My task was to aid the research team by curating data sources from Minas Gerais in Brazil, looking specifically at Dengue incidence over the past few months. It was fantastic to see the aggregation of different news sources and reports to aid infectious disease support. I then presented to the Health Map team meeting a week into my placement, and was able to gain an appreciation for what other members of the team do too. The projects here are brilliant alongside Health Map there is also Vaccine Finder and Med Finder that help to show in real time which pharmacies in the USA have stocks of which Vaccines and Flu medications respectively. It is really useful for patients that can search in one place instead of going pharmacy to pharmacy. Additionally, the Health Map team have linked up with Uber to previously run an Uber Health vaccine campaign, and are now teamed up with Facebook too on a cardiovascular risk study. The team also work looking at gun violence epidemiology and how that relates to city design for example how demolishing a derelict building could decrease violence in that area. There is also a brilliant programme they created called Flu near you, where they source in 300,000 users around the USA to share if they have been affected with any symptoms of flu so that the team can monitor any outbreaks.

I sat in on a meeting for med finder where they were liaising with the Centers for Disease Control and Prevention (CDC) primarily looking at flu pandemic preparation. They run simulations for flu outbreaks and work with the data team here to integrate real time data into their practice runs.

We also had an opportunity to collaborate with Imperial too, as I organised a call with the Imperial Department of Primary Care to share learnings across the continents on health inequalities and social accountability in medical education using big data.

Virtual Care

I joined the Digital Health team meeting in my first week and gained an appreciation for the huge amount of

patients the team were processing through their online system. The team are running various projects to offer ehealth advice to patients and clinicians both in the local area and internationally. Patients can have their follow up appointments virtually, check in on their post op care or even receive a second opinion from Boston Children's Hospital staff remotely. Clinicians can speak to specialist paediatricians for referral advice, and triage their patients remotely. I visited the Neurology team that are implementing in Virtual Visit, Virtual Consult and Second Opinion. It was interesting to see how many factors are coming into play when rolling out these technologies and the similarities with the NHS too. Although we do not have insurance provider issues with covering ehealth, we do have uptake issues and challenges when rolling out new systems that in the long term will improve service.

Innovation Technology

I was fortunate enough to sit in on startup pitches to the digital health accelerator that will assist in the surgery operating theatre, I was also able to meet with the team that run Hacking Paediatrics and understand what innovation really meant to them.

In my final week I was introduced to an Imperial College School of Medicine alumni who is now running his own medical technology company in Boston (Wellframe) and learn about the challenges of moving from the NHS to the USA healthcare system.

The array of technologies being developed: devices, patient portals, and Alexa integrated apps. There really was something new to be learnt everyday!

Part 3: Onwards

After the work, I was ventured to Canada to hike the Rocky Mountains climbing glaciers, rafting and exploring the mountains by bike. I also went to Ireland to present my Malawi research at University College Cork in July. I am so thankful and grateful for these opportunities over the last few weeks and hope that I can only give back in the same way I have been helped to have these experiences. These fantastic projects I joined have definitely shaped my view going forward into my first days as a junior doctor.