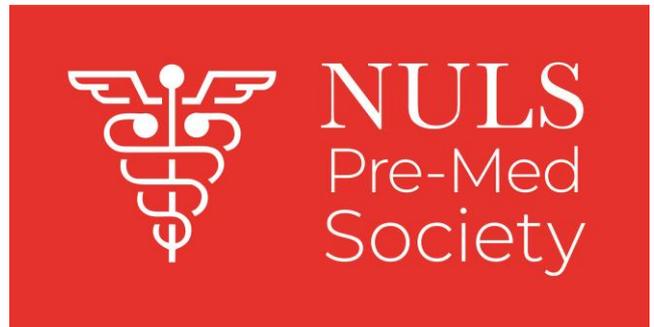


The Caduceus

The NULS Pre-Med Society Newsletter



Edition 1, February 2021

A warm welcome to our first edition of the Pre-Med newsletter. This will be a regular publication to bring you interesting articles that we hope would offer you a step ahead in your journey towards your dream career. We welcome submissions for material that we can include in subsequent issues.

Meet the Medic

In the first of a series of interviews with medical professionals from different backgrounds and at different stages in their career, we interviewed **Dr B. Dimitri** who splits his time between healthcare management and A&E.

What attracted you to medicine?

I had seen a good perspective of medicine from my father, who is a surgeon, and I knew the negatives as well as the positives after many discussions with him. This, paired with my innate drive to help people, medicine was the obvious choice for me.

One thing I love about A&E is that I see all specialties and deal with all conditions, and I feel this makes my reactions to people more dynamic...

I often feel that managers can be driven by money and statistics which can cause tension between them and physicians. I believe that doctors need to understand about numbers and management for a hospital to run smoothly, and I consider myself to be the 'bridge' between the management side and the clinical side.

How would you describe a day at work?

On a managerial day, I start at 08:00 and must be present at handover in theatres. It is important for me to resolve staffing

How would you describe your role?

My role is definitely very unique. My week is split into four days of hospital management and one day of A&E. I manage the ICU, theatres, and the oral maxillofacial department. I find my job very challenging, but also very rewarding.

Must Reads:

[Book Club Reading List | Medic Mentors](#)

www.bmj.com

www.ageuk.org.uk

[Medicine Reading List | King's College Cambridge](#)

[The Prospective Medical Student's Reading List - The Medic Portal](#)

Quick quiz: What is your prominentia laryngea?

issues to ensure a smooth flow of work in the hospital. I always have a 'business of the day', which includes job plans and clinical lead meetings. In A&E, I also have a 08:00 start with handover from the night team and then I start seeing patients. Patients come through by time order, though a patient can move to the front if they have a serious issue. One thing I love about A&E is that I see all specialties and deal with all conditions, and I feel this makes my reactions to people more dynamic. I am always challenged in that I need to give a diagnosis in the space of only a few minutes, and this is something I really enjoy.

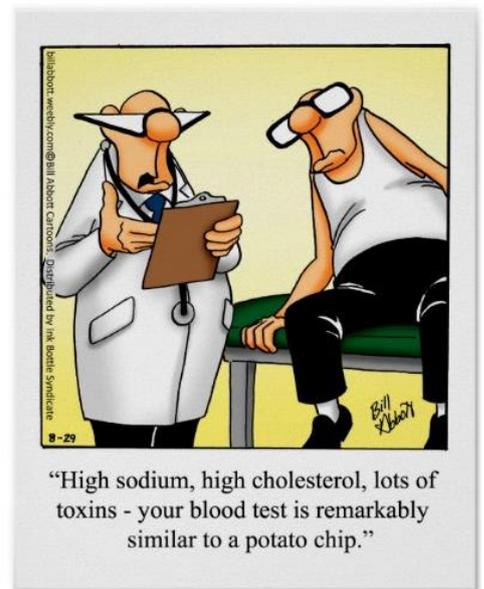
How do you manage your work/life balance?

I am driven by passion, and this means that I can put my all into my work. If I am working on a difficult project, I am able to go home and read about it if necessary. The nature of my role means that I don't need to go to the hospital (unless something urgent has happened), and this means that I can spend more time with my family and friends and have more time for my hobbies, which I feel are essential for me to give 100% to my work.

Mark El-Nimr L6RL

Funny Bones

1. Infants are born with approximately 300 bones, but as they grow some of these bones fuse together. By the time they reach adulthood, they only have 206 bones.
2. More than half of your bones are located in the hands, wrists, feet, and ankles.
3. Every second, your body produces 25 million new cells. That means in 15 seconds, you will have produced more cells than there are people in the United States.



Send your funny bones, quick quiz questions, articles, ideas & must reads to caduceus@nuls.org.uk or speak to Amelia or Mark.

Can you examine the grid and find all the medical terms?

A	L	E	T	I	T	F	L	O	W	Y	M	S	Y	E
N	T	M	C	J	F	Z	D	A	F	I	L	N	T	W
X	A	R	W	I	O	V	A	S	P	H	L	A	R	N
R	S	N	I	E	V	N	G	J	L	N	H	F	U	B
M	C	Q	Y	U	U	W	W	H	C	Y	P	T	L	C
V	W	W	V	O	M	X	H	W	C	D	R	O	J	N
W	T	A	E	T	S	A	W	E	A	I	O	B	A	Y
J	B	N	N	E	G	Y	X	O	E	D	F	R	Z	G
A	R	T	T	P	K	M	S	N	W	F	T	N	I	W
H	E	A	R	T	S	R	T	L	S	E	V	L	A	V
F	B	U	I	S	W	S	B	G	R	B	H	L	Q	R
C	I	R	C	U	L	A	T	I	O	N	E	R	M	C
V	X	Z	L	G	V	X	E	G	Y	Q	D	A	Y	W
S	L	P	E	P	A	S	H	V	S	G	C	O	T	O
B	V	U	S	S	E	A	D	H	X	T	H	Y	R	E

ARTERIES	CIRCULATION	VALVES
ATRIUM	HEART	VEINS
BEAT	NUTRIENTS	VENTRICLES
BLOOD	OXYGEN	WASTE

Quick Quiz Answer: Your Adam's Apple.