

3rd year med student

very rotation based

essentially working a job

- wake up and review patients w/ EPRC at 5am,

- what updates they have

- write down pre charting for like an hour

go into hospital at ~ 6am

- start rounding (discuss patients, plans for the day, like a team huddle)

- takes until lunchtime

- then noon conference where it's like a lecture

- then individual work/tasks

- 3pm team huddle again to give updates

- work on some pressing tasks

- sign out to night team

Social media

- Instagram reels posted by doctor influencers

- little summary of a topic

- clip about diabetes or ankle fracture

- a lot of "fake" doctors, not good advice

- med students can get confused by stuff on internet

a lot of doctors post funny reels

story on how it helped in rotations

- vaccine schedule for paediatric patients
- just saved it
- tying knots for surgery

Youtube

- doing sutures on people

- podcasts

• divine intervention - 4th year med students that gave lectures.

• good study

• lots of med students listen

• Speed runs through everything on exam

Med students watch/listen long form content.

Papers are too hard, more condensed information.

Pretty passively.

• Summaries / bullet points might work well for

• condense information of an article.

• Open evidence - ChatGPT for med students, pull articles and summarize, learned from friend. All

residents using it.

• Linked In not big for connections. It'd be nice for med students to have a connections for this reason.

• How to make connections?

- shadow

- cold emails

- have to do own research

• website to show info in academic setting for physicians (chair, research coordinators)

• Interest groups on campus

- helps get involved in other research, meet and greet

• Use GroupMe and just post, like to be streamlining
• no social media at work, but still thinks he uses it too much

• person watching needs to have good sense of judgement.