Health and Disability Challenges for Medical Students

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Day 1 in Medical School

- Promote Health and Well-being
- Identify Health-related Issues and Disability
- Adequate Support
Raising concerns and Fitness to Practise

Academic Support & Remediation

Pastoral Support

Health

Careers

Disability
Health and Well-Being for Medical Students

- Promoting healthy lifestyles
- Registering with a GP
- Dealing with stress
- Mentoring and Peer-support Schemes
- Online resources
Avoiding and Responding to Stress

- Resilience training
- Mindfulness
Support Groups

- Mood Boost Course
- Managing Anxiety Drop In
- Male Discussion Group
- Women’s Group
- Mindfulness Drop In
Health Challenges for Medical Students

- Mental health problems
- Physical health problems
Studying Medicine is more stressful?

- Intense workload and ongoing ‘deadlines’
- Difficult transition from School learning environment
- Loss of social support networks
80% of medical students with mental health problems feel under supported.

Student BMJ survey, 2015
Health

Ready, willing and disabled

Daniel Strother, who broke his back climbing Ben Nevis, hopes to make medical history by qualifying as a doctor in a wheelchair. But why are they so scared of taking on disabled people?

Dea Birkett reports

https://www.plymouth.ac.uk/student-life/services/learning-gateway/shine
A disability... need not be a bar to becoming a doctor if the student can fulfil the rigorous demands of professional fitness to practise as a newly qualified doctor. Students with disabilities should seek advice from medical schools well before the deadline for UCAS submission so that their individual circumstances can be considered.’

GMC Gateway
Disability

- Dyslexia
- Attention Deficit Hyperactivity Disorder
- Autistic Spectrum Disorder
Physical Disability

**Health**
Ready, willing and disabled
Daniel Strother, who broke his back climbing Ben Nevis, hopes to make medical history by qualifying as a doctor - in a wheelchair. But why is the profession so scared of taking on disabled people? Dea Birkett reports

- Visual Impairment
- Hearing Impairment
- Wheelchair User
- Others

*The Guardian, 2003*
I spent a week in a wheelchair for charity during Spring 2015. Firstly, the most obvious problem is transport. Keeping up with the pace of a ward round for instance would be a problem along with being able to see what doctors are doing when visiting patients bedside. This would only be worsened in the situations when medical teams don't have a ward of their own and move around the hospital to see patients such as in palliative care. The second area of difficulty that occurred to me is the natural inclination people have towards wheelchair users. Often without meaning to, people talk to you differently and I could imagine this would be tough to deal with when consulting with patients.

Year 4 medical student
Reasonable Adjustments

- Learning resources
- Learning environment
- Assessments
- Basic Life Support?
Equality in Assessment
Is this possible for medical students with disability?
Disabled Students’ Allowances

• Covers the extra costs incurred because of disability
• The amount depends on individual requirements
• May help with the cost of:

  ✓ Non-medical helper support
  ✓ Items of specialist equipment
  ✓ Travel and other course related costs

DSA Under threat?
Discussion