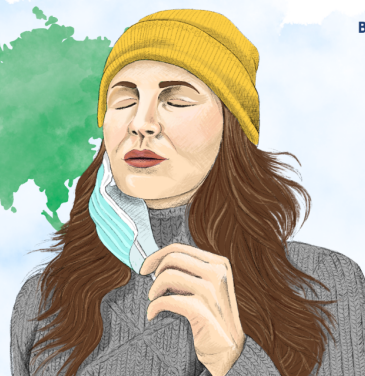


MEDSTART 2023

BY AMSAHK

RECOVER WITH RESILIENCE



About MedStart

MedStart is a two-day medical school immersion programme for secondary school students who are interested in applying to medicine in universities in Hong Kong. We aim at enhancing participants' understanding of both medical schools in Hong Kong by providing them with invaluable information about medical careers and applications to medical schools.

MedStart is organised by the Asian Medical Students' Association Hong Kong (AMSAHK) and is recognised by both the Faculties of Medicine of the Chinese University of Hong Kong (CUHK) and the University of Hong Kong (HKU).

Theme of MedStart 2023 - Recover with Resilience

In light of how the world is recovering from the three-year COVID-19 pandemic, "Medstart 2023 - Recover with Resilience" will introduce the concept of One Health with post-pandemic recovery.

Participants will learn about how environmental health and animal health are indispensable to the maintenance of human health, through learning the basic anatomy of the gastrointestinal system and the gut microbiota. Illustrating concepts with post-pandemic recovery, MedStart 2023 leads an expedition in exploring the resilience of health systems, prevalence of antimicrobial resistance, significance of planetary health, and more! Through immersive experiences, MedStart strives to improve the understanding of aspiring medical students towards Hong Kong's health system and the role of doctors and allied healthcare professionals in post-pandemic recovery. The programme offers interactive activities that simulate the mode of learning in Hong Kong medical schools and provides an authentic insight into the life of a medical student*.

**The programme content is solely based on the Hong Kong MBBS (HKU) /MBChB (CUHK) curricula.*

- **WHAT AND HOW DO I LEARN AT MEDICAL SCHOOL?**

Medical lectures by distinguished professors from CUHK and HKU

Participants will attend lectures similar to those given in the first year of medical school. Coherent with our theme of post-pandemic recovery, these lectures will outline the basics of public health and Hong Kong's current healthcare system. Participants will view Hong Kong's current healthcare system under the lens of the pandemic to evaluate its resilience. Elaborating on the development and impact of COVID-19, the lectures will be able to visualise the significance of One Health so that participants could resonate with the important takeaways from the lecture with their own experiences during the pandemic. These lectures allow participants to reflect on the past three years and rethink their roles as aspiring medical students in the healthcare system in the future.

Additionally, introductory talks on both CUHK and HKU's six-year medical curricula will be included in the programme to allow participants to gain a more accurate understanding of each medical school. This will also highlight the application procedures and entry requirements. Participants are welcome to raise questions during Q&A sessions with admission officers from both medical schools.

Practicals

Aside from tutorials and lectures, practicals are provided to medical students to engage them hands on and solidify medical knowledge learnt in lectures. At MedStart, histology practicals are offered for participants to learn and identify cells and tissues in relation to the gastrointestinal system. Participants will be able to relate biology knowledge in secondary education to the slides shown in the histology practical, thus strengthening relevant knowledge. In addition to histology practicals, microbiology practicals will be offered to introduce participants to common bacteria. They will learn the fundamentals and relate to the gut microbiota and potential infections caused by different flora.

Specimens Laboratory

One of the highlights in the medical curriculum is undoubtedly dissections. Learning anatomy from textbooks and lectures, medical students have to be capable of picturing and identifying anatomical structures in the human body with variations. At MedStart, participants will learn basic human anatomy with the display of specimens under the guidance of student helpers and group moderators in dissection labs. This experience will be rewarding in facilitating participants in visualising and appreciating the beauty of human anatomy, meanwhile educating participants on the role of "Silent Teachers" in medical education.

Clinical Skills Training

This session introduces a series of clinical skills used in medical practice. Participants will learn how to check for vital signs including pulse, respiratory rate and blood pressure, as well as basic auscultation skills. Other modes of medical practice, such as patient history taking, will be introduced to illustrate the process of medical diagnosis and to emphasise good communication between patient and doctor.

- **IS THE MEDICAL CURRICULUM ONLY ABOUT MEDICAL KNOWLEDGE?**

Discussion tutorials on ethics and social topics

Other than having a strong foundation of scientific knowledge, it is essential for healthcare professionals to have an empathetic and well-rounded perspective in considering ethical principles, social issues, and current affairs local and global. Ethical and social factors impact judgement and decision-making in medical practice, and these considerations should holistically benefit the health and welfare of patients and healthcare professionals.

Extending from lecture topics, participants will engage in discussions that navigate public health issues and case scenarios. The discussions will be structured similarly to HKU Problem-Based Learning sessions and CUHK tutorials. During MedStart's bioethics tutorials, participants may have a taste of decision making in situations ranging from clinical scenarios to health policy making. Through weighing and balancing sociocultural factors in the decision-making process, participants can appreciate ethical frameworks in medical practice, as well as apply pre-clinical theories related to medical care, resource allocation, and resilience in health systems.

- **WHAT IS THE CAMPUS ENVIRONMENT LIKE IN MEDICAL SCHOOL?**

Tour of both HKU and CUHK medical faculties

Participants will embark on a campus tour of both CUHK and HKU Faculties of Medicine to experience the campus life of a medical student. Participants will be able to explore the facilities of the medical campuses, such as lecture theatres, practical laboratories, and tutorial rooms, as well as immerse themselves in the campus environment.

- **WHAT IS IT LIKE TO BE A MEDICAL STUDENT?**

Sharing with current medical students, and connecting with peers

Current preclinical medical students at CUHK and HKU will be invited to be Group Moderators (GMs). In small groups, GMs will share their thoughts and experiences with participants about their day-to-day life in medical school. This is an opportunity for participants to get to know future seniors, explore the different facets of medical school, and start inspiring conversations among peers with common interest in medicine.

Interactive panel discussion with medical students

Moreover, there will be an interactive panel discussion with medical students at different stages of medical school. Participants can direct their queries about the medical curriculum and career towards invited medical students to clarify any doubts. Listening to the varied responses of panellists to the questions from the panel moderator, participants can gain an all-rounded account of the life of a medical student.

- **WHAT HAPPENS AFTER I GRADUATE FROM MEDICAL SCHOOL? WHAT IS IT LIKE AS A DOCTOR?**

How do doctors work?

One could only envision their aspirations with a clear understanding of what lies ahead. To provide participants with up-to-date information and intuitive opinions towards developing a medical career, doctors are invited to share their experiences in the field of healthcare and insights gained throughout different stages of their career. This aims not only to inspire participants to pursue their aspirations but also to underscore the reality and challenges of a career in medicine, especially how doctors work within a multidisciplinary team.

- **WHAT ELSE IS THERE?**

Medthoscope

Medthoscope is a book written and produced by AMSAHK in collaboration with doctors, healthcare professionals, and fellow medical students. Analogous to how doctors use stethoscopes to understand patients and their wellbeing, this book attempts to pass down advice from weathered professionals to those embarking on their medical journey. It features a collection of anecdotes and tips informing aspiring medics on the different stages before, during and after medical school. As a collaborative piece from medical students from both the Chinese University of Hong Kong and the University of Hong Kong, it provides readers with diversified perspectives on what the medical profession entails.

The book allows readers to

- Obtain concise information and tips for admissions into medical schools
 - Comparison of the CUHK and HKU medical curricula
 - Advice when applying to medical schools in Hong Kong and abroad
 - Comprehensive tips, sample questions for medical school interviews
 - Sample personal statements
- Delve into healthcare and its pressing challenges
 - Taster readings on must-learn topics in medical school, such as anatomy, physiology, microbiology etc.
 - Opinion pieces from medical students and medical school graduates, specifically about healthcare during the pandemic
- Learn about medical careers from professionals
 - Exploration into possible and alternative career paths with a medical degree
 - Interviews with experts of various specialities and subspecialties in the medical field

... and more!

Medthoscope serves to give a more holistic and comprehensive understanding of the medical journey ahead, with the purpose of encouraging readers to take up the challenge. This year, Medthoscope will be made available exclusively to MedStart 2023 participants at the price of **HK\$60**. To support sustainability, Medthoscope will be revised and distributed online to participants who have preordered through this application form. Attached is the cover of the last edition of Medthoscope.

About AMSAHK

The Asian Medical Students' Association Hong Kong (AMSAHK) is a non-profit organisation jointly run by medical students from the Chinese University of Hong Kong and the University of Hong Kong. Since our establishment in 2003, AMSAHK has established its roots locally and internationally: we represent all local medical students on international platforms, winning multiple regional academic competitions and attending global conferences, including the World Health Assembly (WHA). We are a Founding Member of the Asian Medical Students' Association International (AMSA-I) and a registered National Member Organization of the International Federation of Medical Students' Association (IFMSA). For more information regarding our work locally and internationally, feel free to find out more about us online!

Instagram: <https://www.instagram.com/amsahongkong/?hl=en>

Facebook: <https://www.facebook.com/AsianMedicalStudentsAssociationHongKong/>

Website: <https://www.amsahk.org/>

MedStart Programme Details:

Date:	25th-26th March (Saturday and Sunday)
Time:	9:00-18:10
Location:	Day 1 (25 Mar) - CUHK Day 2 (26 Mar) - HKU
Mode:	Face to face
Programme Fee:	HK\$550 (Programme fee includes complimentary souvenirs)
Eligibility:	HKDSE/Local Schools - Form 3 and above; IB/GCE A-Levels/International Schools - Year 10 and above
Quota:	Around 300 participants

Priority will be given to students who present genuine interest, curiosity, and passion towards the medical field. The Programme Fee is non-refundable.

Application Deadline: 11th February 2023 (Saturday), 11:59 pm.

Application Instructions

1. Read through all of the details within this application package.
2. **MedStart Application Form:**
<https://forms.gle/HnEwPEehrDhZm5YU8>
Fill in ALL sections of the online Google application form linked above.
You are required to upload your signed Confirmation Form (see next page) in PDF format to the Google application form. You may want to prepare it in advance before filling in the form. Please name your file "Last Name_First Name.pdf" (e.g. Chan_Tai_Man_Chris.pdf). Failure to complete the confirmation form will render your application void.
3. The deadline for application is **11th February 2023 (Saturday), 11:59 PM**. No late applications will be accepted.
4. Successful applicants will be notified by email for further payment instructions (no refund requests will be entertained).

For more information about MedStart, please visit <https://www.amsahk.org/medstart2023>.

If you have any enquiries, feel free to email medstart@amsahk.org.

Subsidies

Subsidies for the MedStart 2023 programme will be provided for students who are currently receiving government need-based subsidies (e.g. School Textbook Assistance, Student Travel Subsidy Schemes, CSSA etc). Such applicants will be eligible for a subsidised programme fee of HK\$300 by receiving reimbursement of HK\$250 upon successful application.

AMSAHK holds the final decision on subsidy eligibility. You will need to indicate your funding option in the MedStart application form if you would like to apply for a subsidy. Instructions for applying to the subsidy are given in the MedStart application form.

Needs-based Subsidy Application Form:

https://drive.google.com/file/d/1RBzur4sRSd7g2Vx4mL-wX0a6PAC3X-rD/view?usp=share_link

DIMPLE Fund Scholarship

The DIMPLE Fund, which stands for "Diversity in Medical Practice, Leadership, and Education Fund for Medstart", will be offered to Ethnic Minority participants of our flagship event MedStart to fully subsidise the admission fee and additional expenses incurred. This is intended to facilitate equitable opportunities to explore healthcare career options, especially within ethnic minority communities.

Any applicants who are individuals with cultural or national traditions that are different from the main population of a community (i.e. not Han Chinese in Hong Kong) are eligible to apply for the DIMPLE Fund. A trustee board for DIMPLE Fund has been established, and the board holds the final decision on DIMPLE Fund scholarship eligibility.

If you would like to apply for the DIMPLE Fund scholarship, you will need to indicate your funding option in the MedStart application form and fill in the DIMPLE Fund Scholarship Application Form linked below.

DIMPLE Fund Scholarship Application Form:

<https://forms.gle/kaymfk5wdCFtvXaA6>

CONFIRMATION FORM FOR THE MEDSTART PROGRAMME

Please fill in the form in block letters. The form can be printed out and scanned. All personal information collected will be kept confidential.

CONFIRMATION OF INFORMATION AND LIABILITY WAIVER (To be duly filled in by ALL applicants)

I, _____, confirm that the information provided in the application form is true to the best of my knowledge. I also understand any false information provided in this application form may result in the rejection of my application. I release AMSAHK from any and all liabilities that may arise from my participation in the programme.

Signature of Applicant

Printed Name of Applicant

Date: _____

PARENTAL OR LEGAL GUARDIAN'S CONSENT (For applicants who are under 18)

I, the undersigned parent/guardian of _____, who is under 18 years of age, do hereby authorise my child to attend and participate in all activities in the MedStart Programme organised by the Asian Medical Students' Association Hong Kong (AMSAHK). I release AMSAHK from any and all liabilities that may arise from my decision to allow my child to participate in the programme.

Signature of Parent or Legal Guardian

Printed Name of Parent or Legal Guardian

Date: _____