



MAHARAJAH'S INSTITUTE OF MEDICAL SCIENCES (MIMS)

Nellimarla, Vizianagaram

Report of Foundation Course organised for 1st MBBS students 2023-24 batch

The undergraduate medical education programme is designed with a goal to create an “**Indian Medical Graduate**” (IMG) possessing requisite knowledge, skills, attitudes, values and responsiveness, so that he or she may function appropriately and effectively as a physician of first contact of the community while being globally relevant. The goal of the Foundation Course is to prepare a student to study medicine effectively.

The objectives are to:

1. Orient the student to: The medical profession and the physician's role in society, The MBBS programme, medical ethics, attitudes and professionalism, medical college and hospital, and examination.
2. Enable the student to acquire enhanced skills in: i) Language, ii) Interpersonal relationships, iii) Communication, iv) Learning including self-directed learning, v) Time management, vi) Stress management, vii) Use of information technology.

A 15 days foundation course was organised by the Medical Education Unit of MIMS to 2023- 2024 batch medical students to achieve the objectives.

The program was held from 1st September 2023 to 15th September 2023 at Sthithapragna- “Dr. P V NARASIMHA RAO” lecture hall of Medical College.

Dr.Niharika Lakkoju, Associate Professor, Department of Community Medicine, MIMS moderated the foundation course.

Day 1: Started with a introductory speech by our respectable DEAN sir Dr. Ch. Lakshmi Kumar who welcomed the students with warmth and care. He shared information related to mentorship and anti-ragging measures which was followed by elaborating hostel rules and regulations. White coat ceremony was held for students, which was attended by all the faculty of MIMS and the parents of students, followed by parents meeting.

Day 2: Visit to all the departments was done in college with respective faculty from respective departments. The highlights of the program were: each student had interacted with faculty in departments and expressed their doubts and interests. Overview of MBBS program was taught by Dr. Supriya Panda, Prof & HOD, Department of Microbiology, followed by patient's safety and biohazard safety measures.

Day 3: 1st session of the day included visits to In-Patient (IP) and Out-Patient (OP) blocks by RMO, Dr. Varma Raju and Medical records incharge Mr. Ramesh. All the students were divided into 4 batches and were made to explore Radiology, blood bank, lab and all IPD blocks. All the students actively participated in the session and had shown interest to talk to patients. Post lunch, a session was conducted on the history of medicine by Dr. Tarun, Associate professor, Department of General Medicine and about the role of computers in medical education by Dr. Santhosh, Associate professor, Department of General Medicine. Doctors have explained the importance of ancient medicine by making each student to stick to the promise of Hippocratic oath. and also, how computers have emerged into modern era medicine and discussed SWOT analysis of artificial intelligence in medical care.



Day 4: Started with the medical profession and the physician's role in society and doctor patient relationship by Dr. Mouleswara Kumar, Associate Professor, Department of General Medicine. He explained about do's and don't's of a doctor and also discussed about the doctor-patient relationship and how to follow the bioethics. The next session was held by Dr. Supriya Panda HOD, Department of Microbiology, on the topic "Ethics in Medical Profession" where she explained that "Ethics" is a system of moral principles that apply values and judgement to the practice of medicine.

The ethical dilemmas are how to live a good life, our rights and responsibilities, the language of right and wrong and moral decisions what is good or bad? Bioethics refer to the series of rules provided to an individual by an external source e.g their profession. Importance of the vaccines related to medical health and vaccine preventable diseases were highlighted by Dr. Varma, Assistant Professor, Department of Paediatrics.

Post lunch Dr. Srikanth, Assistant Professor Department of Anaesthesia conducted a drill related to first aid, by educating the students on basic life support and essential care and CPR technique was shown with the help of simulation videos.

Day 5: Started with AETCOM introduction and also Altruistic behaviour by students and also in the profession by Dr. Supriya panda, HOD, Department of Microbiology, she enlightened the students on various modules of AETCOM and doctors' roles and responsibilities while treating the patients. Next session was handed over to Dr. Suresh, HOD, Department of pharmacology, who discussed about the importance of bioethics and professionalism. He told that in professionalism, there should be scope of practice, agrees upon oath or code, accountability to the society and uphold the professional behaviour. He stressed on behaviour and qualities they should poses in clients' perspective and co-workers' perspective. He also mentioned about Do's and Don't's of professionalism. 10 commitments in medical profession were briefed.

Activity of Role play was given to the students to understand the importance of ethics and how to be professional related to treatment, which was recorded. After completion of 2 role plays all the students highlighted their views with reflection on today's society and its ideology towards medical profession. Anuradha madam, clinical and teaching Psychologist and also graduate in English literacy guided the students with language skills by teaching them important words in local language.





Day 6: The session started with Dr. Niharika Associate professor, Department of Community Medicine, focusing on the importance of health care system in India and orientation related to public health and the importance of RHTC and UHTC centres.

All the students were taken to RHTC-Ramatheertam which is the rural field practise area of MIMS. Students were briefed about the importance of the centre and also explained the activities conducted in the RHTC. All the students had an interactive session with residing community people and heard their problems, and also visited the Anganwadi centre school kids and discussed about the mid may meal program and importance of nutrition.

Under NSS program, with the guidance of Dr. Sai Shankar Prathap, Prof & HOD, Community medicine department in RHTC centre organised annual national nutrition week program. All the students participated in the community by highlighting with the importance of nutrition. Dr. Krishna babu, Professor, Community medicine highlighted the students regarding health care delivery systems and drawbacks in the gross root levels which directly effects the public health.

Afternoon session started with learning skills and communication skills and barriers of communications by Dr. Raghu ram Assistant Professor, Department of pathology who delivered a talk on topic “Communication Skills”. He highlighted the importance and ways of communication skills. Effective use of skills in bed side practice to develop good rapport with the patients and maintaining professional dignity were discussed. The communication process consists of observe – listen – understand – articulate – speak.

Day 7: Started with an utmost important topic which was delivered by Dr. Niharika Associate professor, Community Medicine Department, mentioning about the principles of primary health care, present health policies with sustainable health goals and also explained the importance of the national programmes implemented to decrease the public health burden. The session was followed by Dr. Mahesh Associate professor, Department of Community Medicine, who highlighted the family adoption program (FAP). He focussed on the goals and objectives of the program and elaborated the work of the medical students and the importance of the program in the community. Post lunch the session was conducted by Mr. Vijay, NABH Quality Control manager, on bio medical waste and safety management. He conducted the drill by showing all the colour codes of medical wastes and highlighted the biohazards.

Day 8: Visit to UPHC phool bagh was arranged by Department of Community Medicine faculty along with the students. They observed the services given at the centre like vaccination room, medical services, minor OT and pharmacy. The students were asked to give reflection related to community health visits and discussed about the role of a community doctor in the UPHC centre.

Later on, session was taken by Anuradha madam regarding the language skills and she had enlightened the students regarding the importance of learning the communication skills and also humanity towards the patients.



Day 9: The schedule started with Dr Sandhya Sri Panda, Professor of Obstetrics & Gynaecology on “Time management”. Time and punctuality in life is very important to become a successful person. She highlighted the importance of each minute in life by quoting several examples. Importance of time in health care delivery was also stressed upon. Three keys to time management: Developing weekly schedule, writing a Daily – To do list, preparing a long-term plan was advised. She advised self-evaluation among students and stressed that intense desire to improve from mistakes would assist students to use the time effectively and productively.

The next session was headed by Dr Pavani, Assistant professor, Department of Psychiatry -briefed about stress management, how to identify the source of the stress and deal with failures and stages of stress were explained. She explained the relaxation techniques such as yoga and meditation which will help the students to a greater extent. The types of stress, personality traits and strategies for stress management were humorously explained by speaker. Release of cortisol, biology of stress effects on brain, neuro-connections that determines the intelligence levels were told. How to study smarter, not harder and engage in extracurricular activities such as music, dance and sports were stressed. Students were advised to prioritize their work depending on the need and they should celebrate their success. And the students were then engaged by Dr. Jagadeesh naik Forensic Medicine and Toxicology Department regarding the documentary work. He mentioned the importance of autopsy and medico legal certificates and also briefed the rules of forensic doctor.

The next session was taken by Dr. Sarath Senior Resident, Department of Pharmacology related to orientation to medical school, he briefed about the importance of medical degree and explains how to be a disciplined student in the college. The session highlighted the role of hard work, sincerity and perseverance as a part of success in profession than IQ. The students were advised to use medical dictionary, be structured, to read standard books, form study group and allot study time. They were also told to be regular to the class, not to toggle with textbooks, interact with teacher and accomplish day to day studies in time. The take home message to students was to work smart.

Post lunch the session was hand over to Anuradha madam, she briefed about basic grammar and grammar skills (L S R W) on writing health reports.

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Day 10: The day was started with most important topic in the medical profession -working in health care team by Dr. Narasimha Rao HOD, Department of General Surgery, he briefed about the benefits in unity in health care sector and also highlighted integrated and holistic approach towards health care. The next session is handed to Dr. Vijay Bhushan professor in Department of Orthopaedics, he briefed related to the problems of disabilities and its competencies. He also mentioned the importance of rehabilitation services with the help of integrated approach towards the disease.

To make the previous session way more informative Dr. Kanchana, Professor Department of Pathology briefed about inter personal relation. She made each student to understand the importance of holistic care.

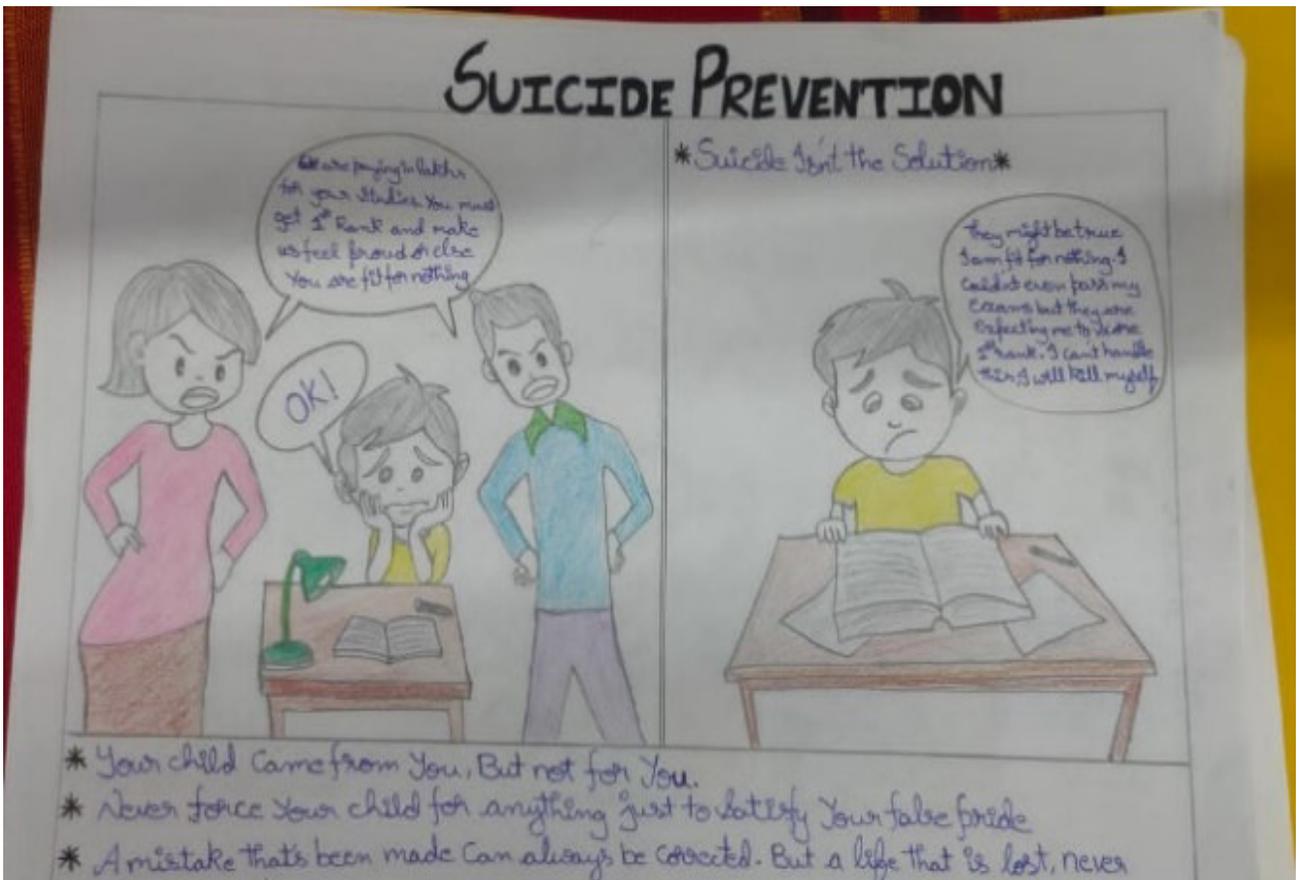
The next session was handed to Dr. Tarun, Associate Professor, Department of General Medicine related to Family Practitioner by mentioning the merit of confidence of patients entrusted with care. And also discussed that the physicians should try continuously to improve medical knowledge and skills and should make themselves available to their patients and colleagues. Later the sessions were handed over to Anuradha madam, related to pronunciation and English vocabulary and sources of upgrading the literature related to medical education.

Day 11: Day started with Dr. Krishna Chaithanya, Assistant professor, Department of Anaesthesia, who conducted a 3 hour session related to simulation on mannequin at skill lab. He mentioned the importance of artificial intelligence and the students visited skill lab in 4 divided batches. He also explained that simulator mannequin is a kind of skill trainer for all medical educators and can practice their health care skills in real time before attempting to assess or perform a treatment on a patient first hand.

The followed session was handed over to Dr. Niharika associate professor related to mentorship and highlighted the burning topic in the world on the occasion of world suicide prevention day by discussing the 2023 WHO theme on suicide prevention and she made the students to do activity of posters.

Post lunch the session was handed over to Anuradha madam, she briefed the students on the local language used in and around the places of medical college and role play task is given to students to make the sessions more meaningful to the students. She also cleared all the doubts of the students on English vocabulary.





Don't be too weak to
Survive.
Don't be too strong to
Suicide.



NO ONE
else can
play
YOUR PART

Day 12:

Day started with warm welcome by Faculty of Community Medicine department and highlighted the topic “Research for undergraduates”. Research and academics must be complimentary to each other. Research improves student faculty contact. The most critical part of the research is associated with thinking (Who, where, when, why, what, how). They were briefed on how to apply for STS research projects in ICMR. The student research cell initiatives and how students can make use of it were told. The students were sensitized on undergraduate conferences, the presentation of scientific papers and publications.

The next session was handed over to Academic Director Dr. T.Venugopala Rao, Professor, Department of Anaesthesia, who had interacted with the students and elaborated the importance of time and remind them the definition of SUCCESS. The following session was taken by Guest Speaker Dr.A.V. Subhash , MDS, MBA (Hospital Administration), MSc Psychology ,Professor, Department of Dental Surgery, Gayatri Medical College and Hospital, who delivered the speech on Behaviour Management, all the students actively participated in the session, he explained the harmful effects of addictions and how to change one’s attitude and behaviour towards the addictions.

Respectable Academic director handed a token of gratitude by presenting the momentum to the speaker.

The next session was addressed by our beloved Medical Director Dr. Raghu Ram Sir, who demonstrated the importance of YOGA and himself taught YOGA to students. Medical Superintendent Dr. Venkateshwara Rao along with Dr. Niharika and Dr. Prabhakar Varma Associate Professor, Community Medicine and NSS coordinator attended 45 minute YOGA session. All the students actively participated in the session and understood the importance of mental health.

The foundation course was concluded by taking feedback from the students.

Few of which were:-

1. Didn't expect much, though I thought it will be formal intro but it was superb. I am really proud of my choice. Thank you teachers for a wonderful welcome.
2. A good outline of everything about profession. 91.7% students recommended the course for further batches.
3. I got to know things that doctor should do and the challenges to face to become a good doctor.
4. I am glad to know the levels of health care system by which I can do my best to deliver the health to all the people.
5. It's a good program. I learned that there were many vaccines which should be taken and few of them I myself didn't have.
6. It was a good program and it helped me to get an overall view about the college and curriculum. Could have arranged a class on behaviour and etiquette at the work place.
7. Please conduct the foundation program when all the admissions are done as students miss these foundation courses.

Closing ceremony of the foundation course was attended by respective DEAN, ACADEMIC DIRECTOR along with program coordinator.

Photo session was held and all the students greeted each other.







