

Gillian Smith

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Education

MBChB, University of Aberdeen

2005 – 2010

Student Selected Modules (SSMs)

- The molecular basis of cancer: Why do we get cancer
- Innate Immunity – Insufficient on its own? (Merit)
- Follow that pathologist (Merit)
- Approaches to understanding medical education (Pass)

Elective January – March 2009

I organised my elective in the Accident & Emergency department of the Haldsa Hospital, New Guinea. I assisted with basic medical procedures such as wound dressing and stitching. I observed and clerked both medical and surgical admissions. This allowed me to experience the issues and challenges faced by medical professionals and patients in the area at first hand.

Research Project

Isotretinoin versus laser treatment – Which intervention is more effective in the treatment of acne vulgaris?

I formulated a research proposal on this topic. Following a peer review, I altered the research structure and hypothesised an outcome. I then undertook a systematic review of the literature under the supervision of Dr Unco in Public Health. The work was presented at the Scottish society of Physicians meeting in Inverness in 2009, and is being prepared for publication.

Additional Courses

- Advanced Life Support course – Raigmore Hospital, Inverness 2008
- Medicine Simulation course – RACH, Aberdeen 2008
- Simple Actions Very Early – Aberdeen Royal Infirmary 2008

I was awarded the **R Barstable Prize** for outstanding 3rd year clinical performance.

Intercalated Degree – BSc (Hons) Medical Sciences, 2.1

2008 – 2009

This degree programme included courses in Medical Research, Health Services Research and Laboratory-based Research.

I also completed a 20 week research project on ...

Chester High School

1999 – 2005

A Levels: Biology (A), Chemistry (A) and Mathematics (B)

GCSEs: 10 including English Language (A) and Mathematics (A)

Publication

Smith, G and Glover, M, 'Experiences of a patient in today's NHS', *Today's Anaesthetist* 2008: 26(2), pp. 173-179.

This article summarises the findings of research conducted into 'the patient experience'.

Relevant Work Experience

OSCE Assessor, University of Aberdeen

May 2008

Assessor in Obstetric and Gynaecological Practical Skills Objective Structured Clinical Examinations.

Personal Assistant, Nomark Care, Aberdeen

Aug – Sept 2005

I was responsible for supporting young people with physical and mental disabilities with personal care and social interactions. I worked with two young people in particular and looked after their every-day needs. This position gave me an insight into the roles of social and healthcare organisations outside the NHS. It also increased my awareness of the problems faced by young people with disabilities and the legislation which exists to help this client group.

Residential Support Worker, Vitalise, Chester

Jun – Aug 2005

Vacation work as a Residential Care Assistant in the Chester Vitalise Centre during their summer programme which aims to relieve the pressure put on families by caring for a disabled child. I supported the Care Workers and sometimes led activities ranging from painting to outings to Chester Zoo. This developed my understanding of the effect of disability on the whole family unit as well as teaching me patience and empathy.

Relevant Voluntary Experience

Volunteer Listener, Nightline, University of Aberdeen

Sept 2005 – present

Member of the Nightline contact team which involves staffing the telephone on a rotational basis. The service is run for students who are distressed and need someone to talk to. My work for Nightline has greatly improved my listening skills and has given me a greater understanding of the variety of issues faced by students such as worries about sexual health. I completed basic counselling training for this post.

Assistant Support Worker, Sure Start, Aberdeen

Nov 2005 – Mar 2007

Volunteer helper at a play scheme for children with autism. I worked with professional staff in planning and delivering a wide range of activities. I learned how to communicate with the children using both verbal and non-verbal signals to help them make the most of the programme on offer.

Other Work Experience

Bar Attendant, Red Squirrel Inn, Aberdeen

Oct 2006 – present

Part-time bar work in a busy city centre pub. I mainly work behind the bar and also serve food and drinks at tables, which has given me experience of working under pressure. As an established member of staff, I am also often left in charge in the manager's absence when I am responsible for drawing up rotas, finding staff cover when someone is ill and delegating tasks on my shifts. I have also been involved in training new members of staff which has developed my communication and leadership skills.

Bakery Assistant, Asda, Aberdeen

Sept 2005 – Apr 2006

Part-time work in one of the city's largest supermarkets. I was mainly responsible for baking a range of goods and restocking shelves. I also advised customers on the range of products available and sometimes dealt with complaints which improved my problem solving skills. As I was operating large and dangerous machinery, I received training in Health & Safety.

Work Related Skills

- Communication** Regular patient contact and giving presentations at University and to managers within the voluntary sector has built up my confidence and I am now very comfortable speaking in public. Writing regular reports for a variety of audiences in hospitals and my academic studies has greatly increased my written communication skills.
- Teamwork** I am comfortable both working in a team and leading: Through my work at the Red Squirrel Inn and as captain of the Ladies' Hockey Team I have gained experience of both leading and motivating a team. I was very proud when we won our local league title.
- Organisation** During my time as member of the University Medical Society I was responsible for the organisation of the annual Ladies' Dinner. This was an event involving 20 volunteers and 300 guests, so excellent time management and organisational skills were required.
- IT** Used professional research databases and SPSS for my project. Am familiar with the complete Microsoft Office suite.
- Languages** I have been spending time learning conversational Spanish via the University Language Centre and with friends at a local Salsa class. I am planning to take a formal qualification in Spanish in the near future.

Interests & Achievements

- University** I am an active member of the Aberdeen University Medical Society. I have undertaken the role of member of the Social Committee and have organised the Annual Ladies' Dinner and annual ski trip. In addition, I was the 3rd year Course Representative.
- Golf** I am currently a member of the University of Aberdeen Golf Society and have a local club handicap of 9.
- Hockey** Over the last three years I have been captain of the AMSS Ladies' Hockey Team and have represented the University at the Scottish Universities' Hockey Championships.
- Fitness** I enjoy swimming and attend Yoga and Pilates classes on a weekly basis.

References

Mr Guy Jones
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