

Friends, Foundations and Futures: A Case Study Of Friends of Medics&Me at the University of Aberdeen

Medics & Me

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INTRODUCTION



Within the past 10 years, the number of students from lower socioeconomic backgrounds entering medicine in the UK has doubled. (1) However, there remains a lack of initiatives which go beyond the admissions process, to provide long term support for these students. As a result, many students struggle to navigate a system which does not accurately represent themselves and their experiences, hindering both academic and social attainment. (2) To address this issue, Friends of Medics&Me at the University of Aberdeen was created. This case study aims to evaluate the impact of Friends of Medics&Me Aberdeen on students during their time in medical education.

"It can be even when things are not going to plan having that support network is invaluable"

"The community within medics and me has helped me significantly gain an understanding of how the portfolio process works. Also, I believe there is opportunities available to help develop this."

DISCUSSION



This case study indicates that the Friends of Medics&Me model can effectively support students during their time in medical education through a variety of peer-peer events. This allows students to experience **improvements in academic confidence, greater awareness of opportunities for portfolio development** as well as **form meaningful connections**.

Implementation of this franchise model within other universities could lead to **improvements in academic and social attainment**, working towards eliminating the gap between widening access and non-widening access students.

Further research could analyse the impact of this model in other universities to identify its effect on a national scale. Additionally, more research could be carried out to assess the factors affecting retention and sustainability of members within the society.

CONCLUSION

Friends of Medics&Me at the University of Aberdeen provides a holistic support system to students in medical education. The events increase academic confidence whilst networking allows meaningful connections to be made. Contribution to the society strengthens skills and provides opportunities to enhance portfolios. This franchise model has the potential to be applied across other universities to improve outcomes for widening access students.

REFERENCES

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METHODOLOGY



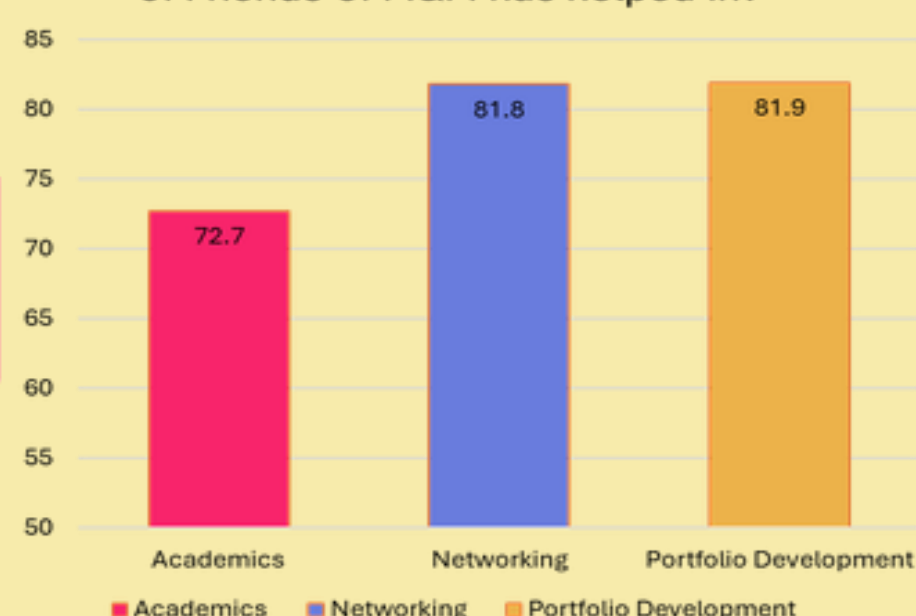
Development & Implementation

- Regional Leads national training day to strengthen and support strategies delivered within the University.
- 20 Committee roles advertised through social media accounts and word of mouth.
- 3 pilot events were scheduled:
 - Year 1 Foundations of Medicine (FoM) teaching
 - Med school survival guide
 - Networking event.

Data Collection & Analysis

- Post-event google forms gathered data on relevance of sessions, most useful topics covered and student confidence using Likert scales and free-text responses
- Feedback was obtained from Friends of Medics&Me committee using google forms
- Data analysis using google sheets

Which areas do you feel that being a part of Friends of M&M has helped in?



Being a part of Friends of Medics&Me...

- **72.7%** agreed it has helped from an academic perspective.
- **81.8%** agreed it has helped them in terms of networking
- **81.9%** agreed it has helped with portfolio development

RESULTS



80 responses were received from **post-event** questionnaires.

11 responses were received from the committee

Pilot Events

- Year 1 FoM teaching event (n=65) - Student's ratings of topics as very confident or confident increased by **41.5%**
- Med School Survival guide Event (n=3) - **100%** of individuals felt **more confident** about navigating medical school after the event
- Based on a Likert scale from 1 (Not at all relevant) to 5 (Very relevant):

The Networking event showed:

- **41.7%** rated the session 4/5
- **58.3%** rated it 5/5

Med School Survival Guide event showed:

- **66.7%** rated it 4/5
- **33.3%** rated the session 5/5

- **Advice on portfolios, study resources and practice SBA questions** were found to be the most useful topics covered across all 3 events

Committee questionnaire

- Key skills developed - **Communication, organisation and teaching**
- **Time commitment** - Key contributor to restricting engagement with Friends of Medics and Me.