



The University of Southampton Medical School

Implemented Activities

Creation of a Website:

- The School has set up a dedicated INSPIRE website accessible and regularly used by students to keep them up to date on news, events and for resources. It acts as a central hub for advertising events both in Southampton and nationwide. The School has created a range of resources (e.g. for critical appraisal and applying for academic foundation programme) that are accessible here - (<http://www.southampton.ac.uk/inspiremedicineresearch>)

Mentorship and Portfolio Scheme:

- We established a mentorship scheme dedicated both to helping students with academic foundation programme applications as well as build research experience. Our portfolio (<http://bit.ly/SouthamptonINSPIREPortfolio>) is specifically designed for clinical academic careers, featuring feedback forms for teaching and pages for logging journal club or conference attendances.

Research Taster Sessions:

- Lunch time sessions featuring 1-2 clinical academics giving an informal talk about how they got involved in research and their research interests.

Journal Clubs:

- The School has run six lunch time or evening sessions including vascular physiology, pharmacology, cardiology, general surgery and paediatrics clinical academics. The speaker briefly revises relevant knowledge of the topics, followed by interactive critical appraisal of the journal.

“How to Apply for AFP”:

- Co-hosted with Southampton Academic Society featuring AFP selection panel member Professor Saul Faust speaking about the pros and cons of clinical academia and tips for the selection process, followed by an AFP talking about her personal experiences.

“How to Use Your Portfolio and Mentor”:

- Co-hosted with the Surgical Society, featuring talks and Q&A on portfolio building by an orthopaedics registrar and an academic GP.

The Annual Showcase Event:

- Involved talks and a poster presentation competition.

INSPIRE is coordinated by the Academy of Medical Sciences and supported by the Wellcome Trust. INSPIRE activities are designed and delivered locally by individual medical schools.

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National Undergraduate Cancer Research Conference:

- These were the National Undergraduate Developmental Origins of Health and Disease Conference 2014 and the National Undergraduate Cancer Research Conference 2015.

The Academic GP:

- Hosted by Southampton Academic Society, it involved an evening talk with Dr Hazel Everitt about her career and opportunities for research within general practice.

The Academic Emergency Medic:

- Hosted by Southampton Academic Society, it involved an evening talk with Dr Mike Clancy, emergency medicine consultant and former president of the Royal College of Emergency Medicine, about his experiences of research throughout his career and advice on how to balance research with clinical work to get the best job satisfaction.

Impacts

Raising Awareness:

- The School has worked hard to break-down negative perceptions about research in medicine, by providing a range of opportunities for students to learn about research in informal settings, resulting in a marked increase in awareness of research relevant to medicine in Southampton.

Understanding the Importance of Evidence Based Medicine:

- Through the events programme, the School has raised awareness of the essential role of research in providing an evidence base to the advancement of medical care.

Improving Information Available to Students:

- The School created a central point of contact and repository of resources, along with a portfolio and mentorship scheme. They also created a central database of possible internships that is easily accessible to students.



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