



The MIMSA Post

ISSUE 02 • DEC 2022



Holiday Edition

At the time of writing, Brno is heaped in snow, the freshers are going through anatomy flashcards for the 100th time, second year students are still trying to figure out if all that world load this semester was a prank and the third years are finally starting to realise there's more to life than medicine. Whatever year you're in and however much you have to study, take a break and enjoy the second edition of our newsletter!

TABLE OF CONTENTS

MedFac Species • P. 2

Security Breach of President Emails • P. 3

What we wish we knew • P. 4

How COVID changed us • P. 5

Tips To Help You Manage Your Mental Health • P. 8

1st Year Interviews • P. 10

The Pros and Cons of Dating Fellow Medical Students • P. 12

Why it's important to have other hobbies • P. 13

How to Make More Money as a Doctor • P. 14

A Goodbye • P. 16

The next time you're in Med-Fac, try spotting each of the following species:



The Doubtful Admission

Always found in the corridor and never actually in their seat. It's almost like the more they talk, the more you're sure that they have a few screws missing. In fact, you might even be breaking the Hippocratic oath just sitting idly by while the University allows them to become responsible for a future patient/victim's health



The Serial Complainer

If moaning was an Olympic sport, they'd have enough gold medals to complain about how many gold medals they'd have. After spending a certain amount of time with this person, you slowly begin to realise that their complaining is pathological...maybe even infectious



The Coffee Addict

Always found begging their friends for change for the machine. The caffeine is quite literally running through their veins, you've seen them bring to their desk for what might be their fourth cup?! And the shocking part is that it's not even lunchtime...



The Chosen One

Marked by the medicine gods themselves. They knew they wanted to work in a hospital ever since they were birthed in one. They've never considered it a job and they probably never will. When you ask them, what love is, the first thing they think of, is the smell of a new anatomy textbook. They even have a secret tattoo of the pathways of the vagus nerve all over their body



The Stress Machine

It's possible that we're all one of these at some point but there's always that one person who is the embodiment of stress, pressure and tension put into one. No one wants too much stress but these not-so-rare nocturnal subspecies might even like it



The GPA Reaper

Yes. The people who love the first letter of the alphabet more than their own parents. The most heavily researched species of the list. New studies have found that these students dream about potential questions that examiners can ask for. If you gave them the option, they'd probably choose to not graduate so that they can continue adding keeping their perfect GPAs

SECURITY BREACH OF PRESIDENT EMAILS

MIMSA TRUE CRIME SERIES



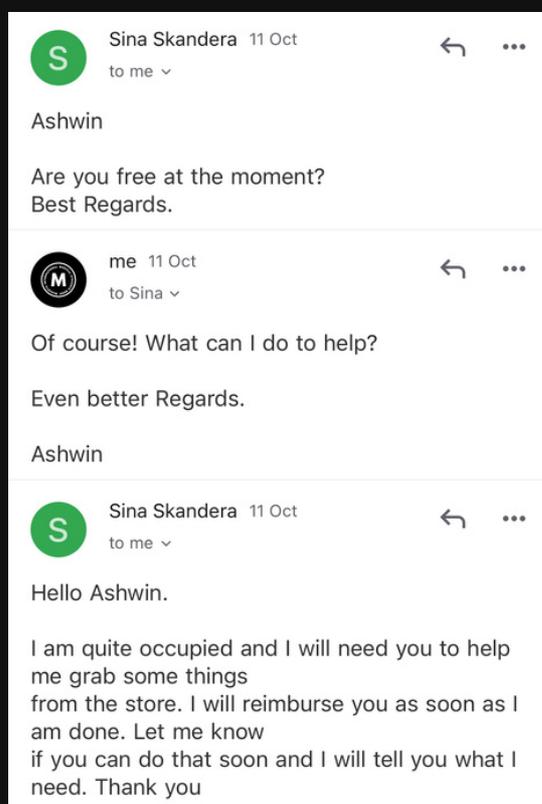
BY ASHWIN MANIVANNAN

It was a typical Tuesday evening for the MIMSA team when disaster struck. The President's emails had been hacked! Or so we thought... Appropriately, everyone stayed calm. But a handful of us saw an opportunity to not study and waste our time taking this amateur cyber-attack too seriously.

“ GUYS IF YOU'RE GETTING ANY MESSAGES FROM 'ME' ABOUT AN EMERGENCY, IT IS NOT ME! ”

And so...panic and chaos ensued as our staff scrambled to contain the damage and figure out who was responsible for the breach. The FBI was called in to investigate which only resulted in no response, and a cross-country call charge.

If the case was too hard to handle for the FBI, there was only one choice for us. Call in MIMSA's very own hot-shot detective and the incumbent Vice-President Irene Cuesta Redondo. She immediately went to work, typing away really fast, while the rest of us paced around the MIMSA office hoping she finds the culprit. All the typing turned out to be her trying to log into the computer having forgotten her UCO password.



Minor setback aside and now with the aid of our team's go-to Cyber Security Technician - Johannes Heuer, we made some groundwork. We realised it was a spam account merely pretending to be the current President Sina Skandera's presidential email. So it wasn't much of an attack, but merely a trap for the gullible elderly and...people like me.



What we wish we knew earlier in Medical School

1

Build yourself support network. Surround yourself with friends who you can rely on, that help you through the challenges and keep you thinking positively about your progress

2

The quicker you figure out what you're going to use to study, the sooner you're actually going to start studying. Don't waste too much time 'organising' your work. You know who you are.

3

Please don't be one of those that are afraid to ask for help when you need it. There are many professors, classmates, and seniors, who are there to support you and help you succeed.

4

Get tired of studying and losing progress is normal and almost inevitable - remind yourself of your interests and why you chose Medicine in the first place. This will help you retain information and stay motivated.

5

Start practicing your clinical skills as soon as you can and seek out opportunities to gain hands-on experience.

6

Stay up to date on developments in the field. Attend conferences, read the latest research, and stay informed about current trends and issues in medicine.

The reasons why the COVID-19 pandemic has changed the medical field... forever

The pandemic greatly impacted the medical profession, with healthcare workers facing unprecedented challenges and a heightened need for medical care. Many medical professionals had to quickly adapt to new guidelines and protocols in order to provide effective treatment for those affected by the virus. Here's 10 reasons why our profession is forever changed:



Vaccination

The COVID-19 pandemic has highlighted the importance of public health and disease prevention measures, such as vaccination and contact tracing



Research

The pandemic has spurred rapid advances in medical research and the development of new treatments



PPE

The need for personal protective equipment (PPE) has increased dramatically, leading to innovations in PPE design and production



Global Involvement

The pandemic has brought attention to the importance of international collaboration and coordination in responding to global health threats



Health for all

The pandemic has underscored the importance of addressing social and economic inequities in healthcare access and outcomes.



Flexibility

The pandemic has highlighted the need for flexible and adaptable healthcare systems that can respond quickly to changing circumstances



Telemedicine

The pandemic has accelerated the adoption of telemedicine and other technologies that enable remote healthcare delivery, allowing patients to access medical care remotely.



Quality Assessment

The COVID-19 pandemic has revealed weaknesses and inequities in healthcare systems around the world, leading to calls for reform and improvements



Healthy Workforce

The pandemic has had a major impact on the healthcare workforce, with many healthcare workers experiencing increased workloads, stress, and risk of infection



Great Responsibility

It has highlighted the crucial role that we as future medical professionals will play in protecting public health and responding to global health crises

The 8 best tips To Help You Manage Your Mental Health

By Patricia Martínez Asensio



Practice Mindfulness

It doesn't have to be complicated. Just spend some time reflecting and processing your thoughts and feelings to clear your mind



Sleeping well, eating well and exercising regularly are three really important pillars of good health

Prioritise Self-care



Spend more time outdoors!

As medical students, we're often always caged indoors, sat at a desk. Take a break outside and enjoy the nature.



Spend time with people you trust, who can provide emotional support and help you through challenging times.

Connect with others



The 8 best tips To Help You Manage Your Mental Health



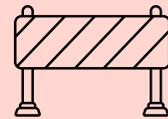
*Find meaning and
purpose*

Reflect on why you chose to pursue a career in medicine and remind yourself of the positive impact you can have on others.



It's important to know when to close the book and take a break!

*Set boundaries from
school work*



*Cultivate a growth
mindset*

Instead of focusing on perfection, try to embrace challenges and setbacks as opportunities for learning and growth.



If you ever feel like there's no one to talk to, never be afraid to contact our welfare team. We're always here to help!

Reach out for help



1ST YEAR INTERVIEWS

What do the freshers think of Masaryk and Brno?

LAVIN

From the moment I arrived in Brno, all of my expectations were exceeded. This city has a comfortable atmosphere that quickly becomes home. Large enough to maintain some novelty, but small enough that prevents it from being too crowded. The same can be said about the university. I've been nothing but impressed with the camaraderie between peers and the genuine interest in student success that most faculty members commit to. I'm looking forward to the years to come!



MORITZ

Brno is the perfect mix between small town charm and the advantages of a big city. There are plenty of bars, cafés, restaurants and activities, but it still feels homey. The best thing about Masaryk University is the variety of great international students who have already enriched my life here immensely



1ST YEAR INTERVIEWS

What do the freshers think of Masaryk and Brno?

CELINA

To talk about my first impression of Brno, I would say that I had mixed feelings from fear, stress and also a lot of excitement, as I knew that the moment I set foot there, a completely new life would be awaiting me. Later on, I got carried away by this lovely small town and I got to explore the our amazing university campus. But for me, the most special part about the university, is the diversity of cultures and the high quality of learning. In conclusion, I can say that I am really proud to be a part of this university and that I am looking forward towards the new memories and experiences that I will have here in the future.



BEATRIZ

Brno is a small city for sure. But perfect for international students. It allows you to find a home away from home... With all the different libraries and coffee shops, makes every corner feel cosy. it's really hard, but important at the same time to learn and create a balance between social life and study life. Along your way you will get the chance to have fun and study with lots of people. Masaryk university is very competitive no doubt, but is by far way more than i expected. The groups are usually all mixed with different nationalities which is extremely fun. What i love the most are the practical classes. They make learning so much fun and easier.

The Pros and Cons of Dating Fellow Medical Students

BY LUCIA ABBRUZZETTI

Similar Schedules



Medical students often have demanding schedules but dating someone in the same field of study can make it easier to coordinate and make time for each other

Can we talk about something other than Medicine?

It's not always the case of course, but when both partners are so entrenched in their work, at a certain point it's normal to become sick of talking about the same thing. You'll miss talking to people who study something else



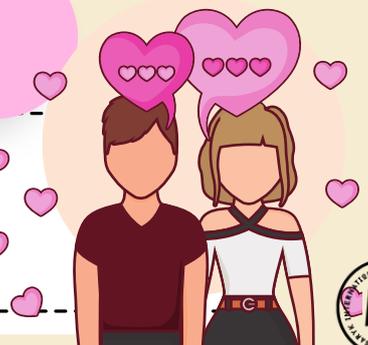
When the stress starts to spill over



Deep into exam period, there comes a point when either one of you or both of are naturally stressed. It's unfortunately not rare to not always channel that stress and communicate in a healthy way and instead taking it out on your partner

You're both in it together

Ultimately you're going through the same thing and that helps the partners empathise with each other easier. Medicine is one of the toughest courses and having the one next to you helping you through is worth all of the cons



Why it's important to have other hobbies as a Med-student

1

They can help you develop new skills and interests, which can broaden your horizons and enrich your life

2

Hobbies can help you reduce stress and improve your mental health by providing an outlet for relaxation and self-expression

3

Hobbies can open up new opportunities and experiences, such as travel or volunteer work, that can broaden your perspective

4

Participating in hobbies can be fun and rewarding, and can help you stay motivated and engaged in your studies



10 TIPS ON HOW TO

Make More Money as a Doctor



Pursue additional training or specialisation: Subspecialising can increase your earning potential and provide more opportunities for advancement



Work in a high-paying location: Some cities and regions offer higher salaries for doctors, so consider relocating to a place where you can earn more



Negotiate for a higher salary: Don't be afraid to negotiate for a higher salary when accepting a new job or considering a promotion



Take on additional responsibilities or roles: Consider taking on additional responsibilities or leadership roles that come with higher pay



Go for specialities that require many procedures, the more procedural work that is available, the higher the potential pay





10 TIPS ON HOW TO

Make More Money as a Doctor



Passive forms of income are great but sometimes the best option is to roll your sleeves up. Consider taking on additional shifts to increase your earnings



Go private! Invest in your own medical practice: Starting your own practice can provide more control over your income



Take on consulting or advisory work: Consider taking on consulting or advisory work for pharmaceutical companies or medical organizations



Teaching or mentoring medical students can provide additional income, as well as opportunities for professional growth and development



Pursue entrepreneurial opportunities: Look for opportunities to develop and market medical products or services that can provide extra income



Goodbye from MIMSA 2022

We're proud of what we managed to achieve this year and we hope that the services we provided and events we organised made your university experience a little bit better. We set out to improve the positive impact that MIMSA has on the student body and we are more than sure that it will only continue with the next board. Thank you for your participation and feedback and we hope you had a brilliant time.





The MIMSA Post

ISSUE 02 • DEC 2022



WE HOPE YOU LIKED OUR SECOND ISSUE!

BE SURE TO SHARE WITH FRIENDS + FAMILY.

IF YOU'RE INTERESTED IN PARTICIPATING IN THE NEWSLETTER, PLEASE CONTACT US ON OUR SOCIAL MEDIA OR VIA EMAIL.



[/mimsa.cz](https://www.facebook.com/mimsa.cz)

[instamimsa](https://www.instagram.com/instamimsa)

