



The MIMSA Post

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New team

The new team has took over and is ready for the new events of this year. We are excited to continue with the issues of our newsletter with articles made by us and all students.

TABLE OF CONTENTS

SKI TRIP pictures • P. 2

Student interviews • P. 5

Importance of well being • P. 7

Tips & Tricks to Manage Stress Before an Exam • P. 9

MIMSA Charity • P. 12

MIMSA Charity Week • P. 13

Cafes you may consider for studying or for having a break in • P. 14

MIMSA 2023 SKI TRIP







*We hope you had an amazing time.
With lots of fun and memorable
experiences. We are looking forward
seeing you next year!*



STUDENTS INTERVIEWS

FROM A 4TH YEAR MEDICAL STUDENT

As a fourth-year medical student at Masaryk University, I am currently in my first clinical year. This year has come with its own set of challenges, but I am eager to learn and grow as a future doctor. Working closely with doctors of different specialties has given me a better understanding of the field and helped me determine which area of medicine I may want to specialize in. This experience has been invaluable, as it has allowed me to see the intricacies of different blocks and clinical scenarios. Throughout this year, I will be taking exams in various subjects including ENT, stomatology, dermatology, ophthalmology, diagnostic imaging, and pharmacology. I believe that this range of courses will help me become a well-rounded doctor. Time management plays a crucial role in choosing the right blocks and enrolling in the appropriate courses. My time management skills have helped me stay on track and make the most of my experiences. Using my preclinical knowledge and making connections with what I am learning in the clinical setting has been very rewarding. It has helped me understand what is required in different fields and what skills I need to develop to become a better doctor. I am grateful for the opportunity to gain hands-on experience this year, even though it comes with many responsibilities. The experience is enjoyable, and I am learning new skills that will help me become a successful doctor in the future. One of the most significant benefits of this clinical year is the opportunity to observe and learn from doctors in various specialties. I have been fortunate enough to work with doctors in ENT, dermatology, and ophthalmology, among others.



This experience has given me a deeper understanding of what each specialty entails and has helped me decide what I may want to pursue in the future. Another benefit of this clinical year is the opportunity to work with real patients. It's one thing to learn about medicine in a classroom setting, but it's another thing entirely to apply that knowledge to real-world situations. I have found this to be both challenging and rewarding. It has helped me develop my communication skills and has shown me the importance of empathy and compassion in patient care. In conclusion, my first clinical year has been both challenging and fulfilling. I am grateful for the opportunity to learn from doctors in different specialties and to work with real patients. I recognize that there is still much to learn, but I am excited about my future as a doctor and look forward to continuing to grow and develop as a medical professional.

-Khoiamul Islam



STUDENTS INTERVIEWS

FROM A 5TH YEAR MEDICAL STUDENT



Have you ever had the experience of waking up from a nightmare and realizing it's over? The Sun slowly heating your skin and the wind caressing gently your face while hearing the waves going back and forth in harmony? It doesn't feel like I'm talking about our medical degree, right?

...

Throughout the first years of medicine, we have learned so much! The degree was tough, at some point it probably felt impossible. All days were the same, and the stress... was like a rope around our necks making it hard to breath... At that point, the question bursting inside: will it always be like this? My answer: No... No, it wont always be like this, all tough times have an end, just like the easy ones.

By 5th year, all major exams are behind: anatomy, physiology, biochemistry, microbiology, pharmacology, pathology.... So, what is left? Mostly revision and repetition. During this year you will be having rotations in different departments. All classes happen either in one of the hospitals or in the simulation centre, mostly in the morning. Most of your afternoons will be free, as some of your weeks.

Of course, there will be some block exams: intensive care (perhaps the most important because it teaches you how not to kill a patient), surgery, internal, neurology, psychiatry, oncology, infectious. Are they hard? Definitely not like before since most is just revision!

By then, you will probably be doing your individual project (thesis) and getting the last Physical Education credits so you can do the 6th year. In addition, this year, you won't (probably) have Czech lessons! They are over in the 4th year.

It does not look that bad right? Well, it is not. Some might even say it feels like being in a different university. I would call it a year of retrospective. Plus, if you have some exams behind, you can catch up.

In 5th year, you will have to relearn what living means. For years, life was classes, library, eat, sleep, repeat. Nearly robotic. This year you will learn new hobbies, self-study, reflect on what you genuinely want in life, travel, learn a new business... A sane Life isn't just medicine after all.

By now what happens after med school starts to become the real question. You start planning where you will do the 6th year practices, in Brno or abroad... By now you start to realize finishing med school isn't the end of the med road, there's still a very big ladder to climb till we become autonomous doctors. And the pathways we can take after med school... is a labyrinth! with almost unlimited crossroads making it hard to choose the right path...

To sum it up, if you are a med student suffocating with all the exams...yes, it does get better. At least in 5th year... Only God knows what comes next. There are a million pathways you can take after med school; you don't need to have all figured out since day one. In my perspective there are no wrong or right paths, just paths, we just need the strength to start one.

-Tiago Figueira

The importance of *Well being*

BY LEYLA AL SUWAIDI

Nowadays the importance of mental health, well being, psychology and introspection have become more relevant compare to few decades ago; yet the stigma that mental health and psychology face are still considerable.

During and after Covid-19 pandemic, the population became more aware of the importance of well being, and thus the importance of psychology: re-introducing a state of well being and mental health that during the pandemic was lost, was fundamental in order to get back to our everyday social routine.

Yet, the pandemic just opened a window to the world of mental health: despite more and more people decide to star psychotherapy or counselling sessions, still around one fifth of the global population suffers from a mental illness.

The data about medical students don't have to be underestimated: multiple researches showed that one out of three medical students suffers from a mental health condition, however only a small percentage seeks for help; and the consequences of not taking care of ourselves are serious as soon we will have to deal with our patients.

It has been observed that doctors that have suffered from a mental condition for which they did not seek for help, are more prone to burnouts, anxiety, depression. In addition to this, they are less empathetic, and tend to loose the interest in following cares for chronic ill patients.

We do not have to underestimate the main factors contributing to the development of a mental illness, which, as international students, we face everyday: moving away from home, the challenge of a new language, the difficulty that one might have in making friends, and the authoritarian system as the environment where we spend most of our lives in. Students are sometimes unaware of their condition, and attribute their symptoms to exhaustion, pre-test jitters or just feeling blues. However, as already mentioned, it is important to take care of ourselves, especially when speaking about mental health.

Despite the life of a student is mainly dedicated to our studies, we are strongly encouraging you to take care of yourself, and we would like to suggest something that might help you feeling better.



try to find the best way for yourself to relax and reduce stress: the only way to find that out is to experiment! Light a scented candle, listen to classical music, read a book, dance, take a hot bath! This is very personal, so we encourage you to discover yourself and what might help you.

Spend time in nature: the connection with nature is fundamental, not only for the positive energies that it's able to give us, but also to remind us how it is important to take care of the environment in which we live as well.

Connect with people: it can be hard to make new friends, especially if you are way from home or it is still hard for you to speak the language. Try to exit from your comfort zone, if you feel ready! New experiences are everywhere.

Sleep! We all know the importance of sleeping, so try to get enough sleep to be more active and productive. (Melatonin might help you if you can't fall asleep)

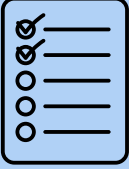
Do some daily exercise: the benefits of doing some sports are well known. Apart from increasing endurance, doing sports contributes to improving our memories and brain function, reduces feelings of anxiety and improves our quality of sleep.

Remember that these techniques are not meant to be therapeutic in the long term: if you think you might need help, please contact us. Let's de-stigmatise mental health all together!



Tips & Tricks To Manage Stress Before An Exam


BY SOFIA KONTOZOGLOU



Stick to a daily plan for studying to feel prepared


*REMEMBER A GOOD PREPARATION IS THE BEST TRICK

Eat healthy




Stick to a routine by eating and sleeping at around the same time each day

IT HELPS WITH MENTAL ALERTNESS, GIVES YOU ENOUGH ENERGY TO DEAL WITH THOSE LONG HOURS OF STUDY. EATING NUTRIENT- RICH FOODS BUILDS UP YOUR BRAIN AND STRENGTHENS YOUR STAMINA. TRUST ME IT WORKS!




Sleep at least 7-8 hours with no screen time at least one hour before bed

PROBABLY IN THE LAST FEW DAYS BEFORE THE EXAM YOUR SLEEPING HOURS WILL BE REDUCED BUT TRY TO GET AS MUCH REST AS YOU CAN



Limit your caffeine sources at least to an extent! No need for exaggerations!



OF COURSE exercise because we all know 'a healthy mind in a healthy body'



Manage expectations. Pressure from other people around exams can be huge. This can be hard to deal with, especially from family and teachers. You need to remember that it's your life and your exam, with you in control



Revise with colleagues it may help you manage your stress because you are all in this together

Ask for and accept support



WE ALL NEED SOME SUPPORT FROM EITHER FAMILY OR COLLEAGUES. REMEMBER, ASKING FOR HELP IS NOT A WEAKNESS

Remember! stay hydrated

CUT BACK ON ENERGY DRINKS, THEY CAN INCREASE YOUR NERVES! STICK TO WATER INSTEAD



Breathe!

Always remember that it's just an exam like all the others that you may had in the past and all the ones you will have in your future!

EXAMS DON'T DEFINE YOU!

A personal experience

WHAT I ALWAYS DO THE DAY OF THE EXAM:
I WAKE UP EARLY TO HAVE A FRESH MIND BEFORE I GO TO THE UNIVERSITY, I REVISE A FEW IMPORTANT NOTES (BUT NOT EVERYONE FEELS LIKE REVISING A FEW HOURS BEFORE THE EXAM AND IT IS TOTALLY FINE). ONCE I GO THERE I ALWAYS HAVE TO REMEMBER TO BREATHE! I KNOW IT MAY SOUND STUPID BUT TRUST ME MANY OF US WHEN WE ARE STRESSED WE 'FORGET' TO BREATHE IN A CONSTANT FREQUENCY AND DEPTH. LAST BUT NOT LEAST WATER! BRING A BOTTLE WITH YOU, DRINK BEFORE YOU ENTER THE ROOM AND IN CASE YOU NEED TO DRINK DURING THE EXAM YOU CAN ALWAYS ASK THE EXAMINER. THEY GET IT, THEY KNOW YOU ARE STRESSED.
CLEAR YOUR MIND, FOCUS AND GOOD LUCK!



Mimsa charity

BY LUCIA ABBRUZZETTI



Choosing the charities to partner up with was the first task of our position as charity MIMSA members. It wasn't easy but after considering all the options we choose SMÁci, Krték and Debra. They are all based in Brno but they help patients from all over the Czech Republic and we are more than happy to contribute with our donations. All the events we organise are aimed to raise money to give to them: sport, cultural and outdoors events are yet to come. Our first event was the volleyball tournament; it was the first time that such an event was organised and it was an enormous success: there was music, pizza, drinks and everyone had a lot of fun. Now we can't wait to do our best for the upcoming charity week, in the first week of May, during which every day there will be a different event and you could also participate to the charity bake sale, by cooking or even only by eating!

We are looking forward to it, see you there!



Mimsa charity week

MIMSA CHARITY week is back again! We bring you a plenty of activitis to join during the week



Bowling
with SMAci



Jump Park
Adventure



Basketball
tournament



Charity week
Activities
Recap



Painting



Brno Zoo
visit



Around the
world food
competition

Hope to see you there!

Cafes you may consider for studying or for having a break in

Brno



Brno



SKØG Urban Hub

nice environment for studying and great drinks for a nightout

Mama stella

amazing greek snacks for any hour of the day



Café + knihovni klub

wallet friendly and silent environment



Café Localité

enjoy your coffee in an open space during spring and summer. Great spot for revisions with your colleagues



Rebelbean

great coffee and quite space for your study sessions





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WE HOPE YOU LIKED OUR THIRD 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.



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