

## Aqeel Zaman Personal Statement

The pain of losing my mother in late August due to covid-19 was the hardest moment of my life, but amidst that hardship came the calming affirmations communicated to me by the doctor. This admirable responsibility is one I would be honoured to reciprocate to my community. I already was aware that being a doctor consisted of many tough or awkward conversations whether that be the loss of a loved one or in the case of my virtual work experience with Medic Mentor, a patient who felt they were not being provided with the correct care. But there was one constant among both of these experiences, and that was the fact that the doctor had always remained calm to explain all options available thoroughly and with empathy. This showed resilience which is a skill that has been my only option since my mother had passed as I've still had to balance all of my responsibilities such as my part time job, looking after family and school while still doing them to a high standard. In my In2ScienceUK work experience at the Queen Elizabeth Hospital my conversation with a respiratory doctor had exclaimed the importance of teamwork numerous times, which I had also seen myself in the team that were taking care of my mother. This is a skill that I have been developing as part of a group of staff at my job since I was 16. Many workers would come and go so I had to adapt to building up trust and being able to communicate with many different people. In my Medic Mentor virtual work experience consultation it had been made abundantly clear the significance of versatility in communication to build up a more intimate doctor-patient relationship. The doctor I had witnessed allowed me to understand that communication was multifaceted as confident speech will not instil trust in a patient if not accompanied by upright and approachable body language. This has been a major skill that has compiled through my part time job as I would have to make customers feel comfortable enough to inquire about anything regarding their order by having an open stance and a natural smile. I would then explain any concerns or queries they had thoroughly and proceed to check up on them throughout their visit to ensure they know I am available to help. Being a doctor means being able to react to adversity quickly and with precision which I had witnessed in an ophthalmology lecture which showed a cataract surgery that had nearly gone wrong as the intraocular lens had not been placed correctly, but was resolved straight away without any delay. This skill was tested in myself when my aunt had appeared at my front door panicking and about to faint, I had to react accordingly by laying her down and calling other family members to help calm her down while I had called the ambulance. Instructed on the phone until the ambulance had arrived I had to perform chest compressions to allow her to breathe. The success of this performance was down to clear instructions indicated all through the phone which further emphasised the importance of communication and trust among a team. Medicine is constantly evolving, it is a concept that we can never know too much of, this means it requires life long learning. In my obesity research course at In2ScienceUK, I had learned about how the battle of obesity is just as much of a psychological battle as it is a physical one. This idea would have been deemed ridiculous 50 years ago as obesity has just been seen as someone eating more than they were burning off. This progression was even more dear to me as my mother had struggled with obesity, so being able to understand the psychology behind it allowed me to help her refrain from bad habits. Through my experiences I feel that I have encompassed the key skills it takes to become a doctor, and have just as importantly gained a deeper understanding of the emotional challenges they face everyday. I believe that these skills will work in unison with my devotion to study medicine to make me a doctor of tomorrow.