LINCOLNSHIRE TRAINING HUB
Primary Care Education

Futures Programme Case Study: Aakash Saha Jansari

Questions:

- **Aakash, can you tell us a little about yourself and your studies/work experience to date?**

I have lived in Lincoln most of my life and studied for my GCSEs and A levels at QEGS, Horncastle. I took A levels in Biology, Chemistry and Physics and did an EPQ project looking at the potential benefits of being a musician for someone working as a doctor or applying to medical school.

I am a cellist, and have played the cello for 11 years. I've enjoyed playing in local music groups as well as national groups. Most recently I played in a pit orchestra at the Leicester Curve Theatre and one of my musical highlights was performing in Britain's Got Talent with the Chineke! Junior Orchestra.

For part of my work experience I volunteered with St John Ambulance, getting to help patients at venues such as the Emirates Stadium and Lords Cricket Ground down to local village fetes, and everything in-between. I was also fortunate enough to spend some time in the cardiology department at my local hospital.

- **You are shortly embarking on a Masters in Paramedic Science at Keele University. What attracted you to paramedic science?**

During my time with St John Ambulance, I had the opportunity to work with many different healthcare professionals, however the role of a paramedic appealed to me in many ways. I was always impressed by their vast clinical knowledge, and their ability to lead a team under immense pressure.

- **Can you give us a brief insight into what year 1 as a paramedic science student will look like?**

In my first year as a student paramedic, I will have a variety of lectures to attend, simulation sessions which are held in clinical skills suites, the simulation ambulance, and exclusive to Keele, simulation houses! These will all prepare me for life as a paramedic as well as give me the opportunity to practise skills in a safe environment, but similar to where I will be working in real life. In January, I will also be embarking on 10 weeks of ambulance placement where I will be a 3rd crew member on an ambulance. Here I will gain experience seeing patients and practising my skills under the supervision of a qualified paramedic.

- **Which events in the Futures Programme did you participate in and what did they involve?**

I participated in the following Future Doctor events: Simulated Work Experience, Application to Medical School Course, Interview Course, "Should I Become a Doctor?' and Future Paramedic: Paramedic Science Simulations.

The paramedic simulations were great fun! We joined up with the Paramedic Science students at the University of Lincoln and attended 'emergencies' that had been created on campus. It gave us an idea of what life would be like as a paramedic, how we might handle emergency situations, and it was great to hear the lecturers interact with the university students giving them feedback on their skills.

The Future Doctor courses all prepared students who were thinking of applying to study medicine, from giving us an insight into the life of a medical student/doctor, to bespoke help with preparing for interviews and personal statements, and the simulated work experience had workshops where we learnt to take blood pressure and practised communication skills in mock GP and A&E settings.

- **What did you enjoy about the Futures Programme?**

I liked that the Futures Programme events were run and organised by student healthcare professionals as they have recent knowledge of applying to their courses and being successful in their applications. It also meant that they were well informed to be able to answer questions about applications, or university life in general as well as life as a student healthcare professional.

- **How did the programme help you with your chosen career path?**

The program helped me in many ways for my applications to both medical schools and paramedic science schools, in particular, UCAT help sessions and interview practice. These all helped me to be successful in applying to university. The simulated work experience allowed me to have a deeper insight into the life of doctors and medical students, which better prepared me for interview questions.

- **There are a multitude of career options open to paramedics. Do you know which sector you would like to work in once you qualify?**

When I qualify, I would like to do continue to work with St John Ambulance in the event medical cover field, however, I would also like to undergo extra training to become a critical care paramedic and work on an air ambulance, or to specialise in leadership and become a tactical commander who is able to manage multiple crews arriving at a single scene.

- **What advice would you give to secondary school students looking to enter a career in the healthcare sector?**

Make sure that you've spoken to people and that you have done enough work experience too and some of your own research. Firstly, to know exactly what it is you're getting yourself in for, and secondly to better prepare yourself for interviews where the panel may ask you questions about the profession you have chosen and their role in different settings. I would also recommend signing up to newsletters to keep up to date on current affairs within their chosen profession, especially around interview time.