

## Onlinemeded Notes

From the earliest stages of our medical training, we experience unforgettable moments with our patients - inspiring, traumatic, joyful, and sometimes even humorous events. Too often, as doctors-in-training we talk about the suffering or recovery of our patients, ignoring our own emotions after these events, letting them passively shape us until we dig ourselves into an abyss of burn out and resentment. *Diary of a Med Student* is a book created by medical students, for medical students, doctors, pre-med students, and their loved ones to look backward, forward, and laterally on the wonderful world of medical school. This book offers a space to reflect on our emotions, process their meaning, and share them as tales of sorrow, humor, joy, or inspiration, told from the perspective of medical students writing in a diary. While the act of sharing emotion is itself therapeutic, reading these emotional challenges that we can all relate to is unifying and comforting, providing us with insight through the lessons conveyed in the light of a variety of feelings. Let this book spark a powerful domino effect of change in medical education: in the way we teach physicians to create a safe space for inner reflection and expression of emotion to ultimately enhance physician wellness.

A companion book to the free medical education video series by OnlineMedEd.

The OnlineMedEd Basic Sciences Whiteboards: Foundations. Biochemistry, The Cell, Immune.

Tips to make you a better leader, advice to make you a better person, and notes to make you a better doctor. Keep it close!

Printed to fit in your white coat

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OnlineMedEd Intern Guide

As the 21st century approaches, what will be the roles and responsibilities of a doctor in the next century and how can we prepare young doctors for the future in a world which is rapidly changing? Medical education has entered a new era at all levels, led the way by changes in the undergraduate curricula, and medical educators are asking what change is necessary to prepare future physicians for practice in the 21st century. This book charts recent developments in medical education that are withstanding the test of time and establishes a baseline for development in the next century. It deals with many important issues in medical education covering the new developments at the prequalification stage of medical training. Specific examples of successful models and ideas for basic clinical training are included, and there are chapters on curriculum design, use of the internet, assessment, and clinical teaching and aims for the year 2000. Written by current leaders and researchers in the field, it is an invaluable reference and guide for all those interested in medical education.

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