

# Zubair Bernal

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I am excited to undertake an elective in Emergency Medicine. I have completed clinical placements in a variety of areas and seen how the A&E team refers and responds to patients in need. I believe this area will give me the challenge and rewards I look for in my medical career.

## EDUCATION

**University of Nottingham,** Sept 2016 - July 2021  
Medicine, BMBS

*This course includes several weeks of placements in a variety of settings including palliative care, respiratory, paediatrics and general practice.*

**King's College London,** Sept 2013 - July 2016  
Biochemistry, 2:1 MSc (Hons)

## CLINICAL EXPERIENCE

**Critical Illness (Emergency Medicine and Anaesthesia)** Aug-Sept 2019

Royal Derby Hospital, Derby

- Assisted with a number of procedures including pre-operative airway management, intubation, and central line insertion.
- Took part in the 'Immediate Life Support' course and the simulation suite's 'Human Factors' course made me more comfortable in assessing and managing critically-ill patients.

**Cardiothoracic Surgery** Apr-May 2019

Nottingham City Hospital, Nottingham

- Observed a number of interesting cardiac cases
- Assisted with skin suturing after vein harvesting and with closing sternotomy wounds.

**Respiratory Ward** Apr-Jun 2018

Nottingham City Hospital, Nottingham

- 3 month placement with patients suffering from chronic diseases such as COPD, cystic fibrosis, asthma and lung cancer as well as more acute conditions such as pneumonia and tension pneumothoraces
- Observed several surgical procedures.

## **POSITIONS OF RESPONSIBILITY**

'Project Malawi' - raised £2178 towards Alex's Medical and Educational Clinic in Africa (AMECA) charity before visiting Malawi and volunteering in a local hospital in Karonga educating new mothers on mosquito prevention (2013)

Go 4 it, Nottingham - a 10 week programme involving educating children and their parents about the importance of healthy eating and exercise. Ran interactive workshops on sugar levels and introducing easy exercises to daily routine (2012)

Elected to serve as Treasurer, Badminton Soc	April 2018 — April 2019
<ul style="list-style-type: none"><li>• Creation and Maintenance of accounting records / system in MS Excel; Annual financial accounts report to student union; Attendance and reports at committee meetings; Responsible for managing expenses and claims from other committee members</li></ul>	
Committee member, Badminton Soc	May 2017 – Dec 2018
<ul style="list-style-type: none"><li>• Attended committee meetings, events and worked on student membership sign up during week one.</li></ul>	

## **PREVIOUS WORK EXPERIENCE**

**Sales Assistant      The Student Shop    September 2013 – June 2016**  
*Late opening store on campus*  
Worked part-time evenings and weekends during term time: provided good customer service, rotated stock and cashed up at the end of shifts

**Sales Assistant      Glittering Gifts      June 2013 – August 2016**  
*High street retail outfit for gifts, cards, stationery and toys*  
Worked full time during undergraduate holidays: worked as part of a team, displayed stock, handled money and was polite and friendly under pressure at Christmas and Easter time.

## INTERESTS

I enjoy playing badminton and regularly compete with both the Medics club and my home club

I keep up-to-date with developments in emergency medicine with a subscription to The Lancet

I have recently taken up life-drawing classes to aid with relaxation and mindfulness.

**References available on request**