



The Hands-on Guide for Junior Doctors (Hands-on Guides)

Anna Donald, Mike Stein, Ciaran Scott Hill

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Are you about to start the Foundation Programme? Do you know what to expect and how to thrive?

The Hands-on Guide for Junior Doctors, Fourth Edition, is the ultimate, practical guide for junior doctors and medical students. It helps you tackle the emotional, intellectual and physical demands of being a new doctor and allays common insecurities to help you make the most of your time in clinical practice.

This book tells you how to prepare for the daily rigours of hospital life, and will help you meet the required standard. It provides advice on getting started in placements, and helps you develop confidence, with tips on what to do as a junior member of the hospital team, and how to deal with common calls and emergencies. There is also an invaluable chapter on how to perform the practical procedures you'll be assessed on.

With the Foundation Programme such a demanding process, both physically and emotionally, this book also provides the kind of information you don't get at medical school, for example, how to look after yourself throughout your training.

Take the stress out of the Foundation Programme with *The Hands-on Guide*!

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