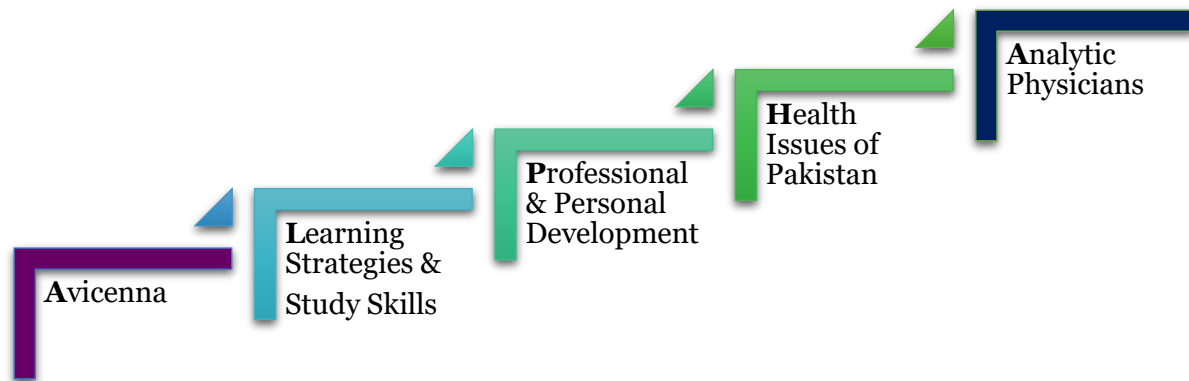




ALPHA Program



ALPHA Program



Formulated & Initiated

By

Prof. Dr. Gulfreen Waheed

Principal & Director DME

Avicenna Medical College

Phase 9, DHA, Bedian Road, Lahore



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Authors: Prof. Gulfreen Waheed

Department of Medical Education

AVICENNA MEDICAL COLLEGE



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The ALPHA Program:

What is ALPHA Program:

The ALPHA Program is a group of Innovative Learning and Teaching Programs, which is a unique initiative of the Department of Medical Education (DME) at Avicenna Medical College.

Aims and Objectives:

The program is aimed at the development generic skills of Medical Students of Avicenna Medical College, which significantly improve the quality of their professional and personal attributes. It designed to operate by expanding their educational, analytical and research opportunities under a longitudinally run program with vertical integration throughout the five Professional Years MBBS Curriculum and assist to develop them into 'HOLISTIC MEDICAL EXPERTS' in the field of medicine as General Practitioners and Physicians with clinical acumen.

The making of a Holistic Physician & GP

Evidence-based Medicine shows that outstanding performance is the product of years of deliberate practice and coaching, not of any innate talent or skill.

What does correlate with success?

All superb performers:

- Had practiced intensively
- Had studied with devoted teachers
- Had been supported enthusiastically by their families and teachers throughout their developing years



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The Key factors are:

- Amount and quality of practice

What is an expert?

Real Expertise:

- Lead to performance that is consistently superior to that of the expert's peers
- Produces concrete results
- Replicated and measured in lab

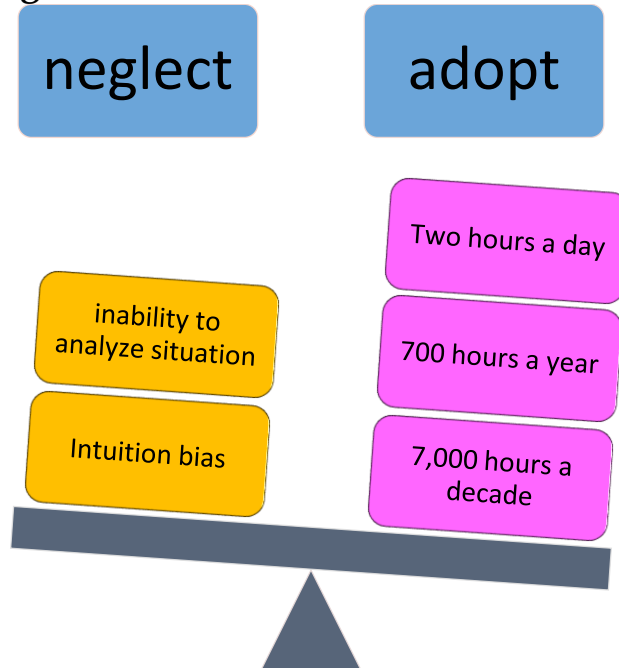
Assessment methodologies:

As the famous saying goes:

“If you cannot measure it, you cannot improve it”

Lord Kelvin

- Standardization permits comparisons.
- To take representative situations and simulate it in clinical skills labs.
- Deliberate Practice is a key concept.



Two kinds of learning would be emphasized in ALPHA Program:

- Improving the skills the students already have
- Extending the reach and the range of of the skills of the students

Classic examples are:

- Clinical situations in medical practice
- Simulation based practice

It take time to become an Expert

- Need a minimum of 10 years (or 10,000 hours) of intense training
- Time invested effectively
- Start early
- There is no such thing as 'naturals'

Learning would be supervised in ALPHA Program



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“If we analyze the development of well-known artists, we see that in almost every case the success of their entire career was dependent on the quality of their practicing. In practically every case, the practicing was constantly supervised either by the teacher or an assistant to the teacher” Ivan Galamian

The Facilitators and Mentors would help the students in the following way:

- Accelerate the learning process
 - Give constructive and painful feedback
 - Identify aspects of their performance that needs improvement
 - Help them become more independent and active learners
 - Help them develop the ethical professional and personal attributes
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- Assist them to develop into socially accountable health advocates General Practitioners and Physicians
 - Help them to develop their clinical acumen by acquiring analytical thinking and clinical reasoning skills.

In nutshell:

- Experts are always made not born in any field especially medicine.
- The journey to truly superior performance is neither for the faint of heart nor for the impatient
- The development of genuine expertise require struggle, sacrifice and honest often-painful self-assessment and ability to do critical analysis.
- There are no short-cuts to success
- Experts continually work to eliminate their weaknesses through self-awareness
- In order to achieve expertise it would take at least a decade of wisely invested time by engaging in deliberate practice.



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- Practice puts brain in your muscles
- Moving outside your traditional comfort zone of achievement requires substantial motivation and sacrifice, but it's a necessary discipline.
- You will need a well-informed facilitator and a mentor not only to guide you but also to help you learn how to learn.

Components of ALPHA Program:

1. Learning Strategies and Study Skills
2. Professional and Personal Development
3. Health Issues of Pakistan
4. Analytic Physicians

Introduction of ALPHA Programs:

1. Learning Strategies and Study Skills Program:

This program as a part of ALPHA Program aims to provide guidelines for medical students on Learning Strategies and Study Skills to ensure that they make good use of these skills to improve their learning of basic sciences and clinical sciences subjects and the study of medicine in general. It introduces them to a variety of strategies on how to learn which would help them to effectively improve their learning.

2. Professional and Personal Development Program:

The Department of Medical Education (DME), provides a wide range of professional and personal development programs as a part of the ALPHA program. These are aimed to meet the variety of ongoing development needs of



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the medical students which will assist in their becoming a competent and ethical Doctors. These include programs for:

- i. Professionalism
- ii. Leadership and Management Skills
- iii. Communication Skills
- iv. Medical and Islamic Ethics

3. Local Health Issues Program:

This program as a part of ALPHA Program highlight the health problems of Pakistan. It aims to prepare the Medical Student to develop as doctors who are aware of the health problems of Pakistan and will become effective General Practitioners and healthcare professionals. It assists in inculcating a strong sense

of social accountability and health advocacy in medical students so that on becoming Doctors they will endure to be socially accountable and health advocates.

4. Analytic Physicians

This program is an important component of the ALPHA Program. The medical students are very busy with their hectic studies schedules of medical academic programs. The demands of studying medicine are extraordinary and involves a lot of memorizing of knowledge. It is particularly important for them to engage in analytical thinking through exposure to Evidence Based Medicine (EBM) and Clinical Reasoning techniques including both Analytical and Non-analytical (NAR) strategies. In this program, the students will be exposed to clinical situations commonly encountered by the physicians and would be supported and trained to in problem solving skills. It will run longitudinally over the five academic years of the MBBS program.



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