**Let's chatting about your internship☺**

**(Here I'll talk about some points u may need to have an idea about them, plz get the idea and forget about my opinion☺)**

**While you are planning to do your internship, put in your mind these points:**

* SLE when? What?
* Sponsor institution ( the one who will give u the salary☺ after internship)
* Training center ( the place that u will do ur residency program in)
* SCFHS(Saudi commission for health specialties)
* Cv
* Workshops, courses and conferences
* Your rotations , when and how to book a position in hospitals

**SLE ( Saudi licenses exam)**

* What ?

SLE is an exam of 100 mcqs, include: Basic since 3, medicine 25, family medicine 15, obs 5, gyn 5, psych 5, pedia 15, g.suergry 15, derma 3, opth3, ortho 3, ENT 3 = 100 , you have to finish the exam on 3 hours.

* You have three chances to repeat the exam on each year so you have 3 on 2012 and 3 on 2013 , so you have 6 chance and they will take the best☺.

How to register?

1. ID copy
2. Receipt of Payment 500 SR ( for the first attempt or 800 for the 2nd) to alahli bank on SCFHS account.
3. Internship transcript ( copy)
4. Application

Take all of these and send them to scfhs either on Burydh at KFSH- Infertility or dentisit building – 3rd floor or to the SCFHS at riydh

***Then*** , they will send u a user and password ***then*** go to prometeric centers ( it is a company that arrange the exam ) ( in Burydh at newhorizon institute or in Riyadh at scfhs at alsafart) or u can do it online on there website , book ur proper date ( they will charge u around 300sr)

How to be prepared?

* Read as much as you can the old MCQS

They are the most helpful resource for the exam

(there are collection of Mcqs; Qassim collection on 2010,2011,2012) try to read the most recent . go to this group of facebook (studying for SLE together (<http://www.facebook.com/#!/groups/StudyingForSLE/>) then go to file (<http://www.facebook.com/#!/groups/StudyingForSLE/files/>) .

* First aid book ,

The most important part of this book is the last part ( Rapid review ), you have to read and memorize it. The other chapters of the book I advice to read them only for tow things ; firstly to refresh your knowledge about medicine and surgery( and other specialty that you passed through them in the 4th year and first semester of the 5th which will help u when u are doing ur roations , secondly; to be condense for the exam. ( you find a copy of this book at almofaker center-buraydh or at any med-book store.

* USMLE screts

It is a good book and some people recommend it but unfortunately I didn`t read it.

* Crach book

Some people like it.

Some hints &facts:

* Sometimes ( if it is not most of the time), the exam is a matter of luck☹ , so you can enter the exam by reading only the mcqs to get a high score .

( you may get a high score by reading mcqs and book, however , you may get a magic mark by reading only the mcqs and rapid reviw of first aid)

* You can read and memorize the mcqs in 10 days to 2 weeks ( with a hard work).
* SLE is the most important tool that increases your chance to be accepted in the specialty u are interested in.
* From my opinion , do the exam as soon as u can , for some reasons:

1. To relive the anxiety☹ and thinking about the exam that will not leave you till you finish it, so you can enjoy☺ more in ur internship
2. To have a time to prepare ur self to the hospital that u wish they get a good impression about u when you are doing ur rota with them which in turn will increase your acceptance's chance when u are applying them for ur residency program.
3. To have a time to do the other exams ( MCCEE & USMLE).
4. Remember , u will lose the 3 chances of 2012 if u don't it in.

**Sponsor institution**

The one who will give you the salary after the internship, which could be:

University , Ministry of health , training centers ( e.g:king faisal hospital, national guard hospital, military hospital, security forces hos …etc)

Some hints:

* If u like the academic and clinical styles , teaching and researches , I recommend to the university as sponsor for u
* Consult the one u trust and ask about the prons and cons of each sponsor center

( try to not consult any one, do not consult more and consult tow kind of person; the ambitious and realistic .

* Remember , that most of the centers will make a contract with u for all the residency period after that they may or may not sponsor you for the fellowship which is could be positive or neg, pos b\c u will be free after you residency and u can go any where but the neg u can not guaranteed that someone will sponsor u after that.
* University will sponsor u for both ( but remember when u finished u have come back to the university so u will not be free)

\*What I mentioned above is just to raised these 2 points in ur mind , nothing more ☺ .

* Regarding the salary , know I think most of the sponsor will give u aroud 18000sr ☺

Except minstery of healh 16- 17 + 50000sr and Qassim university around 15.600 +( بدل السكن اذا اقر باذن الله هالسنة)

And security forces around 21-21 000. King faisal if they not spocner u , they will give u 3000 each month

e.g : if the university spocer u and king faisal is ur traing center ; each month u will have 15600 from Uni + 3000+ بدل السكن اذا اقرته الجامعه باذن الله

**Training center**

The center that u will do ur residency program in.

When you are selecting the hospital in ur rotations of internship , try to select the center that you wish to do ur residency in , so u can know a bout the place that will live and learn in

In the resideny years, furthermore ,try to give a good impression that facilitate your acceptance more.

Again , Consult the one u trust and ask about the prons and cons of each training center

( try to not consult any one, do not consult more and consult tow kind of person; the ambitious and realistic

**SCFHS**

When u are applying for program, you have to have :

Acceptance from the SCFHS, training center, sponsor

How to apply for SCFHS?

Keep on touch with there website to know when the applying start ( usually the start on march except for some specialties start earlier)

(<http://arabic.scfhs.org.sa/new/pages/fellowship_arabia.html>

ID , Intern transcript, GPA, SLE, 3 recommendations (references) , 3 pic, are the requirements when u apply on SCFHS.

**CV**

Your cv is one of the most important representative tool that reflect you at those who does not know you , so build it as much as you can with : workshop, conferences, researches , skills.. etc

There are different styles of writing cv: but as much as I know , it is good to include these items :

Personal, current position , objectives, education , certifications& licensure, honors& awards ( if there ) ,clinical experience( include ur summer training and rotations), research experience ( if there ), administrative experience ( if there) , medical audit, presentations, professional memberships ( if there is) , extracurreculm activity & volunterisim, workshops & courses, confernceses ,recommendations, added qualification ( ur special skills e.g word,ppt,communication skills…etc)

**Workshops and courses**

BLS is mandatory

Others like ACLS, ATLS, PALS, EMB, researches ..ets

* At least do the one related to your interested specialty.
* U can take them any where, e.g at Qassim ( training center – KFSH… Ms. Song ( organizer) her phone; ( 0504138956)

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**Rotation**

At our university the rotation should be in this chronological rank:

1. Medicine (+ER+elective) >>surgery (+ ortho+ elective) >> ped( obs\jyn+elecvtive) or
2. Pedia > medicine> surgery or
3. Suergry> pedia> medicine

To book a position in hospital ?

1. Call or send an email for the hospital to check the availability
2. Take a letter from ( abo naïf) and send it to the hospital
3. Some of centers may require ur GPA and health check list
4. Follow u ur acceptance ☺

Hints :

Nowadays, colleges of medicine are more than before and the numbers of graduates are more too, so the competition is higher than before. So try to book as soon as possible 1-2 moths before ,and some center need to book 3-5 month in advance .

These are the numbers may u need:

|  |  |
| --- | --- |
| الملك فيصل فاكس ميدسن  ٤٤٢٤٧٧١  السيرجري الملك فيصل مس انا تحويلته ٢٧٧٥٣  الاي ار. حسن ايوب الملك فيصل  ٤٤٢٣٤٢٩  الملك فيصل – ميدسين الرقم  014647272  تحويلة قسم الباطنة  31321. شادن  مستشفى الملك عبدالعزيزالجامعي  ٠١٤٧٨٦١٠٠  تحويلة العيون١٤٣٢  ١٣٤٤  السكرتيرة االهام ١٤٣٣ | مكتب بالجامعه الملك سعود مسؤول عن خطابات الامتيار  ٠١٤٦٩١٥٠٧  مستشفي العسكري  ٠١٤٧٨٣٠٠٠  تحويلة ٨٨٥٢٢  ايميل وحدة الامتياز بالحرس  miu-com@ngha.med.sa  012520088-  11587 تحويلة  مستشفي الملك خالد \_ قسم الاوفثا  014821234  2167 |

The end ☹

See u in the next part

Please, don’t hesitate to ask any question

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**دعواتكم**

سئل الحسن البصري عن سر زهده في الدنيا فقال:

أربعة أشياء: علمت أن عملي لا يقوم به غيري فاشتغلت به.

وعلمت أن رزقي لا يذهب إلى غيري فاطمأن قلبي.

و علمت أن الله مطلع علي فاستحييت أن يراني على معصية.

وعلمت أن الموت ينتظرني فاعددت الزاد للقاء ربي.