

Before travelling Abroad

Mahmoud A Hafez,

MB BCh, MSc Orth, Dip SICOT, FRCS Ed, MD

Prof & Head of the Orthopaedic Unit, October 6 University

Value of learning

- Knowledge is power
 - To overcome and face the world
- Career needs: اكل العيش مر ومحتاج تدريب
- Save lives

**Anyone who stops learning is old,
whether at twenty or eighty.**

**Anyone who keeps learning
stays young.**

- Henry Ford



Why Learning is Important

- Learning is important to ensure that we keep up-to-date with developments in our particular field.
- It is also an important source of motivation, stimulation and job satisfaction.
- Learning is therefore important because it helps us to keep in tune with trends and developments in our own field.
- Learning has the power to change us. Successful



Personal experience

- I followed this Saying
 - Do not start our career by making money
 - Learn something and have a flair to it
 - Then money will come
- A lot of money **Versus** struggle for learning
-
- The easy way **Versus** the hard way

Methods of learning

- Learning styles
- Apprenticeship
- Self learning and training
- Structured programs
- Career progression
- CPD & CME

What are Learning Styles?

Information enters your brain three main ways: sight, hearing and touch, which one you use the most is called your Learning Style

- Visual Learners learn by sight
- Auditory Learners learn by hearing
- Tactile Learners (kinesthetic) learn by touch



THE 7 STYLES OF LEARNING

VISUAL (SPATIAL):

You prefer using pictures, images, and spatial understanding.

- Use images, pictures, color and other visual media to help you learn
- Use color, layout, and spatial organization in your associations, and use many 'visual words' in your assertions.
- Use mind maps
- Replace words with pictures, and use color to highlight major and minor links

AURAL (AUDITORY-MUSICAL):

You prefer using sound and music.

- Use sound, rhyme, and music in your learning
- Use sound recordings to provide a background and help you get into visualizations
- When creating mnemonics or acrostics, make the most of rhythm and rhyme, or set them to a jingle or part of a song
- If you have some particular music or song that makes you want to 'take on the world,' play it back and anchor your emotions and state.

VERBAL (LINGUISTIC):

You prefer using words, both in speech and writing.

- Try the techniques that involve speaking and writing
- Make the most of the word-based techniques such as assertions and scripting
- Record your scripts using a tape or digital audio recorder (such as an MP3 player), and use it later for reviews
- When you read content aloud, make it dramatic and varied
- Try working with others and using role-playing to learn verbal exchanges such as negotiations, sales or radio calls

PHYSICAL (KINESTHETIC)

You prefer using your body, hands and sense of touch.

- Focus on the sensations you would expect in each scenario
- For assertions and scripting, describe the physical feelings of your actions.
- Use physical objects as much as possible
- Keep in mind as well that writing and drawing diagrams are physical activities
- Use role-playing, either singularly or with someone else, to practice skills and behaviors

SOLITARY (INTRAPERSONAL):

You prefer to work alone and use self-study.

- You prefer to learn alone using self-study
- Align your goals and objectives with personal beliefs and values
Create a personal interest in your topics
- When you associate and visualize, highlight what you would be thinking and feeling at the time
- You drive yourself by the way you see yourself internally
- Modeling is a powerful technique for you
- Be creative with role-playing
- Your thoughts have a large influence on your performance and often safety

SOCIAL (INTERPERSONAL):

You prefer to learn in groups or with other people.

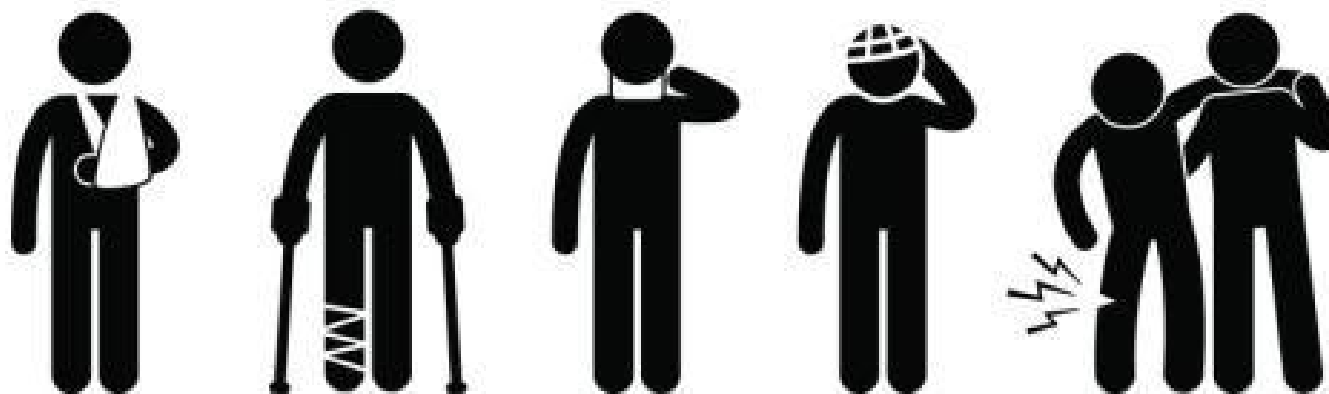
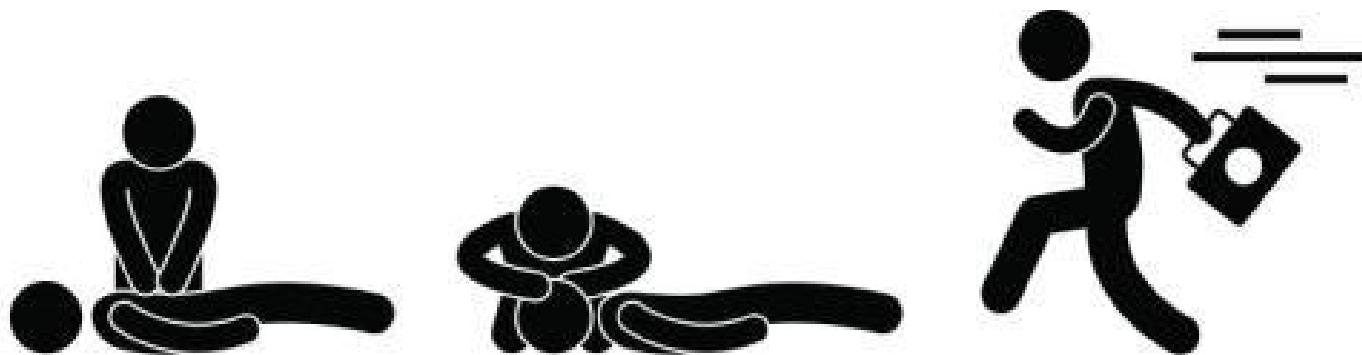
- Aim to work with others as much as possible
- Role-playing is a technique that works well with others, whether its one on one or with a group of people
- Work on some of your associations and visualizations with other people
- Try sharing your key assertions with others
- Working in groups to practice behaviors or procedures help you understand how to deal with variations

LOGICAL (MATHEMATICAL)

You prefer using logic, reasoning and systems.

- Aim to understand the reasons behind your content and skills
- Create and use lists by extracting key points from your material
- Remember association often works well when it is illogical and irrational
- Highlight your ability to pick up systems and procedures easily
- Systems thinking helps you understand the bigger picture
- You may find it challenging to change existing behaviors or habits
- If you often focus from analysis paralysis, write 'Do It Now' in big letters on some signs or post-it notes





The way we learn is changing

Individual V Social

Information V Communication

Passive V Interactive

Institutional Tools V Personal Tools

I am stupid: Is it easy to learn? Yes

I am old: Is it possible to learn? Yes

- All animals can learn and get trained
- Life long learning
 - You can not teach an old dog a new trick
- Learning is now so easy
 - Old days: Books and teachers
 - Nowadays: TV, Videos, Internet, social media, etc
- Career needs: اكل العيش مر ومحتاج تدريب

THE BARNUM & BAILEY

GREATEST SHOW ON EARTH



Wonderful Performing Geese, Roosters and Musical Donkey.



THE UNIVERSITY OF CHICAGO PRESS

STARTING A Successful Marriage



By **Dr. Henry Cloud**

Rationale

(Why Training Programs?)

- **Medicine: All or non rule**
- **Surgeons are like pilots need structured training**
- **Orthopaedics is the most expanding speciality**
- **Subspecialties: > 11**
- **A lot to learn: Career life is not long enough**

What you need to learn?

10 basics

1. **Knowledge**
2. **Evidence-based**
3. **Operative skills**
4. **Writing & publications**
5. **Teaching**
6. **Audit & research**
7. **Ethics:** Malpractice, industry relationship
8. **Generic skills:** Language, communication, computer
9. **Attitude & personality:** Polite, modest, firm, professional
10. **Administration:** Organization & leadership

Knowledge: Information overload

- **206 bones & 230 joints**
- Fractures
- General orthopaedics
- Basic science:
 - Anatomy, physiology, pathology, biomechanics
- Principles of practice: Consent, records, liability
- Subspecialties
- Area of interest



Life in Egypt

- So many things need to be done
- People are very busy (running) but doing little
 - Do not know where they are going
 - No time for reflection
- No support: Antagonist (no synergism)
- Days are running fast
 - Are we achieving what we want?
- Life is short
 - We die early

Social intelligence

- Communication skills
- Interpersonal skills
- Intrapersonal skills

- Leadership
- Team working
- Negotiations

Levels of learning

- knowldege
- comprehension
- application
- analysis
- synthesis
- evaluation

Difficulties

- Information overload
- Priorities
 - What is important and what is urgent
- Time management
- Relevance
- اكل العيش

NHS

- - * How to find work or an elective abroad
- - * Improving your presentation skills
- - * Publish or perish

Evidence-based medicine

- It is the integration of best research evidence with clinical expertise



Why we do research

- Career promotion
- Writing & publications:
 - Editorial & books
- Reviewer & Editor
- Research for research
 - Advance knowledge
 - To be a researcher & a scientist
 - Obtain prizes
 - Change world