



SCORE

PreExchange Training

Manual on how to organize a SCORE PET



Dear NOREs and LOREs,

The aim of this manual is to introduce you to **SCORE PreExchange Trainings (PET)**, inform you on why we need these trainings in SCORE, and finally to explain how to organize them into your NMOs or local committees

By reading this manual you will gain all the information you need to organize a **SCORE PET** in your NMO or LC. Also you will be able to write a project proposal in order to fundraise your activity by reading 'the Strategic Planning of **SCORE PET**'

SCORE PET was held in Turkey by TurkMSIC in May 2008. It was first presented as a project proposal at the MM08 in Mexico. After this presentation many NOREs were interested in having the same training done in their NMOs

A small working group (SWG) was formed at AM08 in Jamaica at the requests of the NOREs that wanted to organize **SCORE PET**. The decisions made at this SWG played a big role in generating the content of this manual.

An evaluation meeting was done with LOREs and **SCORE PET** participants during the SCORE sessions at the TurkMSIC National Assembly, in October 2008. We received much feedbacks on the agenda, organization, tutors, timing and marketing. New action plans and strategies were set up according to the results of this evaluation meeting. In this manual you will find these details.

I will be more than happy to help you in any obstacles you may encounter while organizing your own **SCORE PET**. Please do not hesitate to contact me. Helping **SCORE PET** grow worldwide will be a great honor and privilege for me

Best regards,

Mert Karakaya
IFMSA Director on Research Exchange 2008-09

What is SCORE PET?

Why do we need PreExchange Trainings in SCORE?

SCORE PET is a training program that aims to increase the scientific knowledge, technical skills, and general motivation of the outgoing students before attending the exchange. The agenda could include lectures and trainings on **Science Philosophy, Research Ethics, Hypothesis-formation skills, Research Planning, Basic Biostatistics, and Intercultural Learning.**

The motivation of the students is the key issue to get them involved in their research. However we need to support their motivation with basic academic knowledge. This motivation and knowledge has to be kept alive by stimulating critical thinking and behavioral change

In many countries, research exchanges cannot reach their ultimate goal due to a lack of student motivation, knowledge and awareness. The hope is that SCORE PET will play a big role in filling this gap

The knowledge gained from SCORE PET will also make students more aware of ethical misconduct so that they could abstain from such unethical behaviors



SCORE 'PET'

The logo of SCORE PET is a pet that we all use in our labs during our researches

STEP-BY-STEP GUIDE TO ORGANIZE A SCORE PET

1) Define what you need. Work S.M.A.R.T and lock the target

*What should a research exchange student know & care about?
What are the basics to take part in research exchange?*

It is essential to know what we should expect from a research exchange student to finish his/her exchange successfully. To answer this question, we need to determine the basics to be known by outgoing students in order to take part in research in a conscious way

- To attend a research exchange the student should have/be:
 - ✓ Motivation
 - ✓ Interest in research
 - ✓ Interest in the specific research topic
 - ✓ General idea on how to conduct a research
 - ✓ Knowledge of research ethics
 - ✓ Basic knowledge of medical writing
 - ✓ Presentation skills (poster, paper etc.)
 - ✓ Basic knowledge of biostatistics (how to interpret 'p' value, basic statistical programs-e.g. SPSS)
 - ✓ Being culturally sensitive and respectful



2) Set the PET agenda

Before starting don't forget to ask student's expectations about 1)the training, 2)their research project and 3) exchange in general

- **Introduction to Science Philosophy - Lecture**
- **Research Ethics - Lecture**
 - ✓ In these two sessions it's important not to bore students at the beginning. Try to have your session be as interactive as you can
 - ✓ It's good to give an introduction to *Good Clinical Practice* principles
 - ✓ What is research misconduct? What is fraud? How to prevent it? It's nice to define them inside the ethics lecture

- **Methodology, project design and research methods - Lecture**
- **Research Planning: Fundraising and International opportunities – Lecture& Discussion**
- **Research Planning: Medical Writing – Lecture& Workshop**
- **Basic Biostatistics - Workshop**
 - ✓ Most common used statistics tests
 - ✓ Basic Excel, SPSS and relevant statistics program skills
- **Visual presentation: Movie**
 - ✓ **Miss Evers' Boys:** The true story of the U.S. Federal Government's secret medical experiments on southern blacks in the 1930's: A group of down-on-their-luck black men are lured into a "medical care program" for syphilis, only to be allowed to die when they subsume to the disease so that their deterioration can be documented www.imdb.com/title/tt0119679
 - ✓ **Side Effects:** A young woman fumbles with love and ethics as she navigates a career with one of corporate Americas darlings: the pharmaceutical industry. Karly Hert has spent the last ten years selling pharmaceutical drugs. Although conflicted on a daily basis by the values within the pharmaceutical industry -- an industry driven by profits at the expense of patients -- Karly has been seduced by the golden handcuffs of corporate America www.sideeffectsthemovie.com
 - ✓ **Das Experiment:** The movie is based on the infamous "Stanford Prison Experiment" conducted in 1971. A makeshift prison is set up in a research lab, complete with cells, bars and surveillance cameras. For two weeks 20 male participants are hired to play prisoners and guards. The 'prisoners' are locked up and have to follow seemingly mild rules, and the 'guards' are told simply to retain order without using physical violence
<http://www.imdb.com/title/tt0250258/>
 - ✓ **Lorenzo's Oil:** Lorenzo's Oil describes the battle of educated parents to find a treatment for their son's disease - even when the professionals tell them that there is no treatment. The movie triggers questions like: "who's the specialist here? The medical care provider or the well educated and literate researcher - even when there is no medical background" as well as the influence of Hollywood with its demand for a happy end to the reality of medical conditions and their treatment
<http://www.imdb.com/title/tt0104756/>

- **Intercultural Learning – Training**

This training can be facilitated by an IFMSA trainer since it is in the IFMSA training list and there are many documents in the training archives

3) Do not forget the marketing! - Important tips

- **Lecturers/Trainers:** This is the most important issue affecting the academic quality of the training. Try to receive well-established and active scientists in your country. It is very important to have them in your training sessions because their vision is quite different from the others and they are much more eager to share their experiences with future physicians. It is also a great opportunity for the students to have face-to-face contact with these respected scientists and consider them as a role model
- **Dates** While it may not seem so important; in fact it's one of the major determinants affecting the participant number. Try to schedule around the most convenient dates. Ask your LOREs to learn the exam weeks of the faculties so not to schedule the training around these dates. Most of the students attend their exchanges in summer months, so 1-2 months in advance of the exchange month is the best time to organize the PET. (For the northern hemisphere countries **May** is perfect; for the south, **November** is great)
- **Place:** It is always better to hold this organization on a national level. The more students are involved, the more interaction and learning they will get. So a central place -maybe the national capital- is a good idea. But it varies from country to country. Try to arrange a place that is easy to reach, accessible and fun. The tourism may disrupt your training, but always keep in mind that it is one of the best motivation tools :)
- **Communication:** Do not leave all the communication to your LOREs. National outreach will improve the credibility of the trainings as well. Create a yahoo group or facebook group to reach them more easily. Regular calls are very important. If there are not too many, try to reach them personally and convince them to attend this training. Send invitation letters to them, or ask a recommendation letter from SCORE-D. A website or blog also improves the image of the SCORE PET in the exchange students' minds
- **An International Organization:** It is also good to state that this is an IFMSA organization, being held in many countries and includes a certificate of completion that is given at the end of the training.

STRATEGIC PLAN TO ORGANIZE PETS

1) Vision of SCORE PET

To lead medical students to be the scientists those have ethical perspectives and critical awareness to evaluate the scientific knowledge with a remarkable scientific background and openness to the most recent innovations

2) Mission of SCORE PET

To train research exchange outgoing students with a training program that includes lectures and trainings on science philosophy, research ethics, basic biostatistics and intercultural learning 1-2 months in advance their exchange starts

3) Goals and Objectives

- a. To increase the scientific and academic recognition of SCORE by having well-trained outgoing research students
- b. To provide exchange students to have a better exchange and research period by increasing their scientific knowledge, technical skills, and general motivation
- c. To provide exchange students a better understanding of the role of research in medicine
- d. To help exchange students to perform their research activities through following ethical principles
- e. To prevent exchange students from ethical misconduct and such behaviors causing to be under suspicion
- f. To increase exchange students' scientific competence in order to work better with their mentors and research fellows

- g. To provide exchange students adequate knowledge about research planning and execution

- h. To inform exchange students on fundraising opportunities on national/international level

- i. To improve exchange students' capability by providing basic biostatistics knowledge including statistical analyzing programs

- j. To raise the exchange students' awareness on intercultural issues; as prejudice, cultural iceberg, ethnocentrism, right communication, and tolerance

4) Preliminary agenda (see above)

5) Budget

- Indicate your budget clearly

6) Organization

- NMO introduction
- IFMSA introduction
- SCORE introduction