BIOMEDICAL SCIENCE RESOURCES

It is important when choosing a degree to do your research to ensure you are making an informed decision. To get you started we have pulled together some resources, including some insight from our current students too. This resource list contains a variety of links, books and podcasts, which you may find useful when considering your next steps. This is by no means an exhaustive list and you are not required to review all of these suggestions. Choose instead what you are drawn to, or interested by, to help you to consider your future pathway.

The reviews quoted have been shared by some of our current biomedical science students. Please note, the opinions expressed are their own and do not represent the views of St Georges, University of London, as an institution.

Contents

WHERE TO START? INFORMATION, ADVICE AND GUIDANCE:

What is Biomedical Science?

Biomedical science explores biology-based science behind health, disease and medical intervention. It covers a broad range of subjects, starting with fundamental aspects of cell and molecular biology, anatomy, physiology, pharmacology and genetics. Biomedical

science also explores and investigates the progression of diseases, including diagnosis and treatment.

The Institute of Biomedical Science describes the discipline as "one of the broadest areas of modern science and underpins much of modern medicine - from determining the blood requirements of critically ill patients to identifying outbreaks of infectious diseases to monitoring biomarkers in cancer."

UCAS

UCAS (The University College and Admissions Service) have a wealth of information and guidance to get you started on considering whether university is the right choice for you and, if so, what you might want to study.
You can read more over on the UCAS website here:

- 'How to choose the right undergraduate course for you' https://www.ucas.com/undergraduate/what-and-where-study/how-choose-right-undergraduate-course-you

NHS Careers

The NHS Health Careers website provides insight into the huge range of careers available in the NHS. It has a variety of resources available, including real life stories, a career quiz and an outline of the training pathway to becoming a biomedical scientist, alongside other possible career opportunities.

- Biomedical Science Role - https://www.healthcareers.nhs.uk/explore-roles/healthcare-science/roles-healthcare-science/life-sciences/biomedical-science
- NHS Careers Quiz - https://www.healthcareers.nhs.uk/FindYourCareer

Prospects

Prospects (a career focused website) also share details of what studying Biomedical Science can entail, alongside an exploration of what gaining a degree in Biomedical Science could lead to in the future:

- Biomedical Scientist Job Profile - https://www.prospects.ac.uk/job-profiles/biomedical-scientist

- Biomedical Scientist: What Can I Do with my Degree? - https://www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/biomedical-sciences

"This link helped to inform me of the possible careers I could pursue once I complete the degree."

The Institute of Biomedical Sciences

The Institute of Biomedical Sciences (IBMS) also share information on their website about studying Biomedical Science, include resources, career opportunities and the chance to discover more about what makes Biomedical Science unique.
You can check out the IBMS here:

- https://careers.ibms.org/home/

BOOKS:

Here are some suggested books which you may find interesting to read in relation to Biomedical Science as a discipline and area of study.

Bad Science

by Ben Goldacre (2008)
Each chapter explores a different aspect of science and dives deeper into unwrapping and interrogating it.

I Think You'll Find it's a Bit More Complicated Than That, by Ben Goldacre (2014)

A collection of some of Ben Goldacre's weekly articles in the Guardian, this book focuses on debunking misinformation surrounding health and science.
"A very insightful book on science and pharmaceuticals."

Elegance in Science: The Beauty of Simplicity

by Ian Glynn (2013)
An exploration of a variety of historical scientific advancements and experiments to highlight, and interrogate, the beauty of science and discovery.

Advice to a Young Scientist

by Peter Medawar (1981)

A short book of advice for those interested in science by Nobel laureate and renowned biologist of the 20th century.

The Man Who Mistook His Wife for a Hat

by Oliver Sacks (1985)
A neurologist discusses his experiences and histories of some of his patients and their conditions.

How We Live and Why We Die

by Lewis Wolpert (2010)
Wolpert explains the science that underpins our lives, exploring body functions to embryos, alongside scientific topics that are much discussed but less so understood.

A Planet of Viruses

by Carl Zimmer (2021)
A presentation of a history of viruses, including how they develop and how they can be harnessed, with an updated chapter on Covid-19.

PODCASTS:

Here are some suggested podcasts which explore various scientific and health related topics.

BBC Inside Health

A series which explores health issues, including health advice and demystifies the myths and inaccuracies in health advice.
You can visit the Inside Health podcast webpage here:

- https://www.bbc.co.uk/programmes/b019dl1b

BBC Inside Science

A programme which seeks to explore topical scientific issues including exploring how these are changing and affecting our world.
You can visit the Inside Science podcast webpage here:

- https://www.bbc.co.uk/programmes/b036f7w2

Case Notes

In Case Notes, Dr Mark Porter takes deep dives into a different topic each week, speaking to medical professionals, patients and researchers.
You can visit the Case Notes webpage here:

- https://www.bbc.co.uk/programmes/b006th1n

The Lancet: In Conversation With

In this podcast editors and journal authors who contribute to The Lancet discuss their research in relation to areas such as the impact on healthcare, global health and individual's health.
You can visit The Lancet: In Conversation With podcast webpage here:

- https://www.thelancet.com/in-conversation-with

The Lancet Voice

A fortnightly podcast where The Lancet editors, alongside guests, explore key stories and journal highlights, around global health, policy, and clinical research stories. Episodes also include interviews with the authors of key articles, peer-reviewed research, and reviews to provide insight and context medical and health advances worldwide.
You can visit The Lancet Voice podcast webpage here:

- https://www.thelancet.com/the-lancet-voice

TV SHOWS:

Here are some suggested tv shows which explore various scientific and health related topics.

Horizon (BBC)

A BBC's series exploring science stories, unravelling mysteries, and exploring a variety of scientific topics in greater detail. The show can be accessed on the BBC webpage here:

- https://www.bbc.co.uk/programmes/b006mgxf

This Is Going to Hurt (BBC)

A BBC TV series based on the book by the same name by author Adam Kay, exploring one junior doctor's experiences of working in the NHS. The show can be accessed on the BBC's webpage here:

- https://www.bbc.co.uk/iplayer/episodes/p0b6k5gx/this-is-going-to-hurt

"It's funny and honest, although it is medicine based."

ADDITIONAL RESOURCES:

Instagram - @thebiomedwatercooler

A previous Biomedical Science MSci student at St George's, Pia, has created two social media platforms to share insight into the subject in an engaging and innovative way. You can follow either, or both, of the following platform using the below links:

- (https://www.instagram.com/thebiomedwatercooler/)
- The Biomedical Water Cooler blog https://thebiomedicalwatercooler.blogspot.com/

ST GEORGE'S, UNIVERSITY OF LONDON:

Widening Participation:

Universities will often have a dedicated widening participation team who aim to support students who are typically underrepresented in higher education through running various sessions and activities, whilst being on hand to answer questions. There are also various organisations with similar widening participation goals who provide support to students. Due to the nature of widening participation, programmes will likely have specific criteria you need to meet. It is worth researching what universities and organisations might have available.

At St George's we run a variety of information sessions, webinars, and virtual work experience programmes for eligible students. The best way to find out more about what we have available is by visiting our widening participation (WP) webpages and signing up to receive pre-application support.

- St Georges, University of London WP – https://www.sgul.ac.uk/study/widening-participation

- Pre-application support at St Georges* – https://forms.office.com/r/y8yPLAuPFr

*Please note, you need to meet certain eligibility criteria to be eligible to receive pre-application support. This is further detailed on our website and also in the pre-application support form.

Biomedical Sciences at St George's:

We also have a lot of information about both of our Biomedical Sciences courses, (Biomedical Science BSc and Biomedical Science MSci) available via our website:

- Biomedical Sciences BSc - https://www.sgul.ac.uk/study/courses/biomedical-science-bsc
- Biomedical Sciences MSci – https://www.sgul.ac.uk/study/courses/biomedical-science

You can also find out more about the kind of content you can expect from our course by watching our most recent taster lecture, which you can access via YouTube:

- 'Respiratory function and COVID-19: Why do patients struggle to breathe?' https://www.youtube.com/watch?v=SkNy2ZSOLcE

UniBuddy:

We know that sometimes the best person to answer your question is a current student. That's why you can chat to some of our current students at St George's to ask them questions directly via Unibuddy here:

- Chat to our Students – https://www.sgul.ac.uk/study/chat-to-our-students

Please note, you need to be aged 16 or over to use this chat function.