

## Sir Colin Dollery Training Award (23-24) Reflections:

This academic year (23-24), I completed my intercalation in a Pharmacology BSc degree with funding received from the Sir Colin Dollery Clinical Pharmacological Training Award. I would like to extend my heartfelt thanks to the British Pharmacological Society (BPS) and the family of Sir Colin Dollery for choosing me as one of the three recipients of the award nationally.

This award allowed me truly to invest my time into my pharmacology degree and get the most out of it. I learnt about the intricacies of research: the art of critiquing work, writing eloquently and endless formatting. This year allowed me to explore the world of research and academia and has inspired to carry on in my medical journey.

At the start of the degree, we explored many topics in pharmacology including pharmacodynamics and pharmacokinetics of drugs. The information presented covered various specialties, including cardiology, neurology, and gastroenterology. This allowed me to have a greater understanding of how pharmacology can be applied to clinical medicine. This was further reinforced with my invitation to the BPS President's lecture where I was able to network with clinical pharmacologist and get a better insight into their careers.

The highlight of my intercalation was my final project. The project looked at differences in lipoprotein subclass levels in pregnant women with gestation diabetes mellitus (GDM) compared to those without GDM. The project was a mixture of wet lab and data analysis. We used Nuclear Magnetic Resonance (NMR) Spectroscopy to analyse the samples. This was an exciting step as NMR is something I learnt about in chemistry A level, however, to see it face-to-face was an experience. Whilst battling with all the ups and downs that comes with a research project, my supervisors gave me immense support and showed me the beauty of research along the whole journey. This project demonstrated the collaboration between different disciplines as my supervisors came from a clinical and lab background. Having a project looking at women's health was important to me having gone on a medical volunteering trip, JourneyMaa, with the Maternal Aid Association (MAA) in summer 2023. On this trip, I saw many pregnant women accessing healthcare via the camps MAA provides and it showed me how much the camps were needed, especially in the rural parts of Bangladesh. This trip helped me find a purpose in my final project and gave it a whole different meaning to me on a personal level.

This year has truly been amazing. Taking a break from clinical medicine to explore research via this intercalation has been eye-opening. Returning to my penultimate year of medical school is exciting. Having this new love for research, I cannot wait to see how I intertwine research with clinical medicine.

Thank you once again to the BPS and the family of Sir Colin Dollery for this training award. This has made a such a positive difference to how my intercalation has gone, and I wholeheartedly appreciate you for choosing me as one of the awardees. For anyone reading this and thinking about applying, please apply! You have absolutely nothing to lose. Wishing you all the best with your applications.

Yours truly,  
Nusrat Kamal