

## Personal Statement, Eesha Tyagi Gupta

The vital role played by medical professionals in improving people's quality of life whilst treating their illness has been an attractor for me. My work experience further cemented this. I learnt about the evidence-based medicine approach, backing treatments with evidence is important to increase transparency and build trust with providers. It enabled me to link it to the NHS Constitution principle; "the patient will be at the heart of everything done" This is vital as you have a responsibility and commitment to your patients, which you need to fulfill. I learnt the importance of the whole person approach in assessing a patient's risk factors, and how to minimize this risk, whilst also being aware that lifestyle aspects may prevent patients from pursuing treatment at home.

I observed key skills needed to be a successful medical professional, one being clear communication so patients can understand inference properly, especially when approaching lifestyle changes. I appreciated the value of time management, as appointment volumes can vary daily, so planning effectively helps manage other aspects of the job whilst prioritising patients.

Through my A-level subjects, I was able to enhance my outlook. Performing Arts allowed me to see how people's experiences shape their opinions, and understanding their perspective allows you to empathise with them, an important facet as empathising with patients is a valuable skill in the medical profession. In Biology, I enjoy nervous coordination and control of blood glucose. I liked observing how the whole body works together when responding to stimuli, and how the body is constantly working even when we don't realise it.

I am an avid swimmer and recently qualified as a Level 2 swimming teacher, this has helped me refine my communication skills by explaining swimming techniques in an age-appropriate way and built my patience to explain the same thing multiple times without being frustrated. It also taught me time management skills, given I had to balance my training with schoolwork. Additionally, I went on a volunteering trip to Kenya, where I helped the local farming community and taught English to primary students which built my problem-solving skills as I had to find effective solutions to classroom issues. Playing netball allowed me to hone in on teamwork to achieve a shared goal, a skill I see being used in the medical profession where at times diverse healthcare professionals work with a patient. I am an experienced piano and guitar player; music is a big part of my life and I researched its importance in treatments, to reduce anxiety and blood pressure and improve balance and function in patients with Parkinson's Disease.

I am excited about the future of medicine and the contribution I can make towards patient care. Which is why the Bachelor of Medicine and Bachelor of Surgery course at University of Tasmania attracts me. The excellent clinical environment and research opportunities at the University will provide me with a strong foundation in my career as a medical professional.

Thank you for reviewing my application and my personal statement. I look forward to your kind response.

Yours Sincerely,  
Eesha Tyagi Gupta