PrêtX

impact

MAGAZINE

2024 SPRING

In This Issue:
PrêtX Healthcare Careers
Winter Bootcamp 2023

ABOUT PRETX

PretX aims to impart students with **deep industry knowledge** and **career pathway insights** via **bootcamps, internships and experiential learning** programs.

Through immersive experiences, hands-on experiences, and real-life simulations, **students are empowered** to not only make informed career-related decisions with **confidence and clarity**, but to also chart the course ahead for their academics.

PretX activities are specifically designed for students to examine current industry challenges, think critically, brainstorm potential solutions, identify emerging trends and assess the impact of new technology, as well as to build the necessary hard & soft skills for future success.

PretX programs are also designed to **connect like-minded** students to form strong bonds, **be inspired and have fun**!

PretX students have gone on to the **Ivy Leagues and other top universities in the United States, United Kingdom, Singapore and Australia**, as well as to collaborate on intra-school service clubs serving the community.

THE PRETX IMPACT

In air navigation, the 1-in-60 rule states a 1-degree change in course results in a 1-mile change in destination over 60 miles.

Similarly, a student's experiences in the world around them will lead to decisions that significantly influence their academic and career trajectories.

We aim to assist students in their career decision-making through:

- curated workplace experiences that are short, intensive and "hands-on"
- access to experts in their daily working environments
- sampling a diverse "tasting menu" of different roles and disciplines within key industries of interest including healthcare, finance and law

FROM THE EDITOR

Dear Reader,

Welcome to our very first issue of the PrêtX Impact Magazine!

Our inaugural issue features the PrêtX Healthcare Careers Winter Bootcamp, held in Bangkok, Thailand in December 18-22, 2023. We hope the highlights of the week will make your eyes light up with the same wonder and inspiration as our students' as we journeyed through the exciting world of healthcare.

From 3D mapping of the human body and applying artificial intelligence to patient data to optimise care, to being a student for a day at a top medical school, and to running best-in-class operations in hospital services, pharma clinical trials, and public health - PrêtX Healthcare Careers Bootcamp would not have been possible without our brilliant Knowledge Partners. Thank you for so generously and graciously welcoming our students and sharing your professional and personal insights. What a rare, precious opportunity for students to experience a multitude of career pathway options first-hand.

PrêtX Students, we also shine the spotlight on you. We know you will go on to transform the world with your ideas and infectious positive energy, and can't wait to see what you decide to do next!

Seize the World of Opportunities,

The PrêtX Team

PRETX CAREER BOOTCAMPS 2023

Experiential learning

632 Immersive Student Learning Hours

43 Group and Individual Presentations

21 Industry Simulation Experience Modules

made possible by

45 Knowledge Partners:
Facilitators, Speakers & Mentors

7 Company Site Visits

THE PRET FOUNDATION

Our Impact Beyond

2 Scholarships Awarded

THE 3 WISHING TREES

To set goals for the week of the Bootcamp, students are guided to set and share their intentions via the 3 Wishing Trees:

TREE OF KNOWLEDGE

What do you wish to learn or experience this week?

TREE OF HOPE

What is a healthcare issue you wish can be improved?

TREE OF HEARTS

What is one character trait you wish to be known for in the future?

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01 Mapping the Human Body with BioDigital's Dr Tom Flaherty

Dr Tom Flaherty: Two-Time Emmy Winning Producer of the Dr Oz Show & Medical Director of BioDigital

Zooming in live from Miami was Dr Tom Flaherty, a two-time Emmy winning producer of the Dr Oz Show in the United States. Dr Tom shared about his journey of becoming a doctor, working in the media industry as a TV producer, and thereafter working in medical technology as the Medical Director of BioDigital.

BioDigital is the Google Earth & Maps of the human body, a virtual model of the human body that is currently being used by medical professionals and students for medical education, as well as pharmaceutical organisations to train the sales force on how their devices or drugs work in the human body. It is also being used by media to explain pathology, for example the COVID-19 virus in the human body.

It was a treat to experience BioDigital's platform to see virtually:

1. the intricate details of the beating human heart - including the ventricles, arteries and veins
2. Atrial fibrillation - what happens in the heart with an abnormal heart rhythm

Next, students got to learn about BioDigital's XR (extended reality) platforms that could create immersive experiences via augmented reality, for example to have a floating cadaver right in front of you! Students also saw how the platform could be used by OBGYN doctors to teach how to delivery a baby online.

Students exploring the human heart using BioDigital's virtual anatomy model on the Biodigital online platform

Building a Career in Medicine

Dr Tom also shared 5 invaluable pieces of advice in building your career path in medicine:

- "You don't have to stay in your lane": Use your talents in addition to medicine! Dr Tom used his talents in story telling to work as an Emmy award winning producer, and used the opportunity to advocate for and tell important stories about health.
- If you are unhappy at a job, try to work out why, and don't be afraid to make a change. It is important to find your happiness.
- Your first, or second, or third job, doesn't have to be the job you have forever. There are a lot of growth and opportunities out there.
- Seek out people in different careers and ask them if they are happy at work. If they are, and you're interested in what they do, ask to shadow them. People can be generous with their time if you are genuinely interested.

> **Create your own path - my job at BioDigital initially didn't exist, and I found it by a chance conversation on vacation in Costa Rica.**
> - Dr. Tom Flaherty

- Take care of your physical and mental health. Dr Tom is a big believer in having enough sleep and exercise. In addition to good physical health, mental health is equally important - and so is finding happiness in the work that you do, especially since medical school and residency can be tough.

More Pearls of Wisdom from Dr Tom Flaherty

> **It's not just about memorization but about understanding concepts.**

> **If you like learning, then medicine is for you! Medicine is all about learning and it never stops even after medical school.**

> **Don't think about adulation, winning awards, or what parents or others want you to be, but think about your own fulfilment and desires.**

> **There is a lot of misinformation out there, read widely and deeply from credible sources: reputable universities like Harvard, Oxford, Stanford Medical schools, or from large reputable hospital organisations like Mayo Clinic, Cleveland Clinic**

02 Debates

Up for a Debate?

The students were actively engaged in 2 lively debates:

1. Can AI Replace The Doctor?

Team FOR:

1. Technology can streamline operations
2. We can use technology to reduce costs
3. AI technology can process huge amounts of data

Team AGAINST:

1. Doctors can provide empathy, sympathy, compassion and emotional support to patients which AI cannot
2. Doctors can layer on their experience and cultural awareness to AI and technology based data and analysis
3. Doctors have the ability to prioritize, organize and assess the situation beyond the strictly recommended protocol

2. Should Healthcare Be Free?

Team FOR:

1. According to NPR, 8.6 millions die every year in low and middle income countries from preventable diseases such as malaria. Free healthcare can prevent this.
2. A healthier population is more productive, leading to economic growth.
3. Free healthcare could enable earlier intervention, which reduces overall money spent on healthcare in the long run

Team AGAINST:

1. Free healthcare could promote bad habits and lifestyles.
2. When used irresponsibly, it could lead to unnecessary waste and high costs.
3. To fund the large cost of free healthcare, governments may need to increase taxes. It may be more effective for private sector to provide more efficient care.

TEAM AGAINST

TEAM AGAINST

docdoc

We believe healthcare should be safe, transparent, and fair.

03

Patient Data Analytics & AI with DocDoc's Ms Grace Park

Fireside Chat with Ms Grace Park

President & Co-Founder of DocDoc, a Healthcare AI technology company

Zooming in from Singapore for a fireside chat was Ms. Grace Park, the President & Co-Founder of DocDoc, former Managing Director of Medtronic and graduate of West Point Military Academy and Harvard Business School.

Ms. Grace shared her journey starting as a West Point cadet, to a healthcare corporate executive and to an entrepreneur. Grace started by sharing her story about being inspired by West Point, the United States Military Academy, and its mission to develop leaders who contribute to society.

Ms. Grace spoke of her time there and how it was important to work on not just the academics, but optimal physical and mental fitness as well. Ms. Grace also spoke of how finding success as a judo competitor continued to build confidence to excel in other areas from academics to social connections.

> **Who Dares Wins.**
> - Motto of the British Special Air Service

Ms. Grace also spoke of jumping into the healthcare industry first with Bristol-Myers Squibb and then Medtronic, serving society by improving healthcare and saving lives. Ms. Grace then shared of her personal story - running a global search for the right doctor with the right expertise for her daughter Rand's liver transplant at 3 months old that served as the spark for starting DocDoc. DocDoc now aims to empower patients with data and transparency via predictive analytics about healthcare systems and services to make informed decision making and to access quality, affordable healthcare.

Ms. Grace shared invaluable lessons based on her career journey:

1. Focus on your values and mission to guide your path. Be clear on your values. What kind of leader do you aspire to be?
2. If you have opportunities to lead, seize it. You will never feel ready but I had to courage to try. If you're not failing, you may not be trying hard enough.
3. Acknowledge fear - just make sure you have courage than fear.
4. Show up and give it 110%!
5. To have stamina, make sure to take care of yourself so your mind and body are optimized.

> **For me, (what's important is) having the courage to just try.**
> - Ms. Grace Park

> **The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms… and who, at the worst, if he fails, at least he fails while daring greatly.**
> - President Theodore Roosevelt

04

Medical Student for the Day: Chulabhorn International College of Medicine

Medical School Pathways: Want to Be a Doctor? Dr Dhave & CICM Medical Students' 10 Tips for High School Students

Assistant Professor Dr. Dhave Setabutr
Chulabhorn International College of Medicine

1. It is a long process that can take 6-15 years depending on country & specialty training so it's important to be dedicated to the medical school and training process.
2. Get used to taking tests! As a doctor, you will take tests for at least 10-15 years
3. International medical and dental programs in Thailand are also good options in addition to medical schools in UK, US and Australia
4. Communication is a key skill required, and assessed during interviews
5. Start to prepare for your medical portfolio early, give yourself ample time to explore and built it.
6. Clinical volunteer activities, medical research and hospital shadowing are key. At school, join service clubs and shadow as many doctors as you can!
7. In addition to healthcare related work, show leadership and teamwork skills through activities such as sports and community service clubs.
8. As a medical student, there is huge amount of content to get through in a short amount of time. Time management and being able to process data to discern what is important are key.
9. Being responsible, thorough and precise are foundational skills.
10. Develop tough skin and culture awareness & sensitivity.

Medical Students for the Day

What is it like to be a medical student?
Students got to experience life as a medical student for a day.

1 Case Study Group Discussions

2 Suture Lab: Surgical Skills

3 Biochemistry Lab: Pipette Skills

4 Histology Lab: Tissue Samples & Microscopes

5 Cadaver Lab: Human Physiology

05

Inside a World-Class Hospital: Bumrungrad International Hospital

5 Pillars of a World Class Hospital: The Business & Operations of Healthcare

Khun Rajeev Raman, Chief Business Development Officer, Bumrungrad International Hospital
Khun Nuslan Benrohman, Director, Bumrungrad International Hospital

1. **International quality standards:** Bumrungrad was the first JCI accredited hospital in Asia, and has continued to maintain the accreditation and standards since.
2. **Cutting edge technology:** Bumrungrad hosts the latest medical equipment such as 3T and 1.5T MRI with molecular imaging modalities for cardio and oncology and AI-enabled X-ray imaging.
3. **Global reach and access:** Bumrungrad provides medical care to approximately 2 million patients from 119 countries a year, and has doctors and staff that speak 25 languages.
4. **Brand recognition and trust** that is synonymous with excellence in care.
5. **Continuity of care** via network and relationships. Bumrungrad has 90 referral offices around the world. In addition, the patient's treatment planning begins in their home country via telemedicine.

Students touring the Bumrungrad International Hospital Pharmacy and Training Facilities

A Doctor's Journey in Thailand & USA

Assistant Prof Dr. Supakanya Wongrakpanich
Internal Medicine & Geriatric Medicine, Bumrungrad International Hospital

Dr Supakanya graduated from Chulalongkorn Medical School after which she completed her graduate medical studies at Emory University in the United States and her clinical training at Harvard group of hospitals.

Dr Supakanya shared with us invaluable insights based on her journey in Thailand and the US:

1. **Build your communication and language skills.** As a doctor, this is a critical skill to communicate with your team and with patients.
2. **Completing residency** in the country you want to practice is highly recommended.
3. **Every country has a different primary care and specialist care system.** It is important to understand how each system works and is structured in the country or countries that you practice.
4. **Every country also has different cultural norms!** For example, in the US doctors are not called on their day off, but in Thailand doctors can be called at any time.
5. **Depending on your specialty of practice, your time availability and lifestyle can be very different.** There are many options with medicine available. No matter how busy though, be sure to balance your career with family and personal life.

"If you want to do it, go for it!"

"What is the most rewarding part of being a doctor? Saving lives, every day."

Student Challenges & Presentations

Students researched and presented their ideas on healthcare challenges we are currently facing.

1

How to Make Thailand a Medical Tourism Destination

2

How to Get More People to Do Health Checkups

3

How to Stop Teens from Vaping

mpassionate

06 SIMEX: Covid-19 Response

On Day 4, students participated in a Simulation Exercise (SIMEX) involving an actual emergency scenario during the recent Covid-19 pandemic.

Through hands-on, interactive tasks including scenario role playing, live negotiations and decision making, students applied their critical thinking, research and analytical skills to formulate solutions for Covid-19 safety and workplace occupational health measures. In doing so, students learned to balance health outcome requirements with ethical, social, financial and business strategy considerations.

Students also flexed their creativity by utilizing their choice of media modes of communication, including posters, videos and process flow charts in multiple languages!

World Health Organization

07

Public Health Insights with WHO's Dr Rick Brown

World Health Organisation: Public Health Insights with Dr Rick Brown

Dr Rick Brown,
Medical Director of World Health Organization &
Public Health Infectious Diseases specialist

Dr Rick didn't start with medicine but studied biology at university. He only decided to jump to medicine later on and realized his career path in the non-profit health sector when a few things came together: an accident where he had to take time off to recover, discovering a love of traveling and an up-close-and-personal malaria project on site in Gambia.

In Thailand, Dr Rick's specific focus areas include:

- Digital health
- Migrant health
- Non-communicable diseases
- Road safety
- Emergency preparedness and response
- Enhancing leadership in global health

3 Takeaways from Public Health & Infectious Disease sectors

1."You can't predict what's going to happen."
Dr Rick worked to fight SARS in the 2000s, also a family of coronaviruses. No one at the time expected SARS to happen. Since then we've continued to have more unexpected outbreaks such as MERS, COVID-19.

2. My role at WHO was a series of fortunate, serendipitous events."
Dr Rick hadn't planned on WHO per se, but found his way there based on good luck and timing as well as by seizing opportunities that came his way to be on site and at ground zero for tropical diseases and infectious diseases.

3. "Health is a fundamental human right."
- WHO Constitution
WHO's Three Strategic Priorities include:

- Advancing universal health coverage: care for all, including locals, foreigners and even the illegal or migrant workers
- Addressing health emergencies: prepare, prevent, detect and respond
- Promoting healthier populations

> **"Health is a fundamental human right"**
> - WHO Constitution

> **"It's good to have a plan but also have the flexibility to change your mind."**
> - Dr Rick Brown, WHO

08

AstraZeneca: The Future of Drug Development

Visit to AstraZeneca: The Future of Drug Development and Clinical Trials

Hosted by Ms. Didem Coskun
Senior Director, AstraZeneca

> **The power of collaboration working together across disciplines**
> - AstraZeneca

AstraZeneca, one of the largest global pharmaceutical companies, has operated in Thailand for almost 40 years. AstraZeneca Thailand has over 330 employees focused on 5 therapeutic areas, including COVID-19 vaccine manufacturing. AstraZeneca Thailand also has continually invested in clinical trials, currently running 47 clinical studies in over 26 hospitals.

Ms. Didem Coskun, Senior Director and Country Head of SMM Biopharmaceuticals of AstraZeneca, shared with us about the history, process and ethics of clinical trials. We also learned about exciting advancements and the future of medicine: functional medicine and using AI to find suitable drug targets for research and development.

Why are clinical trials important?

- Clinical trials give patients hope by giving the opportunity to receive treatment.
- Clinical trials ensure that drugs under research and development are safe and effective for use.
- Clinical trials are also necessary to ensure drugs are tested and developed ethically and methodically before they are approved for commercial use and made available to people around the world.

What key skill sets are required to work in the clinical trials industry?

1. High attention to details and very organized
2. Able to multi-task and be flexible
3. Collaborative and teamwork skills
4. Able to read, analyze and understand large volumes of text and data
5. Scientific background is fundamental, for example Pharmacy, Biology, Life Sciences

> **No science is done alone, it is done in collaboration.**
> - Didem Coskun, AstraZeneca

09 PretX Student Spotlight

Abby Su Lei Waddy

Bangkok Prep, Thailand

> Learning that there's not just one path to go on was nothing but eye-opening and inspiring.

Panicha Triwanit (Sheen)

Bangkok Prep, Thailand

> I learned to prioritise my happiness and stay focused on what I want to do so I live with no regrets.

Aryan Thakral

International School Bangkok, Thailand

> I held a human heart in my hands for the first time!
> I am even more inspired to become a Cardiologist and help as many people as I can.

Pichayapong Sithi-Amnuai (Primo)

International School Bangkok, Thailand

> **I am inspired to trust the process and have the courage to try.**

Jessica Su

International School of Myanmar, Myanmar

> I'm inspired to help the world, especially the needy, and do more as a human being.

Student Reflections

This winter break, I decided to join the Health Career Bootcamp held by Academy Pret. The Bootcamp **expanded my perspective on diverse career paths within the medical field**, beyond the conventional roles of doctors and nurses.

Growing up in a traditional Asian family, my understanding of stable medical jobs was limited. However, through PretX, the personal stories from the CEOs & Founders of health organizations and learnings from company visits gave me **a sense of excitement and curiosity about the myriad possibilities** within the healthcare sector.

In just 5 days, the knowledge and experience I gained was **incredibly impactful for my journey, influencing my perceptions and shaping my approach to future career choices.**

I highly recommend this experience for anyone eager to explore the complexities of the medical industry. It's an **eye-opening and comprehensive program that goes beyond the textbooks**, providing valuable insights for informed decision-making about future endeavors.

Alexis Phoo
KIS International School, Thailand

Alexis Phoo

KIS International School, Thailand

> I learned that at the end of the day, the most important thing is to follow your passion.

Student Reflections

I feel so **PROUD** of myself for being part of this bootcamp.

This week, I met some **very inspiring people** from BioDigital, DocDoc, WHO, Chulabhorn International College of Medicine, Bumrungrad Hospital, and AstraZeneca. I listened to lectures, had tours, experienced life as a medical student and even a doctor, and so much more. These experiences in Thailand, specially as a Korean, was such an honor and will last as an **unforgettable memory** for me.

On the first day, as we wrote under the Tree of Hope, my hope was to become a person who spreads the "happy virus". **At this camp, I was very much motivated again** as I learned how being an inspiration to people around you is important. I will constantly try to find a way to influence people with my happy virus! My Tree of Hope has grown taller!

As Bumrungrad said; it is hard to reach the top, but it is harder to maintain that position. I will try my best to always try my best. **I won't concede, but try to be inspired everyday, and inspire those around me**.

Jimin Lee
NLCS International School, Korea

Jimin Lee

NLCS International School, Korea

> "I'm inspired to find out what I truly love and enjoy!"

Junyoung Lee

NLCS International School, Korea

> I learned how data and biology is applied in real life in healthcare and medicine.

> **I learned to put 100% effort into everything I do, and to always show up.**

Kewa Kyaw

Ruamrudee International School, Thailand

Angelina Ong

Saint Andrews International School, Thailand

> To learn that one can still achieve success despite taking unconventional paths is encouraging.

Kankorn Hirunsap (Mew)

Shrewsbury International School, Thailand

> I see the importance of keeping an open mind when choosing a career path and towards any opportunities that may arise.

Issariya Sornyotha (Anita)

Singapore International School of Bangkok, Thailand

> **I am impressed by all the people I met, they are so brave and it reminds me of the quote "The only thing that limits you is yourself."**

Prima Kunapiwatkul

Singapore International School of Bangkok, Thailand

> "I'm inspired to explore medicine more to see if it is my true passion, or if there is something else I enjoy more."

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VH Dissector Table
Online Lessons

Academy Prêt

Get In Touch

Orchard Ngee Ann City Tower B Level 22,
Singapore 238874

+65 8181 4770

www.academypret.com

hello@academypret.com

@academy_pret

academypret