



Rasha Gadelrab

## Starters 5-10 mins

Snack, Cackle & Pop..... 2 mins

Snack: we ♥ food, grab a snack before beginning!

Cackle:

**I made a Chemistry joke...**

**there was no reaction**



Pop: Stemillions playlist on Spotify:

[bit.ly/stemillionsplaylist](http://bit.ly/stemillionsplaylist)

Meet Her..... 5 mins

Dr Rasha Gadelrab is a North London NHS GP and digital Doctorpreneur. She is now a frontline NHS GP and medical educator, leading teams in Quality Improvement, covid contingency as well as actively training healthcare staff and junior Doctors. She is also a passionate champion of Women in STEM, writes articles for leading newspapers, gives interviews and creates healthcare blogs.

Discuss:

- ★ What do you think of Rasha's job?
- ★ What do you think digital health is?

## Desserts 5 min

Share with us ..... 1 min

Upload photos on [Twitter](#) or [Instagram](#) and tag @Stemettes and #Stemillions.

Ask Them..... 2 mins

Got a question? Ask Away! [bit.ly/Ask-Away](http://bit.ly/Ask-Away)

Digest..... 2 mins

Digest this Meal Plan - fill out the feedback form.

## Mains 20 mins - choose ONE only

MAKE..... 20 mins

**Ingredients:** Pens, colouring pencils, paper, OR laptop/computer.

In the intro you learnt about Rasha's passions, share your passions by making a collage of all the things you are passionate about and the things that interest you. You could design your poster on a laptop or computer and get pictures off the internet. You could also make a mind map of all the things that inspire you. You could also ask your friends and family to make posters about all the things they are passionate about.

- ★ How many passions do you have in common?

EXPLORE..... 20 mins

**Ingredients:** ~30 cm flexible tube (like a hose), small funnel, duct tape, balloon, scissors

Rasha is a GP educator, GP's work with many tools, one we have all probably heard of is a stethoscope. In this activity you will have a go at making your own stethoscope.

1. Put the small end of the funnel in one end of the flexible tube. Push the funnel as far you can into the tube to ensure a snug fit.
2. Tape the funnel into place using duct tape.
3. Inflate the balloon to stretch it out. Let the air out and then cut the neck off of the balloon.
4. Stretch the remaining part of the balloon tightly over the open end of the funnel, duct taping it into place. This creates a tympanic membrane for your stethoscope. Now it's ready to use.
5. Place the funnel end of the stethoscope on your child's heart and the end of the tube to his ear.