

**Kristina Mickeviciute**  
**European Medical Students Association**

*S&G in medical education*

## **POSITION of European medical students association (EMSA)**

As medical students we are well trained in individualized and patient-centered medical care. But does it mean that we are aware that concepts of sex and gender exist in an important web of influences on health and well-being affecting the lives and bodies of people? If we are really looking for a better health care, that takes into account this kind of question, we should better start with investigations in medical education. The way the tomorrow's physician is trained, will inevitably define the quality of the health care in the very near future.

Here are some examples of what we are taught at medical school:

- the overall idea of woman and man and their reproductive functions disorders;
- we know all the diseases related only to woman/only to man, but we know very few for deviations from those "norms"
- we study the sex and gender differences in incidence, risk factors, symptoms and symptom presentation, prognosis of some diseases

Unfortunately as of today we are not taught at medical school:

- how to bring gender-specific medical knowledge into practice
- how some diseases differ as a function of gender and biological sex
- how gender and or sex shapes individual behaviour and how it reflects in the treatment

What the European Medical Students' Association (EMSA) can do?

- help in increasing students' awareness for gender and sex related issues to encourage students to be proactive about the inclusion of sex and gender content into their medical education;
- indicate the recommended scope of knowledge for all medical students;
- address the gaps in medical education with regard to sex and gender competency;
- involve students in policy making and advocacy;
- advocate for gender and sex problems to be implemented into medical education and clinical practice;
- go further and evaluate the curricula – adding sex and gender.