

**How to manage variation and achieve good management practice in hospitals: a
framework for clinical practice**

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Inspired by Zara Gatland, Australia's promising young medic and director of online
tutoring marketplace and youth leader in mental health

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Preface

W Edwards Deming is an inspirational role model in the field of managerial science. The best doctors of our time will be the ones that deploy Deming's System of Profound Knowledge. Moreover, the System of Profound Knowledge comprises four elements: the System, Psychology, Variation and the Theory of Knowledge. The best caring doctors will be the ones that think and act outside the box and disregard Human Rights to treat patients taking calculated risks to save lives, like now retired consultant psychiatrist Dr Lesley McCrone of the Royal Cornhill Hospital in Aberdeen, Scotland did in 2013 to treat the author of this book. Dr Lesley McCrone treats patients as individuals and weighs up ethical and legal issues like all good practicing doctors should and acts in the best interests of patients. The European Convention on Human Rights is too restrictive for effective care and treatment of patients. Dr Lesley McCrone was a very caring and innovative doctor, responding to patient needs. Patients typically do not know what they need, but doctors do. Doctors are very clever people. The European Convention on Human Rights is overly bureaucratic with too many laws. It needs simplified and reformed so doctors can effectively act to save lives. Aberdeen in Scotland is an innovative oil rich city. This means that Scotland will make a valuable contribution to the EU in an independent Scotland. The EU should reform to make Article 2 of the Human Rights Act - the right to life - the prevailing principle and patients shouldn't be able to choose to die. Doctors must have the freedom to act without fear of prosecution. Furthermore, Scotland needs the EU - there is a shortage of doctors in Scotland. EU citizens add tremendous value to Scotland. The EU also needs the intellectual property and money Scotland can offer it.

When the author of this book went into Aberdeen Royal Infirmary in Scotland after falling off his bike in mid-November 2019, his operation was cancelled twice due to a lack of theatre time. This demonstrates that the Conservative party in the UK are not giving Scotland enough money and resources to treat patients. What the UK Conservative party does is takes the money from Scotland's oil and spends most of it in England. Scotland would look after its citizens much better if it had control of its own resources. Scotland has the potential to be one of the richest countries in the EU. Furthermore, the author of this book had to fast for three days when in hospital awaiting his operation with hardly any food. When the author of this book was ready to go home, an ambulance with a one man crew came to take him home. The author needed a two man crew, so he had to stay another night in hospital surrounded by germs.

When the author of this book got home, the district nurses did not have sufficient time to give him an injection every day for 6 weeks. His Mum had to give him an injection. The author of this book has Asperger's syndrome and mental health issues. Without his

Mum the likelihood he would have got a blood clot is high. This is serious. This further demonstrates that the UK Conservative party is failing to give Scotland enough money.

Deming's System component: about the mind and its interactions with the body

The mind interacts with the rest of the body and the environment within which we as individuals live. The study of psychology involves thoughts, feelings and emotions. To be the best doctor in the world you need to have a thorough grasp of psychology and how it synergises with biology and interacts with mental health.

In life when emotions are running high, we as individuals cannot think clearly. Psychology has three different levels: the biological level, the psychological level and the social level. The problem of high emotions is compounded by alcohol. Alcohol is not good for you. When you become intoxicated with alcohol, you often flirt, dance like an idiot and become emotional and sentimental. Some people may become angry and violent. The main problem in mental health medicine with alcohol is that it promotes the neurotransmitter GABA which blocks the neurotransmitter dopamine in the brain, causing people to become sleepy. There is cause and effect in play. Moreover, alcohol has a chemical effect on the brain: it alters the biology of the drinker's brain.

In medicine, the nervous system is biology and the social level is psychology. Biology links and influences psychology. You need to understand biology of the human body and the interconnections or links with psychology to become an effective doctor, consultant and manager.

Also, the central nervous system consists of the brain and spinal cord. There is also the peripheral nervous system. One condition that affects the brain and spinal cord is MS or Multiple Sclerosis. MS leads onto physical and cognitive problems. People with MS can get depressive systems. The best way of avoiding physical problems with MS and the best way for doctors to treat it is to boost the neurotransmitter serotonin, so you need to understand mental health to become an effective doctor. Read my book on "How to slow the decline of Multiple Sclerosis". Note that the best way for MS patients to slow the development of the deadly disease is to cycle. So, MS sufferers in Scotland need to have freedom to live, work and cycle in the flat country of the Netherlands. So EU membership is really important for the health of all Scots, their friends and families at home in Scotland and in the wider world.

By the way, of the two divisions of the body's nervous system, think of the peripheral nervous system (PNS) as a system of connections that make it possible for the brain and spinal cord to communicate with the rest of the body. Moreover, the peripheral nervous system contains an element known as the autonomic nervous system. The autonomic nervous system helps to manage and control two muscles (smooth and cardiac) and the glands in our body. Moreover, the autonomic nervous system is involved in involuntary action. Bodily organs, reflexive muscle contractions, and even the dilation of our pupils are all automatic behaviours governed by the autonomic nervous system.

There are two very important divisions of the autonomic nervous system: the sympathetic nervous system, which is involved in energetic activation of the body when it needs high levels of energy such as cycling. For example, when you are confronted with a life-threatening situation such as falling off your bike, your sympathetic nervous system kicks in and gives you the energy to either take on the challenge or flee the situation. In the case of the author of this book, when he fell off his bike he broke his leg so he couldn't flee the situation. The author had to take on the challenge with chewing gum to boost dopamine. In contrast, the Parasympathetic nervous system deactivates the sympathetic nervous system after it has been engaged. This action is sometimes called the relaxation response because the activity of the sympathetic nervous system is relaxed, or turned off, and then returns to normal functioning.

Furthermore, the basic building blocks of the nervous system are nerves, neurons, and neurotransmitters and glial cells. The nerves are, essentially, bundles of neurons, like a box of spaghetti is a bundle of individual strips of pasta. The neurons are individual nerve cells. Usually, they receive signals from other neurons, evaluate those signals, and then transmit new signals to other parts of the nervous system.

Note that glial cells are cells within the nervous system that play a variety of support roles for the neurons; they protect neurons from damage, repair them when they are damaged, and they remove damaged or dead tissue when it can't be repaired.

The components of the nervous system stay alive and healthy by the circulatory system and other regulatory body functions. So Deming's system component links the mind and body together. The body synergises with the mind in the interplay of the functioning of the human body, linking physical and mental health together.

There are spinal nerves and cranial nerves. Spinal nerves carry neural signals both to and from the spinal cord. Sensory nerves carry information from the body to the central nervous system. For example, they carry signals from sensors in your foot when somebody steps on your foot. Motor nerves carry signals from the central nervous

system to the body; they cause the muscles in your limbs to move, such as when you raise your hand.

Cranial nerves are involved in the muscular (motor) and sensory processes, except that they are connected directly to the brain itself, not to the spinal cord. Cranial nerves support functions occurring in your face and head, including seeing and hearing, blinking and speaking.

The brain is a complex, integrated system. All of its components work together to produce the complexity of human behaviour as demonstrated by the synergy of physical and mental functioning.

The brain houses the limbic system, which is a complex set of structures that lies on both sides of the thalamus, just under the cerebrum. It includes the hypothalamus, the hippocampus, the amygdala, and several other nearby areas. The limbic system is involved in learning, memory, emotional behavior, and mating or reproduction. The hypothalamus takes part in the control of the endocrine system and works with the limbic system to control behaviours such as aggression, eating, protection, and mating. The endocrine system is the collection of glands that produce hormones that regulate metabolism, growth and development, tissue function, sexual function, reproduction, sleep, and mood, among other things.

If you fall off your bike and break your leg, you need to start exercising gradually. You start off hopping and lifting zimmer frames ahead as you hop, and drinking decaf coffee, fruit juice and water. You need to exercise and drink to heal broken bones. Fluid goes down and swells your feet, but if you do enough exercise you can reverse fluid retention. This is what the author of the book has done. The author can wear footwear, tie Velcro and laces again. The author of this book only stopped cycling for a week after he broke his leg. The author started cycling with one leg, and after three weeks had passed he started off cycling with both legs, albeit gradually, gently and quickly. Low impact cycling on an exercise bike is the best exercise for physiotherapy. Note that you need to increase cycling on an exercise bike as you get older. You do more exercise as you age, not less to avoid health problems. A really important exercise in physiotherapy is to practice wiggling your toes. You need this exercise to walk again. When you get off crutches or a zimmer frame, start off shuffling your feet with a walking stick, and gradually take bigger steps. You need to do weight bearing exercise to build up strength. This is what the author of this book did. He was walking for 40 minutes a day in no time after 6 weeks passed from when he broke his leg. Note that minor fractures take 6-8 weeks to heal, but the higher you are on calcium and Vitamin D, the speedier you will recover. Some people recover faster than others from fractures, it depends on the health of the individual.

Deming's Psychology component: understanding how personality and thinking affects behaviour

Degenerative diseases such as Alzheimer's can produce brain damage in the form of a reduction in size or loss of cells, brain tissue and cellular death. Strokes (a blood clot or bleed in the brain) and other vascular accidents also can result in brain damage by denying parts of the brain blood and oxygen, causing cellular death. Drink ginger tea to preserve brain cells as you age.

People who suffer from brain damage far too often exhibit drastic changes in their personality and thinking. This has a knock on effect and affects their behaviour. They may go from being very organised to very disorganised. Or a once very relaxed, easygoing person may fly into a violent rage at the slightest frustration. People with brain damage may have difficulty with memory, understanding and cognition. As we all get older we suffer from cognitive decline in our brain's function. That said, decaf coffee slows cognitive decline as it boosts dopamine if you drink enough of it. People with full-blown Autism have low cognitive abilities to start with. This leads onto poor diet and lifestyle habits, which in turn blocks dopamine and causes weight gain and the problems that go with it such as heart and circulatory problems and diabetes.

Neurotransmitters are chemicals that play a critical role in transmitting signals between neurons.

The main neurotransmitters, the ones that have extensively studied by doctors are:

- **Glutamate** - the most common excitatory neurotransmitter.
- **GABA** - the most common inhibitory transmitter - involved in eating, aggression caused by alcohol, and sleep.
- **Acetylcholine** - a common neurotransmitter with multiple excitatory and inhibitory functions - involved in movement and memory.
- **Serotonin** - an inhibitory transmitter that is involved in balancing excitatory transmitters as well as mood, sleep, eating, and pain.
- **Dopamine** - can be either inhibitory or excitatory and is implicated in attention, pleasure and reward, and movement .
- **Epinephrine** - an excitatory transmitter related to stress responses, heart rate, and blood pressure.
- **Norepinephrine** - an excitatory transmitter involved in energy regulation, anxiety, and fear.

Deming's Variation component: arm yourself with lots of knowledge to manage and control variation and effectively diagnose and treat patients

In hospitals and mental health institutions, there is lots of variation. Variation is like noise – it is undesirable. Everyone is different, so this compounds the difficulties for doctors and consultants. People eat and drink different foods and liquids, and smoke all sorts of weird and wonderful substances. This makes it hard for doctors and consultants alike to determine cause and effect to research illnesses. Variation makes diagnosis of conditions difficult and very hard to find cures for illnesses and conditions. That's why doctors and consultants need lots of knowledge and study for years and do lots of research. Cancer research is very important to the world and society at large. So Deming's system component links into psychology and onto the theory of knowledge. The human body and brain is very complex: it is a complex and sophisticated system. It influences the thoughts, feelings and emotions of behaviour and forms the basis for the study of psychology. There is an estimated 86 billion neurons that live in the human brain and they form trillions of connections between themselves.

The human genome is the genome of Homo sapiens. It is made up of 23 chromosome pairs with a total of about 3 billion DNA base pairs. There are 24 distinct human chromosomes: 22 autosomal chromosomes, plus the sex-determining X and Y chromosomes. Chromosomes 1-22 are numbered roughly in order of decreasing size. The human genome is complex and changes in DNA mutations can cause cancer. This is where computing and Artificial Intelligence comes in. Computers are needed to analyse and study the human genome quickly. So, computing and digital literacy is very important for modern doctors and particularly important to medical researchers.

Ethical issues in medicine and medical research

Doctors must treat patients in confidence. Health problems can be embarrassing. That said, doctors can make a disclosure with a patient's consent. This is the most common reason for revealing confidential details. If a patient expressly consents to disclosure, a doctor is relieved from the duty of confidence. Consent may be explicit or implied. Complex ethical issues can arise in individuals with mental health disorders, such as Autism or Asperger's Syndrome. In cases of full blown Autism, parents may need to know about the health issues facing their child, teenager or adult in order to help them. Complex ethical issues arise in Asperger's Syndrome because individuals are often

highly intelligent. The author of this book cannot prepare a cooked meal, although he can use a microwave. His skills are limited. No ethical issues arose when he broke his leg. His condition was obvious, but implied consent was given to his Mum. Well, actually his Mum visited him in hospital and could see what he had done.

Ethical issues can arise if patients with Autism need operations because they may be reluctant to have the operation. This is where Article 2 – the right to life – principle of the Human Rights Act should come in. Doctors should be able to act in the best interests of the patient. The author of this book signed the consent form immediately when he was given it. He didn't read it – he didn't want to know the gory details involved. The author just wanted the doctors to do everything possible to fix his broken leg. Individuals with full blown Autism may have difficulty understanding consent forms. Parents and guardians should be allowed to give explicit consent for operations upon consultation with the doctors involved in patient care after weighing up the pros and cons associated with the risks involved. If there is no parents and guardians, doctors should be able to act in the best interests of the patient. The right to life should prevail.

Ethical issues can arise in medical research. Researchers should respect the privacy of respondents and honestly report results and findings. Honesty and integrity is paramount in medical research. This is because findings from research can influence clinical practice and also lead to further research. Researchers should take care to ask questions in a way that will not embarrass respondents. An example of this is to use scaling of 1 – 10 instead of fat or slim when asking people whether they feel overweight or normal weight or whether they fall somewhere in between.

The legal implications of leaving the EU

When the European Convention on Human Rights was signed it was ratified and became law. No country can leave the EU without first making sure no harm is going to come to sections of the population within their country. This publication has demonstrated that people living with MS in Scotland will in fact be harmed by the UK's decision to leave the EU.

So, the UK cannot leave without making Scotland an independent country in the EU. There was a referendum in 2014 on Scottish independence which was legally binding as it was undertaken by the Electoral Commission in the UK, an independent body which oversees elections to make them legitimate. No further referendum is needed on Scottish Independence because in 2014 the people in Scotland voted overwhelmingly to remain in the EU.

In 2016, when United Kingdom Prime Minister David Cameron held a referendum on EU membership, he acted contrary to Article 2 - the right for life principle, which is enshrined in the European Convention on Human Rights. United Kingdom Prime Minister David Cameron needs to face trial at the International Criminal Court in the Hague for breaching Human Rights. No Prime Minister or President in Europe is above the law. The United Kingdom Conservative Party holds beliefs contrary to Human Rights legislation making it an illegitimate political party. The rule of law should be fundamental to EU life and enforced by the police throughout Europe.

When UK Prime Minister Boris Johnson campaigned in the UK general election in December 2019 he made a big song and dance about getting Brexit (British exit from the EU) done. He knocked down a wall with a digger. Boris is an impressionable figure. He knows how to appeal to the public's sense of humour. In doing this Boris was in breach of Article 5 of the Human Rights Act – the right to liberty and security. Someone could have got hurt when he knocked down the wall. He was irresponsible. Boris could have not seen a small child or a toddler quickly run across in front of him on the other side of the wall. Also, when he campaigned he was promoting a UK outside the EU. In doing this, he was in breach of Article 2 of the Human Rights Act: the right to life for MS sufferers and for everyone. Everyone benefits from the freedom of movement and the right to live in the Netherlands. With a healthy diet and lifestyle, cycling in the Netherlands is good for longevity, assuming of course people do not take the liberties in the Netherlands for granted and smoke cannabis. To put it in a nutshell, Boris Johnson contravened the Human Rights Act.

UK Prime Minister Boris Johnson is going to harm people with MS living in Scotland more than anyone else. Sufferers in England, Wales and Northern Ireland affected by MS will also be at risk, but to a lesser degree than those in Scotland. The author of this book used a valid and research-based evaluation framework to evaluate the political realities in the context of medicine. W Edwards Deming is a famous American. Boris Johnson studied Classics at Oxford University and then went on to practice Journalism. He is one of the greatest communicators on the planet. That is what makes him so dangerous, but Boris lacks medical knowledge for great decision making in politics.

In contrast to Boris Johnson, the First Minister of Scotland Nicola Sturgeon is a law graduate. She knows how to argue and debate and she does it to very high standards. This is what makes her so successful, but she does not have medical knowledge. She was Health Secretary in Scotland before she became First Minister. She could have handled the job better. When my operation was cancelled twice due to lack of theatre time, Nicola could have increased the number of theatres in hospitals by increasing health care spending. She let the NHS standards decline or slip. As First Minister of Scotland, the buck stops with her for ultimate accountability and responsibility of the health care budget in Scotland. She is directly responsible for allocating money to

hospitals, so in a way when my operation was cancelled twice she is thus in breach of Article 11 of the Human Rights Act – freedom of assembly and association. She is guilty by association. As First Minister, she has absolute responsibility for budget allocation in Scotland. It should be noted that health professionals are responsible for the budgets of hospitals, so Nicola is not entirely responsible. Health care professionals could allocate money more wisely, particularly in NHS Grampian. All that said, the author did get good care when in hospital. Doctors do their best within the fickle parameters of time, budget and resource availability. While the NHS in Scotland could be better, it is still an excellent health service, free at the point of delivery. It is a model health service for the world to follow.

How to make referendums legal in the EU

To make referendums legal within the framework of the EU, what you need to do is undertake extensive medical research and consider multiple perspectives to ensure validity of findings and results. You need to synthesise biology with psychology and how it interacts with mental health and assess what sections of the public are at risk from your political actions and decisions. Actions have consequences. You need to minimise the risk to health so you need to also be an expert in safety and risk reduction. You need to mitigate the risk to health for those deemed to be affected by your actions.

The best politicians will be the ones with medical degrees and can consider medical, legal and ethical issues and how it interacts with politics. Peer review by medical professionals is also needed for research. The author of this book got his book “A wee bit of medicine for healthy living” peer reviewed by 2 retired doctors.

Scotland leads the world in Intellectual Property

Scots in Scotland and across the world lead the world in Intellectual Property, so Scotland is important to the EU. The Universities in Oxford and Cambridge in England are unfairly considered the best in the United Kingdom. Members of staff, or academics, at Universities in Scotland are just as clever. The Robert Gordon University in Aberdeen prides itself on producing high caliber graduates through its delivery of professional education aligned with industry. This is the best route for productivity and business success in the EU and the world.

The Liberal Democrats are best party in the UK

The Liberal Democrats are the best party in the UK because they support a United Kingdom and oppose Scottish independence. They have liberal views and believe in the European Union. The UK and Europe are better together. When we all act as one united Europe, businesses flourish with free trade and populations get healthier with the free movement of people and diversified medical communities. No-one lives forever, but it is important to live and die with dignity and leave a lasting legacy. Medical practitioners and businesses work for dignity and respect. Dignity and respect should go hand in hand. Respect gives you dignity, so respect should be a fundamental value of the EU. The problem with the Liberal Democrats is they do not occupy that many seats in the United Kingdom Parliament. They do occupy more in the Scottish Parliament or their fair share due to proportional representation. This publication aims to change that. The author of this book believes the best countries in the world will be the ones that strive for liberal democracy, respecting the physical, mental and psychological functions of individuals in society. The EU should treat people as individuals – we are all unique but different. Equality is important – it should be the fundamental foundation of the EU. The biggest threat Scotland faces is Boris Johnson and Nicola Sturgeon, the First Minister of Scotland and believer in independence for Scotland. But while the Liberal Democrats are under-represented in the UK Parliament, academics keep politicians on the straight and narrow with their views and critical thinking skills. Everyone's views should be respected. Democracy should be fundamental to the functioning of the EU.

The United Kingdom Parliament is in breach of Article 10 of the Human Rights Act – freedom of expression through its election system known as first past the post, where the candidate with the highest number of votes is elected. This approach limits or restricts freedom of speech because the number of Liberal Democrat MPs gets limited with this approach. The Liberal Democrats would do far better with proportional representation and freedom of speech would be more evenly balanced.

The first past the post system is old fashioned and this publication proves it is in direct contravention of Article 10 – freedom of expression - of the Human Rights Act. The UK Parliament needs to modernise swiftly and as soon as it does this, another General Election should be called. This is to avoid contravention with Article 10 of the Human Rights Act – freedom of expression.

The importance of the EU to the world

The European Union is an extremely important organisation in the world. By working with Interpol, the European Union helps combat crime and brings criminals to justice. Note that Interpol is made up of 194 countries worldwide and it helps to fight international crime.

The European Union enables co-operation amongst its member states and facilitates co-operation with countries outside the EU, such as Russia and China. Co-operation fosters stability and leads to increases in business productivity. When countries are stable, its citizens have more confidence, so this directly leads to higher consumer spending and higher profits for businesses. Higher profits result in greater prosperity for citizens and businesses alike, which results in more taxes being paid. This has a knock on effect and leads directly to improvements in healthcare, which is good for everyone, even the unemployed and those with mental health issues. In a way, the European Union is great for looking after the most disadvantaged in society.

The European Union promotes democracy, which leads to freedom of expression, benefiting citizens. As everyone is entitled to their say, great works of literature get published every day in the EU and enriches the lives of citizens. My book "A wee bit of medicine for healthy living" is an example of a great work of literature. It educates the world about medicine and makes people healthier. With freedom of expression in play, Government's and doctors cannot suppress this author. Equality and freedom of expression are the most important principles in the EU as is the rule of law. Freedom benefits everyone.

The importance of co-operation and respect for human dignity in medical education

Medical education in the United Kingdom and Europe goes against human dignity. The main problem is the use of testing and examinations.

Testing students restricts co-operation and is degrading for individuals – people become competitive and this leads to stress and health problems. What happens is people get stressed and cannot sleep. As a result dopamine goes down in the brain. Moreover, medical students study hard so they do not have time to do much exercise to boost dopamine and increase their pulse. This means they are at greater risk of health problems than the rest of the population in later life. Typically, medical students stay up late and study hard. When they do placements in hospitals medical students do long shifts. This further compounds health problems. It means medical practitioners will get health problems earlier in life than the general population.

W Edwards Deming states avoid fear at all costs. Stress hampers the gaining of new knowledge. If you abolish testing, medical students will not get fearful and stressed the same and will learn better. Healthy adults need to sleep for 8 hours a night. What you need to do is avoid fear and promote the gaining of new knowledge. Medical students should be taught to go out into the field and practice medicine – writing and adding to the sum of human knowledge is more important than reading. The author of this book taught himself medicine with a blood pressure monitor. That said you do need to read. The important subjects are biology and psychology. The EU needs to look after everyone, including doctors. Doctors work hard.

Furthermore, the ability to learn without fear should be a fundamental right throughout the EU. The author of this book cares deeply for the citizens of the world, but especially the citizens of his native homeland Scotland. Universities in Europe need to reform and enshrine human dignity and co-operation as fundamental components in student life.

In the UK, University education goes against Article 3 of the Human Rights Act – freedom from torture and inhuman or degrading treatment. University education is degrading because students get stressed and fearful. The fear of failing is a big cause of stress. Stress results in health problems – it is one of the big drivers. Another big driver of stress is the act of simply driving motor vehicles. Lots of heart attacks occur in motor vehicles.

The Robert Gordon University Aberdeen Business School Department of Information Management courses have no exams. They adopt Deming's System of Profound Knowledge and are an excellent example of modern, progressive liberalism.

Compassionate Conservatism practiced by the UK Conservative party is symbolic of 19th century politics, where the party looks after the wealthy in society.

The Freie Universitaet Berlin – a University in Berlin, Germany makes use of exams for some of its courses, so it is in breach of the freedom from torture and inhuman or degrading treatment. Exams are degrading because they lead to student stress. So, if the UK leaves the EU or is forced out, Germany will need to be expelled as well. See **Appendix 1 Email to Freie Universitaet Berlin and response.**

The University of Twente in Enschede, the Netherlands have some courses that are finished with an exam, but it differs for every subject and study program. So it is in breach of the freedom from torture and inhuman or degrading treatment. Exams are degrading because they lead to student stress. So, if the UK leaves the EU or is forced out, The Netherlands will need to be expelled as well. See **Appendix 2 Email to University of Twente, The Netherlands and response.**

There are too many political parties in the UK – it is a crowded scene. This publication promotes modern, progressive liberalism and encourages the rise of the Liberal Democrats in the United Kingdom Parliament by promoting the ideals of proportional representation. The best Prime Minister the UK has ever had is David Lloyd George, the liberal who won World War I, not Conservative Winston Churchill who took the UK to war for a second time.

A UK outside the EU could put blood transfusions at risk and harm people living in Scotland, England and Wales

Blood transfusions play a very important role in medicine. When injured people have operations, sometimes they need blood. This makes giving blood important, so people need to stay healthy to enrich the lives of their friends and family. When London runs low on blood, sometimes it comes from mainland Europe. If the UK leaves the EU, blood will take longer to arrive at hospitals due to border controls. UK Prime Minister Boris Johnson wants to introduce a chicane at Dover. Dover to Calais is the quickest ferry route and the fastest way to transport blood. This will harm people living in London that need operations when stocks of blood run low.

Sometimes blood is transferred cross-border from Scotland to England. First Minister of Scotland Nicola Sturgeon wants to harm her nearest neighbour England by putting a chicane at the border between England and Scotland. Blood will take longer to arrive due to delays caused by traffic jams at the border because drivers will need to show their passport and have to stop their vehicle.

So, both a UK outside the EU and an independent Scotland will harm Scots, Englishman and people from Wales equally.

The Irish Republic border with the UK poses a risk to health

In 2009, the author of this book visited Northern Ireland with his parents and visited Londonderry. On arrival in Derry, we got a little lost looking for a petrol station and ended up driving into the area known as “Free Derry”. We didn’t spend long in Free Derry. We turned the car in a manner Jeremy Clarkson would be proud of, and got out of there quickly. The reason we couldn’t find a petrol station is because there are none in Derry. The people of Derry drive across the border to the Irish Republic because petrol is cheaper. Bottom line: tax on petrol is too high in the UK. It harms the economic prosperity of the UK, which directly leads to a decline in health. If people have less money to spend, they cannot buy so many fruits and vegetables because they are quite expensive compared to fast or junk food. Also, interest rates in Scotland are declining, which is bad news for savers.

Whilst in Derry, we did a guided walking tour. The tour guide explained the many troubles that have occurred in Derry, which is useful given the author is too young to remember most of the troubles. That said, the author must admit he has forgotten what most of the guide said. This is because he spoke about 100 miles an hour...and that’s no exaggeration. The author actually has video footage of him. As part of the tour, we walked the walls of Derry. We saw the pavements painted red, white and blue and the words “NO SURRENDER”. This is provocative and poses a major security issue to the UK and the Irish republic. We also saw murals of dead children painted on the walls of houses in the Bogside area of the city. The author has video footage of this – see <https://youtu.be/IANQ2aeWxrQ> . The author is a keen amateur videographer in his spare time when on holiday. By the way the Bogside is the area given to the area outside the old walls of Derry. It’s also best known for the most troubled spot in Derry’s modern history. The murals painted on the walls of houses is provocative and poses a major security risk to the UK. If the UK leaves the EU, there is a need for a chicane at the border with the Irish republic.

The importance of Autism Spectrum Disorders to the EU

A German doctor Hans Asperger, or more specifically a pediatrician in Austria in the 20th century, first designated a group of children with distinct psychological characteristics as Autistic psychopaths in 1938. But it wasn't until the 1980s that British Psychiatrist Lorna Wing developed it as a concept and introduced it to the world. Note that what doctors do is observe symptoms, classify those symptoms and form conditions to better help those affected. This is the purpose of having medical conditions. It is to better help individuals cope with day-to-day life. There are a vast number of medical conditions in the world today.

Everyone is different in society. Equality and respect for the individual is important. Also, everyone has a trait of Autism. Autism is merely a collection of symptoms that form an Autism Spectrum Disorder. The more symptoms a person has, the higher the degree of Autism they have. Nowadays, Autism Spectrum Disorders is the class of conditions used in medicine that ordinary people know as Autism. Autism Spectrum Disorders involve persistent difficulties with social communication and social interaction and individuals affected often show signs of restricted and repetitive patterns of behaviour, activities or interests. This can include sensory behavior, present since early childhood, to the extent that these limit and impair everyday functioning.

Autism Spectrum Disorders are difficult to diagnose. Asperger's syndrome, the high functioning end of the spectrum is much harder to pinpoint in people that have it until late childhood and early adulthood. This is because typically there is no clinically significant delay in language or cognitive development. Scottish singer Susan Boyle has Asperger's Syndrome. Sales from her songs benefits economic prosperity in the European Union.

Moreover, people with Autism Spectrum Disorders can have social communication difficulties together with delays in motor development as well as motor clumsiness. While the author of this book has Asperger's syndrome, the only issue he has is difficulty with social interaction. He does have some repetitive behaviours. The author does not have motor clumsiness. People with Asperger's Syndrome see, hear and feel the world differently to other people. They live in their own virtual world. Moreover, people with Asperger's syndrome are of average or above average intelligence. They don't have the learning disabilities that many people with Autism Spectrum Disorders have, but they may have specific learning difficulties. They have fewer problems with speech but may still have difficulties with language comprehension.

People with Asperger's syndrome come from all nationalities and cultural, religious and social backgrounds, although it appears to affect more men than women. Some people

with Asperger's Syndrome say the world feels overwhelming and this can cause them considerable anxiety. Asperger's Syndrome varies widely from person to person, so as such making a diagnosis can be tricky for doctors. You need to be really experienced in the treatment of mental health.

To diagnose Autism Spectrum Disorders effectively and determine the degree of Autism a person has doctors need to take the issues related to Autism into account. One of the most common mistakes made by clinicians lacking Autism experience is to make a number of observations without understanding the issues of Autism possessed by individuals. Doctors need a very good understanding of Psychiatry and Psychology to diagnose Autism, coupled with great observation skills. The author of this book has excellent observation skills. Well, he did when he took part at home in the BBC's Test the Nation: the National IQ Test a couple of decades ago.

In medicine, clumsiness is often diagnosed as possible dyspraxia and reading difficulties can be diagnosed as dyslexia instead of a form of Autism. If an individual as poor attention span doctors tend to diagnose possible Attention Deficit Hyperactive Disorder (ADHD). For individuals with communication difficulties, doctors often diagnose semantic pragmatic disorder or social communication disorder. Doctors also tend to diagnose mental health issues and behavioral issues as the main condition, but note that mental health issues do often co-exist with Autism Spectrum Disorders. This is what makes it difficult for doctors to determine if someone has Autism or something less severe. Doctors may miss the fact that Autism is underlying the obvious difficulties seen on the surface. Doctors need to be highly specialized and experienced to diagnose Autism Spectrum Disorders.

According to the National Autistic Society in the UK, if a person is diagnosed with an Autism Spectrum Disorder you can ask for a second opinion, and you also have a right to complain.

People diagnosed with an Autistic Spectrum Disorder, including those with Asperger's Syndrome, often do not look disabled. This is because everyone has a trait of Autism. Some parents of children with an Autistic Spectrum Disorder say that other people simply think their child is naughty while adults find that they are misunderstood.

Some people see a formal diagnosis as an unhelpful label, but for many getting a timely and thorough assessment and diagnosis may be helpful because it will allow individuals to get support and also money from the Government for help with living costs. A clinical diagnosis helps people with Autism Spectrum Disorders and their families, partners, employers, colleagues, teachers and friends to understand why they may experience certain difficulties and what they can do about them. The author of this book is in receipt of state benefits. The author also gets cold weather payments in winter, but this

author is young and does not feel the cold the same as his elderly mother who gets Winter Fuel Allowance. This means cold weather payments are a waste of tax payer's money for this author. It is an example of inappropriate over spending by the UK Conservative government. The Conservatives could allocate money more wisely.

Individuals with Autistic Spectrum Disorders, including those with Asperger's Syndrome, have difficulties with interpreting both verbal and non-verbal language like gestures or tone of voice. Many have a very literal understanding of language, and think people always mean exactly what they say. They may find it difficult to use or understand:

- facial expressions
- tone of voice
- jokes and sarcasm
- vagueness
- abstract concepts

Genetic markers have been found for Autism Spectrum Disorders. Keep in mind though that the existence of a genetic marker in someone's genome does not mean they will have a particular trait or disorder, it just increases the odds.

People with Asperger's Syndrome usually have good language skills, but they may still find it hard to understand the expectations of others within conversations, perhaps repeating what the other person has just said (this is called echolalia) or talking at length about their own interests.

To help people with Asperger's Syndrome you should speak in a clear, consistent way and give such individuals time to process what has been said.

People with Asperger's Syndrome often have difficulty with reading other people - recognising or understanding others' feelings and intentions - and expressing their own emotions. This can make it very hard for them to navigate the social world.

Asperger's Syndrome sufferers may:

- appear to be insensitive
- seek out time alone when overloaded by other people
- not seek comfort from other people
- appear to behave strangely or in a way thought to be socially inappropriate
- also, they may find it hard to form friendships. Some may want to interact with other people and make friends, but may be unsure how to go about it
- they read more about communication and social interaction, social isolation and social skills

People with Asperger's Syndrome are likely to have limited and repetitive patterns of behaviour, activities and interests.

The world can seem a very unpredictable and confusing place to people with Asperger's Syndrome, who often prefer to have a daily routine so that they know what is going to happen every day. They may want to always travel the same way to and from school or work, or eat exactly the same food for breakfast.

The use of rules can also be important. It may be difficult for someone to take a different approach to something once they have been taught the right way to do it. They may not be comfortable with the idea of change, but may be able to cope better if they can prepare for changes in advance.

Many people with Asperger's Syndrome have intense and highly-focused interests, often from a fairly young age. These can change over time or be life-long, and can be anything from art or music, to trains or computers. An interest may sometimes be unusual. That said, the best way to hold Government's to account is for individuals to invest in life-long learning. Learning is good for everyone.

Many people with Asperger's Syndrome focus their interest on studying, paid work, volunteering, or other meaningful occupations. People with Asperger's Syndrome often report that the pursuit of such interests is fundamental to their wellbeing and happiness.

The author of this book is very happy, but he does go with three to five bananas a day to boost serotonin.

People with Asperger's Syndrome may also experience sensory sensitivity or stimulation or under sensitivity to sounds, touch, tastes, smells, light, colours, temperatures or pain. For example, they may find certain background sounds, which other people ignore or block out, unbearably loud or distracting. This can cause anxiety or even physical pain. Or they may be fascinated by lights or spinning objects. The author of this book has no such trouble. He listens to music while writing to boost dopamine.

Doctors do not yet know what causes Asperger's syndrome and Autistic Spectrum Disorders. The cause is still being investigated. Research into causes suggests that a combination of factors – genetic and environmental – may account for differences in development. It is not caused by a person's upbringing, their social circumstances and is not the fault of the individual with the condition. Furthermore, there is no cure for Autistic Spectrum Disorders including Asperger's Syndrome. However, there is a range of strategies and approaches which people may find helpful.

Everyone can help people with Asperger's Syndrome and their families by spreading understanding about Autism.

A UK outside the EU is biggest danger to EU democracy

According to BBC Newsnight on BBC2 in January 2020, UK Prime Minister Boris Johnson is expected to curb judicial review and make it harder for legal challenges to succeed. This will set a dangerous precedent for Democracy both within the UK, EU and globally. The UK Conservatives plan to review the constitutional plumbing in the UK to stop the courts being used for political ends.

The way to bypass the UK Conservatives attempt to restrict legal action to block the proroguing of Parliament is to write on health matters.

How to be successful in politics and achieve influence

Facebook has 2 billion members worldwide. It has massive potential for campaigning. However, Facebook prevents you from campaigning on Facebook about political matters unless you are vetted and submit ID. The author of the book gets round this limitation by writing on health matters and by pointing people to his website where he promotes political messages. The author is trending up on Google and Facebook. Doctors and those with medical knowledge will make the best politicians. This is the importance of those with Asperger's syndrome to the EU. Individual's with Asperger's Syndrome are highly intelligent and can find ways to hold the Government to account.

The author does not pay to advertise and is thus not in breach of Electoral law. The author respects democracy and the rule of law both in the EU and globally. The author makes his independent conjecture, analysis and advice free at the point of delivery to everyone.

Furthermore, to be really effective on Facebook and trend up, the best way to do it is to monitor Facebook regularly and learn the political allegiances of your Facebook friends, then you can write quality content on their wall. The key to success on Facebook is to gain a reputation in the writing of quality content. Also, a good way of keeping friends is to wish all of them happy birthday.

How to avoid controversial research

Great research publications tackle controversial issues. They tackle the legal and ethical issues facing society. But to avoid making your research controversial, you need to make your research publications free from bias. You do it with independent conjecture, research and analysis.

How to write research in fast-paced political environments

Politics is always evolving. Politicians from all sides engage in loggerheads and battles constantly. This is what makes democracy healthy and leads to economic prosperity. Basically, everyone holds a point of view or a paradigm. You battle it out in politics to achieve equality and balance the arguments. Balanced arguments directly lead to prosperity in a country because businesses campaign and influence politicians. With everyone having their own unique point of view, balanced arguments respect the dignity of individuals, and dignity is fundamental to the EU.

When there is a risk that your country is going to leave a large block of nations, such as the EU, you need to stall the political process. You do it by asking questions and constantly publishing your publication as you go along, making it free to everyone to encourage accountability and democracy in politics. You need to get it out as widely as possible. Email is good for this. Publishing work constantly and saving it online is good for the health of writers as it protects against the loss of data and having to repeat work. Emailing work to the EU President and all Commissioners helps to stall the political process. If you make good arguments, you can influence and convince leaders to make the right actions that will be good for the health of all citizens in society.

How to make your research free from bias

Making work free from bias is important to prevent litigation to the author of the published work. Also, making work free that will have serious political consequences is an important principle of democracy. Basically, in the UK, the Electoral Commission monitors and oversees campaigning. If you spend money to promote a cause, and end up becoming influential, the Electoral Commission can investigate you. So, making your work free avoids litigation against the author.

An excellent way to make your work free from political bias is to conduct a literature review on relevant research, theory and practice and form frameworks and principles. It is really important to link theories to practice. Lots of people have occupations and

practice in day to day life. A review of relevant literature adds credibility to publications, which is healthy for democracy and also it helps to keep everyone healthy. To get the highest marks in University, you need to conduct independent research, analyse that research in a valid way and make a reasoned case for your work that is based on logical arguments. Academics teach students how to do this, and so are important people in society. They earn dignity and respect by doing research and great research influences businesses, politicians and most importantly healthcare.

The issues facing high profile and controversial research

The author of this book has encountered a few problems in this research. Universities in Europe have stopped responding to his emails. The author appears to have upset the EU President and EU Commissioners. That said, this book cannot prove the EU President and EU Commissioners have done anything wrong or illegal. This book cannot prove they are in breach of a right to education under the Human Rights Act. Therefore, this book is not accusing them of any crime. The author admonishes them of any crime. The author cannot accuse them of doing what China does best, invoking censorship. This is the responsible thing to do. I am letting them off with a warning and not reporting them to my local police force. I have put this statement in my publication because I am entitled to freedom of expression under the Human Rights Act. Freedom of expression, along with equality, are important principles in a healthy democracy. This book defends doctors. Since doctors are unable to strike due to ethical issues and the principle of saving lives, this book raises a real problem. Doctors are unable to properly hold politicians to account so politicians can get away with murder. This book admonishes politicians of murder. It just lets them off with a warning.

How to overcome censorship by the European Commission

The author of this book has started using free Virtual Private Network software to hide his location and mask his IP address for the purposes of emailing Universities in Europe. This software will make it look like he is in the United States of America. To block the author of this book, the EU will need to block the whole of America from their Universities. The author has created email addresses with fake names using Google. You can create as many email addresses as you like with Google. Google and VPNs are great for anonymity. That is why criminals use them and make the work of police forces across the world difficult. Furthermore, the free Virtual Private Network the author is using limits data to 500MB, so the author just uses it for email. Using free software complies with Electoral law in the UK.

The author of this book has been prevented from using fake names using Google and has stopped using a Virtual Private Network. The author respects the law. The author cannot prove the European Union is behind this and admonishes them from full responsibility. Incidentally, the author's book "A wee bit of medicine for healthy living" as disappeared from Google Play searches. The author does not blame the European Commission. The Commission is just doing what is necessary to ensure stability, economic prosperity and the rule of law prevails in the EU.

Equality, dignity and prosperity is key to world peace and diplomacy

Northern Ireland is a contentious issue in the politics of the United Kingdom. The main issue is the rivalry between Catholics and Protestants. The Protestants are in favour of the United Kingdom, but the Catholics are in favour of a United Ireland outside the United Kingdom. If the UK leaves the EU, the Protestants could get violent towards the Catholics. President Bill Clinton took a great deal of interest in Northern Ireland when he was President of the United States. He is a wise man of great stature and standing. President Bill Clinton realised peace in Northern Ireland is the key to world peace, stability and diplomacy. All that said, this means that Boris Johnson is potentially a threat to world peace and diplomacy by seeking to break up the United Kingdom. That said, this book cannot accuse Boris Johnson of deliberating seeking to cause harm. Boris is a man of great intelligence. He was educated at Oxford University and was also Mayor of London. The author believes Boris does really care about the citizens of the UK.

Furthermore, the author of this book cares deeply for Catholics and Protestants alike. Everyone on Earth is entitled to their point of view. No matter how controversial, individuality and equality must prevail. The key to lasting peace in Northern Ireland is equality, dignity and prosperity. Deliver all three and lasting peace shall endure for eternity. Once again, the best politics is modern, progressive liberalism.

The Royal Cornhill Hospital in Aberdeen is best hospital in the world

For six years this author has had to put up with the label of Schizophreniform because that is what was diagnosed by Dr Lesley McCrone of the Royal Cornhill Hospital in Aberdeen, Scotland. Dr Lesley McCrone did this to protect the best interests of the author of this book and lied to the Mental Health Tribunal for Scotland. Moreover, the author's diagnoses of Schizophreniform ended when retired Consultant Psychiatrist Dr

John Callender of the Royal Cornhill Hospital took over his care. Dr John Callender is a doctor of the highest honesty and integrity. He just says the author of this book has Autism. Dr John Callender gives lectures at the University of Aberdeen. He is a very clever man. He is a doctor, academic and inspirational leader. This book recommends him for a knighthood of the highest order. He is a model doctor for the world to follow. He has worked for dignity his whole life and now he has respect of doctors and patients alike. The author of this book is no longer subject to a Compulsory Treatment Order for mental health issues because Dr John Callender forgot to renew it. Doctors are not perfect, but they do their best within the constraints of demanding workloads.

It is very difficult for doctors at Cornhill to diagnose patients at Cornhill because most of the patients staying there smoke and are high on drugs, illicit and otherwise. This leads to a high level of variation. So to effectively tackle mental health issues, doctors need lots of experience and need to constantly research the human genome with Artificial intelligence. Computers are important to doctors, so doctors need lots of money. Doctors work very hard – they deserve to be high paid. The Liberal Democrats in December 2019 got it right when they promised to look after people with mental health issues. Equality and fairness are important principles. To look after people with mental health issues, you need to look after doctors. Doctors treat people with mental health disorders.

Summary

In conclusion, the most successful doctors in the world will be the ones that synergise psychology with biology and mental health medicine and challenge the premise of law to save patients lives. Also, the most successful doctors will synergise good communication skills, science and computing skills while considering all legal and ethical issues necessary. Google is an excellent tool for modern day doctors. You can find anything with advanced knowledge of medicine. Also, the very best doctors will have a through grasp of how physiotherapy interacts with exercise and the principles of staying healthy. The very best doctors will follow trending topics on Facebook and social media and also watch BBC news coverage of health and politics, and also Newsnight on BBC2 for in-depth analysis, to stay up to date with current affairs. Analytical, reflective and critical thinking skills are core skills needed in medicine.

A framework for clinical practice

The below framework has been devised by the author for clinical practice by doctors. It is based on W Edwards Deming's 14 points. The author just devised 11 principles. Deming's 14 points are intended for commercial businesses, not medicine.

Principle 1: Be self-critical, reflect on what you can do differently in the future and aim for continual improvement in your education.

Principle 2: Change to improve – influence improvements in better clinical practice, and also influence public policy in your country and the wider world.

Principle 3: Practice quality medicine at the lowest cost to save money. Drugs and MRI scans are expensive.

Principle 4: Continually work to improve the system, advance your knowledge and training – training keeps track of changing circumstances.

Principle 5: Lead by example.

Principle 6: Avoid fear and promote co-operation.

Principle 7: Break down barriers – get everyone working towards the same vision, mission and aim.

Principle 8: Continually learn and have a thirst for more knowledge like there's no tomorrow to keep improving - "There is no substitute for knowledge" (W Edwards Deming).

Principle 9: Remove targets and goals – aim for leadership and work to improve on performance.

Principle 10: Encourage education, training and research.

Principle 11: Top management should practice what they preach.

A framework to win the arguments in elections

Principle 1: Constantly work to improve the health and prosperity of all sections of your country, including devolved nations.

Principle 2: Stand up for your country of origin and form arguments based on evidence and accepted theories and make sure your arguments are free from bias.

Principle 3: Constantly strive to protect the environment - climate change and global warming is a real threat to planet Earth.

Principle 4: Seek to look after everyone from students to those with mental health issues and pensioners. Equality and fairness are important principles.

Principle 5: Budget and allocate sensibly and spend money wisely on your country's priorities. Money is not a finite resource. Tax payers work hard for a living.

Principle 6: Tax workers sensibly in order to motivate businesses, individuals and spark innovation and creativity. Entrepreneurship is important in business – it is the hub of start-ups and the best businesses.

Principle 7: In countries where there is devolution, allocate money in proportion, but make sure you give plenty money back to devolved countries that bring in more than their fair share, such as Scotland. Oil brings in a great deal of money to the Treasury.

Principle 8: Be positive in politics - do not use words like inequality. Use equality, fairness and opportunity instead.

Principle 9: Invest in renewable energy. Sustainable energy is the future.

Principle 10: Do not put timescales of when to do things by. People will not believe you can achieve them.

Principle 11: Build a fair economy. Provide free childcare and free care for the elderly. Pensioners are important voters. We are all living longer.

Principle 12: Invest in teenagers - give them money for skills and training. Teenagers are the future business men and woman of tomorrow. They are important.

Principle 13: Invest in teachers. Education is important. This is how Tony Blair achieved his landslide 1997 general election victory.

Principle 14: Invest in police officers to ensure the rule of law prevails.

Principle 15: Treat Catholics and Protestants with equal respect, dignity and give plenty of money to Northern Ireland so that it is a rich country. You should make Northern Ireland the richest country in the United Kingdom as it is the key to world peace, diplomacy and stability. Scotland, England and Wales are stable countries, but politics in Northern Ireland is delicate.

The research process used in writing this book

In writing this book, the author spent £10.36 on a book called “Psychology for Dummies” by Adam Cash. The author bought it from Amazon UK. The author just read one chapter, the chapter that dealt with how Psychology is linked to Biology. The author also spent £0.51 advertising “A wee bit of medicine for healthy living” via Facebook to people in India. This was an accident. Well, when the author promoted his book “A wee bit of medicine for healthy living”, facebook sent a message saying how 1,000 people could be reached for \$5. The author accidentally targeted people in India since he is a novice researcher and promoter of literature. The author stopped the campaign after a day had passed. The author targeted people in Scotland and the UK for free, so he fully complied with Electoral law. The upshot of the author’s paid promotion is he contributed to making people in polluted India healthier and advanced the aims of the World Health Organisation. Flying doctors do this.

The author also consulted the National Autistic Society website in the UK. He copied and pasted the bits of text he liked the look of, put it mostly into his own words and added independent analysis and conjecture.

Appendix 1 Email to Freie Universitaet Berlin and response

Dear James Cruickshank,

Thank you very much for your request.

In general they have. But it depends on the course.

Best regards

Info-Service Studium
Freie Universitaet Berlin
i.A. M. C.Schröder

+49 (0)30 838 70000
<mailto:info-service@fu-berlin.de>

From: James Cruickshank
Sent: Thursday, January 16, 2020 5:15 AM
To: INFO SERVICE <info-service@fu-berlin.de>
Subject: Do your courses have exams?

Hello

I am thinking of studying at your University. But I have a query.

Do your courses have exams?

Regards
James Cruickshank

Appendix 2: E-mail to University of Twente, the Netherlands

From: Study Information UTwente [study@utwente.nl]

Sent: 16 January 2020 13:03

To: James Cruickshank

Subject: RE: Information request UT:02630535

Right-click here to download pictures. To help protect your privacy, Outlook prevented automatic download of this picture from the Internet.

utwente.nl

Study Information Centre

Right-click here to download pictures. To help protect your privacy, Outlook prevented automatic download of this picture from the Internet.

Dear James,

Thank you for your question!

Yes, some courses are finished with an exam, some with writing essays or a thesis.

This differs for every subject and every study program. But you will have exams.

I hope I have been of help with this information. If you have any further questions, please do not hesitate to contact us again.

Kind regards,

Ilse

Staff member

Study Information Centre

University of Twente

T: +31(0)53 489 5489 | E: study@utwente.nl

Your original message:

Do your courses have exams?