

The UNEMSA

Issue 15 • Term 4, 2013 - Term 1, 2014

Armadillo

The Social Scene:
End of Year Dinner

&

MedRevue:
Casting Call

&

GPSN:
Getting a Taste of General
Practice



TERM 4 2013

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THE PRESIDENT'S REPORT

PRESIDENT: Persis Samuel

Firstly, a massive welcome to the new first years, and also to all of you returning! To those of you who are new, I hope you will soon feel part of the 'med family' here, and what better way to do this than to get involved with UNEMSA! The activities calendar for this year is looking extremely exciting, and there are many events to look forward to this term – First Incision, Surviving Medicine Night, O'Camp, and MedWeek – to name a few. These are all incredible opportunities to relax, bond, and learn together, so I look forward to seeing you all at these upcoming events!

Apart from the amazing social, academic, and sporting activities that we organize, we also are involved in advocating for you to the various JMP and state/national committees, to make sure that your voice is heard and that medical education is

EMAIL: president@unemsa.org

changing for the better.

In my term so far I have already been busy with attending various JMP committee meetings. Most have been via videolink here, but I also had the opportunity to travel to Tamworth to discuss the new MD curriculum that will be implemented next year. Two of us UNE students and 5 Newcastle students were at this meeting, where we were able to give the faculty our points of view as students, and it was heartening to see that this was greatly appreciated. In a couple of weeks, a group of us are also about to head off to Melbourne for AMSA Council, where we get to take our input to a national scale.

In light of this, we really encourage you to talk to us! I would love to talk to you and hear your opinions on anything, so don't be afraid to say hello, and I'm sure everyone else on

the committee feels the same! If, however, you would like a more structured approach to voicing your opinions, we will hold meetings such as Think Tanks to chat about AMSA policy, and your year reps will also organise meetings to discuss topics particularly affecting your year. First years – you don't have year reps yet, but keep your eyes peeled for applications for these positions, so that you can help advocate for and support your peers as well.

Before I finish, I'd like to thank you all for being such an amazing 'med family'. I am super excited to spend another year with you all, and I am also incredibly honoured to represent you.

Best of luck for 2014!

Persis



Committee contact

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year1@unemsa.org

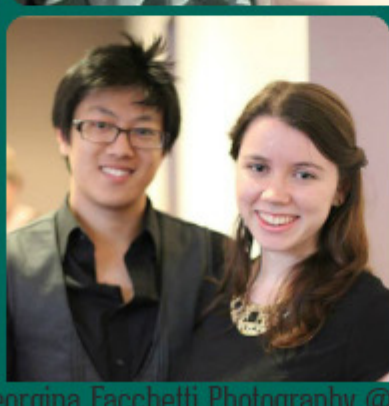
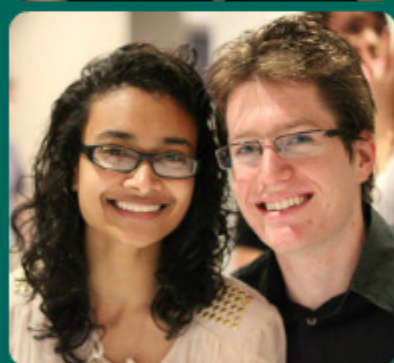
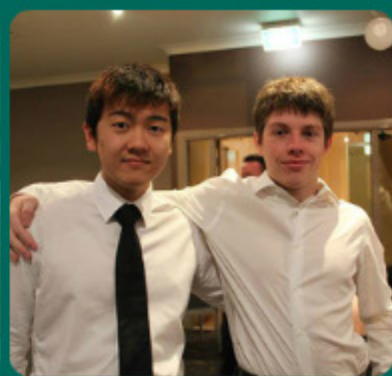
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The Social Scene

SOCIAL CONVENOR: Monica Tay

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End of Year Dinner

End of Year Dinner was held at the Wicklow Hotel on the 30th of October 2013. We had 120 first and second year students attending - more than the year before! We all had a great time catching up over dinner and drinks before stuvac began.

First Incision

First Incision is coming up on Friday, March 21st! It's your chance to meet and greet students from all year levels with a little help from some alcohol, canapés, and GPSN's photobooth! First Years will be kicking it off with a talk from our generous sponsors at 5:30pm in P1, followed by our SIG stalls in the Med Courtyard. The main event is going down at 7:00 p.m. at the lovely Booloominbah, so RSVP me at social@unemsa.org before March 14th!

FIRST INCISION



FRIDAY MARCH 21ST
7:00PM AT BOOLOOMINBAH

PROUDLY SPONSORED BY



Q: ARE YOU A MEDICAL PROFESSIONAL WHO NEEDS HELP WITH TAXATION, FINANCIAL PLANNING, INSURANCE OR FINANCE?



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Academics

ACADEMIC CONVENOR: Ellie Smith

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Litigation is not Legislation, and other recent lessons

Hello friends! I hope that you all had a brilliant summer and in saying that, are all ready to get back into the academic year! Before we talk about this year- lets recap a few things from 2013.

That marijuana should be legalised was debated passionately in the Great Debate last semester. Dr Nick Martin adjudicated the event, naming first year as the ultimate champions. The team, consisting of Ishmam, Phil and Yash, taught us that neither logic nor reason is necessary to win a debate. With just the right amount of personal attacks on the affirmative team, they shot down the idea of the drug ever being legal. The second year team were ever the 'gentlemen', and debated fiercely until the very end. Thanks to Owen, Tadeusz and Jess for getting your debate on!

A revised all-star med team went on to compete in the inaugural med-law debate. Adelaide, Phil and Tadeusz did the school of rural medicine proud in the face of a very well prepared team of future lawyers. The topic was 'that litigation improves patient safety.' Unfortunately, my lack of ability to distinguish 'litigation' (the actual topic) from 'legislation' (what I told our team the debate was about) made the debate a little bit... interesting. Needless to say that despite trying circumstances our debaters were brilliant but it wasn't enough to edge out the law kids. I'm sorry that I have let you all down- my only hope is that in my last 6 months as academic convenor I can make it up to you all!

To do that UNEMSA and I have been planning some more events to help you get through-

If you are a first year, welcome to the Farm! We've got you covered for which textbooks to buy, how to tackle PBL and even what to wear as 'clinical dress.' Surviving Med Night is scheduled in on Thursday March 20, so get keen!

Futures in Medicine night is an event for the whole Armidale family with three doctors telling us why they chose their fields and how they got to be where they are today! Keep an ear out for more details closed to the date (May 1). This event will be sponsored by MIPS, AVANT and MIGA.

As usual, if you think it's about time your year had a PASS (Peer Assisted Study Session) let me know!

Ellie



Year 1 Representatives

Incoming group of 65 UNE medical students in need of voice on the UNEMSA committee.

Applicants duties include communicating problems and queries of their cohort to the UNEMSA committee and vice versa.

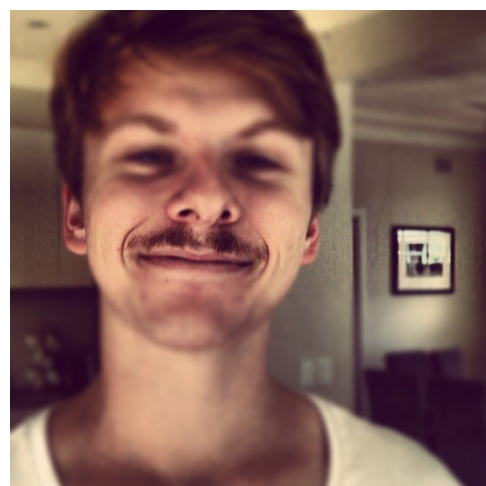
Applicants must possess people skills and a loud voice.

Election to be held AFTER O'Camp! Keep a lookout for the election day!

Raising Through Lack of Razing

In the penultimate month of last year, I let manliness take over. My lip grew fuzzy; philtrum untrimmed. The moustache was reborn, and it was all for charity. Movember's adhairance is to razorawareness about men's health, help men take action to remain well, and raise money for cancer and mental health research. My fundraising shaving of \$140 – a small 'stache of cash may it be – is a step in the right direction for promoting these noble causes. I urge the men (women) of the JMP to not only develip (draw on) a mo this coming Movember, but to raise money to grow with it.

Puns intended,
Rob Milledge





MedRevue

OPEN CASTING CALL



CONVENOR: Phil St Flour
PRODUCER: Alex Kim

EMAIL: medrevue@unemsa.org
CHOREOGRAPHER: Melanie Nardi

2014



Are you a talented actor, singer or dancer? Are you a hilarious writer, bursting with great ideas? Do you lack any measurable amount of shame? If you answered yes to any of these questions, Med Revue is for you.

Med Revue is a sketch comedy show presented each year by UNEMSA, and is one of our most high profile and fun FUNdraising events (see what I did there?) After the raging success of last year's Med Revue, the show is back, with 2014's Med Revue well under way.

The Revue needs Freshers and Med Veterans alike to get amongst it and volunteer to be in the Revue. It's a great way to show off your comedy chops and other skills, be they dancing, acting or singing. It's a great way to make new friends, have a few laughs, and make your pre-clinical years at UNE an absolute blast. We also need musically talented Med Kids to play in the band

And if acting isn't your calling, there are heaps of opportunities to have fun and FSU in the Revue. If you've had even the most remote glimpse of comedy gold in the drunken haze of O'Week, chances are you can write a skit or two, and the Revue would be happy to have you. Writing is a lot of fun, and a great way to improve your medical skills, after all, laughter IS the best medicine.

Your talents will be much appreciated in the world of computers; or PC World if you will. Any experience in video filming and editing will gain you the upmost respect of your Peers, should you lend those talents to the Revue.

You can sign up for Med Revue in the PBL Common room, or email me (Phil) at medrevue@unemsa.org.

Get keen.,
Phil



Around the Wards in 80 Hours

'Around the Wards in 80 hours' was 2013's wildly successful Med Revue. Last year we raised over \$3000 to be donated to the Royal Flying Doctors Service. The comic stylings of the cast were well received by everyone from the Meddies to members of the community. It was an amazing night, an appropriate finale to the months of effort put in which spanned almost an entire year.

Thanks to everyone who helped out, be it by coming to the show to acting as our leads!! A special thank you goes out to my production team without whom the show would not have been possible

I received the reins of revue from the capable hands of Eli Stalidzans and Dave Townsend warned of the trials and tribulations that required by such a large productions. From their humble beginnings of a quickly put together sketch show in the inaugural year of UNE Med Revue to the expansion into Lazenby Hall in 2012, culminating in our first year of two shows and an official after party last year Med Revue is quickly becoming a vital part of the UNEMSA and UNE calendars. Now I'm passing the torch to Alex Kim and Phil St Flour, after last year's success we will all be waiting to see where the new directors will take the show.

Upuli Pahalawatta,
2013 MedRevue Convenor

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"Supporting Medical Students in Developing Communities"

A major benefit of being a Student Member with MIGA is the opportunity it gives you to apply for an Elective Grant.

The Elective Grants Program began in 2004 with the aim of providing financial support for Medical Students pursuing an elective in a developing community. Through the Program MIGA provides funding for a number of Medical Students to pursue an elective program in an area of personal interest and relevance to their medical studies.

Information detailing the 2014 Elective Grants Program will be available from our website in early May 2014.

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mips

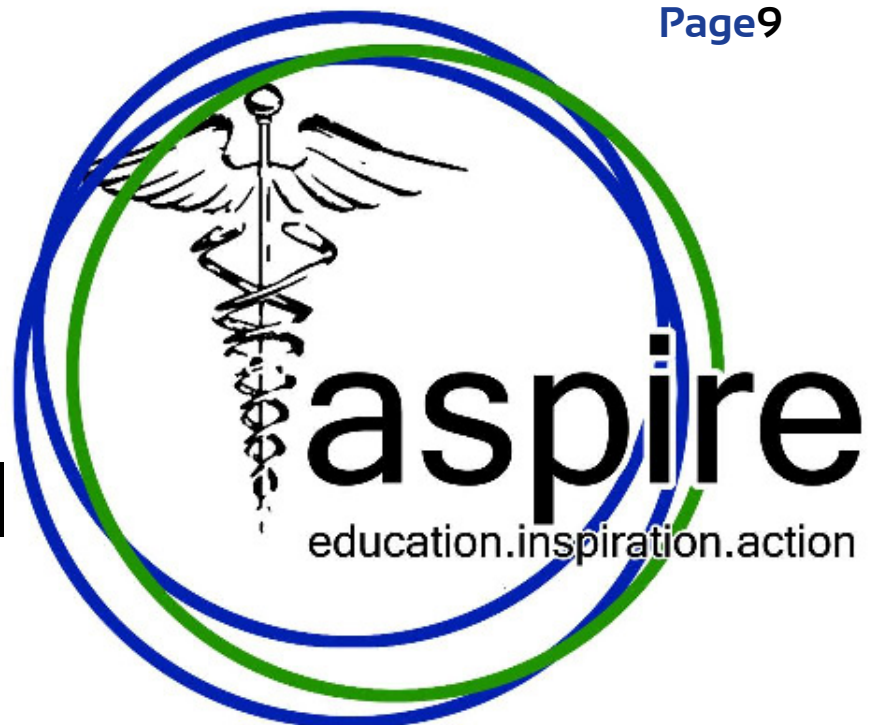
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Email: info@mips.com.au
PO Box 25, Carlton South, VIC 3053

Armida Students Promoting International Rights and Equality



ASPIRE PROMOTIONS: Jessica Jose

EMAIL: aspire@unemsa.org

Imagine going to bed hungry, every night of the week.

For billions of people around the world, these imaginings are a reality.

GLOBAL HEALTH FACTS

Today, one person in eight will go hungry.

Imagine a life in which living beyond your fifth birthday is thought to be a miracle.

In 2012, approximately 18,000 children a day died before reaching their 5th birthday. Every 30 seconds, a child under the age of 5 still dies of pneumonia – fact: pneumonia is preventable.

57 million children of primary school age currently out of school, 54 percent of them are girls.

1.2 billion people still live below the extreme poverty line. That's less than \$2 a day. If you have food in your fridge, clothes on your back, a roof over your head and a place to sleep, you are richer than 75% of the world.

Imagine living on less than \$2 a day, paying for food, shelter, education & health.

Imagine being refused education based on your gender, or not even having the chance to learn because at the age of ten, you are expected to help support your family.

WHO ARE WE AND WHAT DO WE DO?

ASPIRE is a community of students and individuals with a passion for global health. Founded in 2009, ASPIRE continues to grow and affect change.

Throughout the year, we hold several keystone events – from things such International speaker nights, skills days, and fundraising efforts. Some of the more well known of these are our Maternity Skills Weekend, including a birthing kit morning tea providing basic health packages to Ethiopian pregnant women, as well as a hands on maternal health skills day; the notoriously infamous Red Party, where we party on down while raising funds for and awareness of HIV/AIDS; anatomy weekend fundraiser food stalls; successful involvement in The Oaktree Foundation's Live Below the Line Poverty Awareness Campaign, and we are the gateway to expressing interest in AMSA's Annual Global Health Conference.

Everyone is welcome to our meetings, so if you have even the mildest curiosity in topics such as global health, asylum seeker rights, the Millennium Development Goals, global health, and climate change, come along for a chat and some snacks, and join us in discussing these among other important and thought provoking issues!

"Be the change you wish to see in the world"
– Mahatma Gandhi



Like us on
facebook

Who's on YOUR committee?

YEAR 2 Representatives

Email: year2@unemsa.org

Chris Purcell



Hometown: Bowral, NSW
Armidale Residence: Wright Village

Melanie Nardi



Hometown: Leeton, NSW
Armidale Residence: Earle Page College



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UNEMSA FC
EST 2010

Season kicks off May 11th



Join Today!

UNEMSA FOOTBALL

Kick Off!

UNEMSA FC has kicked off our preseason with the start of 7-a-side twilight soccer. There was a massive turnout with 16 players turning up to have a run. Austin put up a strong defense, but in the end our full team sub (7 off, 7 on) gave us the fresh legs to take out the win 3-0.



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"Honestly, if there was a **virtual** prostate exam, don't you think I'd want to be the first to know?"



GPSN

UNEMSA & GPSN Presents:
Year 3 Practice OSCE Day

WHERE
 PBL Rooms

DATE
 May 17th

WANTED:
 Examiners (in Year 4/5)

Contact Ellie for more details.
academic@unemsa.org



Breathing new life into General Practice

GPSN AMBASSADOR : Emma Gordon
GPSN First Wave Scholarship 2013:
Adios Armidale, Bring on Byron Bay!

Getting a taste of General Practice

For one week in early October 2013, four Armedillians were lucky enough to escape the typical cold of Armidale and spent it basking on some of Byron's beautiful beaches, all while getting a taste of General Practice.

The GPSN First Wave Placement Scholarship is an initiative of GPRA. It is an absolutely amazing opportunity for medical students to experience more of general practice. For the four of us from UNE, this meant an opportunity to meet other med students from around Australia at the August weekend orientation workshop in Sydney, as well as spend a week away from the cold of Armidale at sunny Byron Bay. There, we got to spend two full days of clinical placements with some friendly and dedicated GP Registrars, as well as attend a musculoskeletal training day to get a glimpse into what GP training is all about. We highly recommend that all first and second years apply for this great opportunity!

Student Experiences and First Wave Highlights

Audrey – Three words to describe my First Wave experience: refreshing, insightful and invaluable! It was an awesome week. My highlights were seeing a lot of different patients with more than just coughs and colds, and some pretty fantastic wounds. How often do you get to see 10cm post-op stitches that had come apart when you're only a first year medical student?!

Jaimie – First Wave was my first exposure to seeing real, not simulated, patients. I saw the first of many procedures. I got to look into some ears, I listened to real chests, I heard a real heart murmur; I got to see weird rashes and weird wounds too. I also got to sit in on many different types of consultations including sexual and mental health consultations. These are all things I would never have gotten to experience in first year otherwise. The GP was great and the practice was super friendly and hilarious. It was an amazing chance to shadow a GP, and she was more than happy to tell me about her work and her lifestyle. Where we stayed was in an amazing location which made the experience that much more enjoyable.

Jess – The week I spent in Byron for First Wave was, put simply, an incredible firsthand experience of general practice. There is an impressive variety in general practice, never a dull moment. My

Email: gpsn@unemsa.org

supervisor was so friendly and she was always more than happy to discuss medical and lifestyle aspects of general practice. I sat in and saw so many interactions with patients as young as three weeks old to ninety three years old, and I was lucky enough to see some really interesting procedures such as cryotherapy and punch biopsies. It was incredibly satisfying and rewarding finally seeing how everything we have learnt at uni works in a real practice with real patients, providing them real care. It's an invaluable experience we would not have otherwise had the opportunity to experience.

Sujay – As first year students, we learn mostly from textbooks so far. This was the first time we saw a professional put together all the things we are learning and actually see how medicine can be helpful to someone. Some of my highlights were watching and helping in the removal of skin cancers and biopsies. I got the chance to observe a lot of mental health consultations. I was also lucky enough to get to take the history of some patients with illnesses I would not have otherwise seen in first year.

Overall it was fun because my GP was a registrar and often we would study and read up before seeing a patient together. After the patient left we'd discuss the case – we felt like a team rather than student and teacher.

Byron Bay is a fantastic place - it's half the size of Armidale and twice as vibrant. It's impossible to walk down Johnston Street and not feel really happy and upbeat.

Thank You

None of this could have happened without the time, effort and generosity of those who organise the GPSN First Wave Scholarship Program, those at North Coast GP Training, the practices, and of course, the patients! Thank you so much for supporting us, having us around and for giving us an amazing insight into General Practice on the North Coast! We had an incredible time, we've learnt so much more about medicine and General Practice, and we would like to thank everyone involved for making it possible.

So first and second years, GAI, apply, and to the next First Wave scholars, hope you have a kick ass time!

First Wave Surfer,
 Jess

EVENTS THIS MARCH, APRIL & MAY

MARCH 14-16TH

O'Camp

UNE & UON fledgling medical student head to Port Macquarie for a fun filled weekend of proving UNE is better than UON.

PRICE: \$110

MARCH 20TH

Surviving Med Night

From choosing the right textbooks for prof prac to the right shoes for clinical placements, you'll know it all by the end of surviving med night.

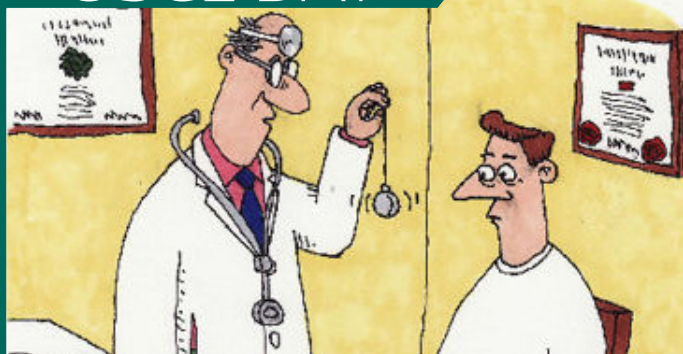
MARCH 21ST

First Incision

First Incision is a cocktail party, and the first med event of the year, where you'll get to meet students from every year - plus there's a bar tab.

PRICE: \$25

OSCE DAY



MAY 17TH - PBL Rooms

UNEMSA & GPSN PROUDLY PRESENT:

YEAR 3 PRACTICE OSCE DAY

Need to practice physical examinations?
Can you perform under pressure?
Want to touch people? or be touched?
Want a bbq?

PRICE: ABSOLUTELY FREE!!!!

REQUIREMENTS: UNEMSA Membership

TO RESERVE YOUR PLACE: academic@unemsa.org

MARCH 31ST

UNESS Lecture Series

Thinking of surgery?
Don't know where to get information?
Hungry? Come learn about the various career paths a surgical career can lead to.

Early APRIL

Indigenous Health Night

New England Rural Club for Health Alliance presents the perfect opportunity to expand your knowledge and Close The Gap.

APRIL 7TH

Med Week

The ultimate test of endurance and dedication to a just cause! Party Time!

PRICE: TBA

MAY 1st

Futures in Medicine

Where will a career in medicine lead you? Find out by attending Futures in Medicine.

MAY 3RD

UNESS Surgical Skills Day

Event Description

PRICE: A Saturday

MAY 10TH

Birthing Kits

Are you an Aspiring Student who wishes to Promote International Rights and Equity? Join us in putting together life saving birthing kits.

MAY 11TH

Maternal Skills Day

Learn skills that will help you throughout your career.

MAY 16-18TH

Scone Cup RHSV

Join NERCHA as they visit Scone for the Rural High School Visit to promote healthy lifestyles and careers in health.

MAY 17TH

Med Ball

UNEMSA annual charity ball is a night of intrigue, entertainment and memories that will last a lifetime.

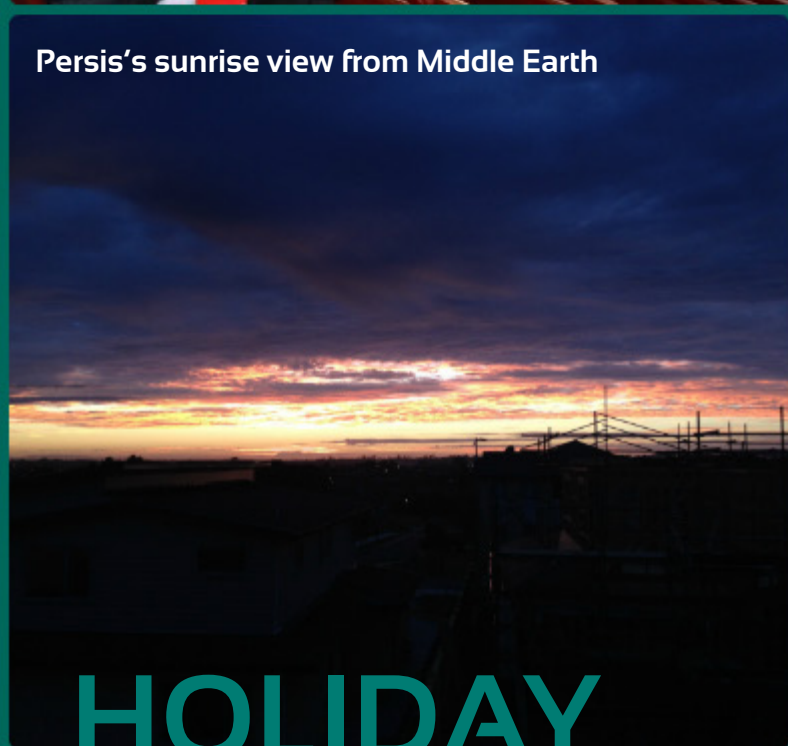
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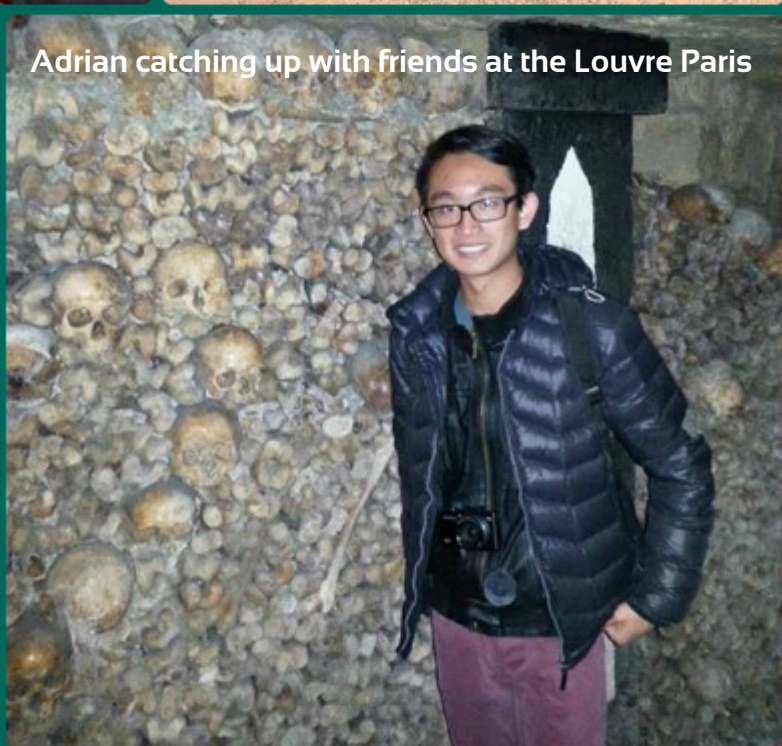
Ishmam & his fellow Gooners



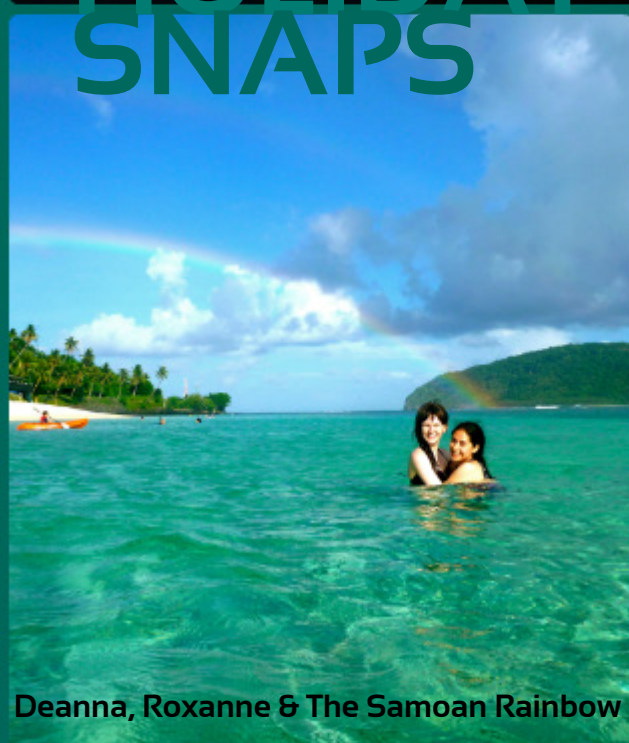
Monica getting sandy



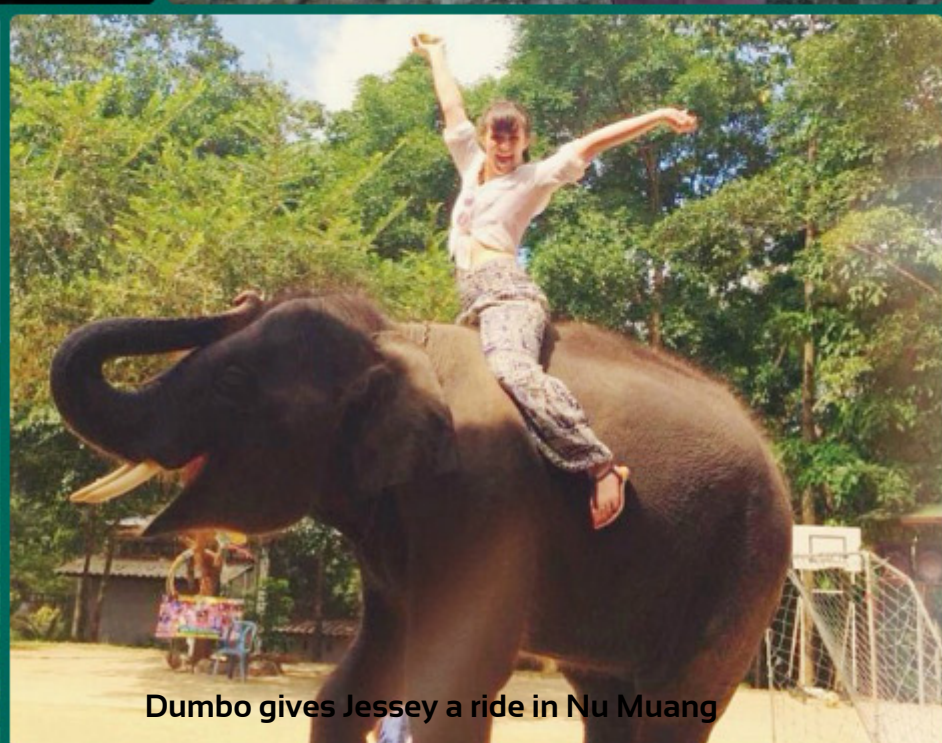
Persis's sunrise view from Middle Earth



Adrian catching up with friends at the Louvre Paris



Deanna, Roxanne & The Samoan Rainbow



Dumbo gives Jessey a ride in Nu Muang

HOLIDAY
SNAPS



GP SN

GENERAL
PRACTICE
STUDENTS
NETWORK



New England Rural Club
for Health Alliance