

AUTUMN 2018

THE ARMADILLO



ISSUE NO. 26



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PRESIDENT'S REPORT



The first half of the year is done, and the Armidale winter is setting in (OH GOD). For those of you who didn't get your aesthetic af gram photos of all the yellow trees in Autumn, better luck next time. If you're lucky (lucky?) we might actually get some decent snow pics – but I've been here three years now and well...

Congratulations to the first years who have successfully settled into Armidale, you've provided some serious banter for us all and proved your worth in both academics and socials. A question from all us third years however, what exactly does "yeet" mean? #stillusinglitironically

UNEMSA would love to introduce the newest addition to our committee; Katie Aistroke, in our new position: Indigenous Representative. We would like to thank all our members for their support in the creating of this position. We always endeavour to accurately represent our members as best as possible and we are excited to see where this position goes in the future.

On another positive front, we are making leaps and bounds in our advocacy for the Mental Health and Wellbeing of our students. Watch this space for more information!

I would love to thank our Academic Rep, Laura, and Charities Rep, Nic, for the fantastic Charities Fun Fair day that they put on, with Fair Game as our chosen charity. Congratulations to NEIN for winning Boomball (WOOOOOOOO), looks like Tenacious MD and Illness Killers need to hit the gym to keep up with them :P :P

AMSA convention is literally here, and I'm sending a personal memo to all attendees: Can you please volunteer as resp OSCE patients when you're done? It's always exciting to hear a case of atypical pneumonia in one of your friends. But in all seriousness, have fun, be safe, and come back to inspire us all with what you learnt and experienced.

August is nearly upon us, and with it, a wave of AGMs. If you're a super keen bean (who doesn't think completing a med degree is hard enough) and you want to get involved, start hitting up UNEMSA and all our SIGs for more info and advice.

Take care, like always,

Soph
(still recovering from exams)
((wine and cheese are the best recovery medication))
(((binge watching five seasons of The Office in one go also works)))



O CAMP

The annual Med Camp kicked off this year with an eager and fresh looking bunch of 40 first years ready for a big weekend in Coffs full of beach, booze and (sun)-burns (Lulu). Wasting no time at all, the festivities began on the bus, continued on at the hostel, culminating at the beach for everyone (minus Josh who was found sound sleep in the shower). A tasty recovery breakfast was provided to us Saturday morning, consisting of raw onion, raw eggs, weetbix, chilli and sardines. Everyone enjoyed the day at the beach and park, a chance to unwind and meet the other first years. The wonderful Easy-D and Mischa provided a game of impromptu trivia, with questions ranging from cat's anuses to the

anal sampling reflex (look it up). Our night began with boat races, with the mentors losing in an upset to the first years, partly due to the fact that Brendan can't actually drink anything other than LFLs. The highlight of the night was almost certainly seeing Gemma get so into the 'murder game' with the lowlight a close tie between Sam losing his wallet (too soon) and Sophie's presentation of a Malibu-induced-cochlear-fracture. The next morning saw the group very sad to be saying goodbye to the beach for the next two months. Many good memories and a few spoons richer we were back on the bus heading for cold old Armidale. All in all it was a really great weekend away, fun had by all. A big shoutout to all the mentors that joined us at Coffs, particularly all those that organised the weekend.

- Fraser Brooks Year 1



FIRST INCISION





The Caffiends: a Brewing Controversy

By Leo Tan and Linna Huang

Lebron James. Roger Federer. Mark Schwarzer. Joe Ingles. Titans of their respective fields, these men seem to defy understanding. The charisma. The consistency. The poise. The passion. The continued brilliance of these men has allowed them to become household names, and one of our very own has thrust his name into the conversation. Steven Chung. We are all witnesses to his greatness.

This is an investigative exposé, French for exposed, studying the conspiracy surrounding #UNEMSAWellbeingWednesday.

“Is this rigged or something?”
— Oscar Thach,
2018

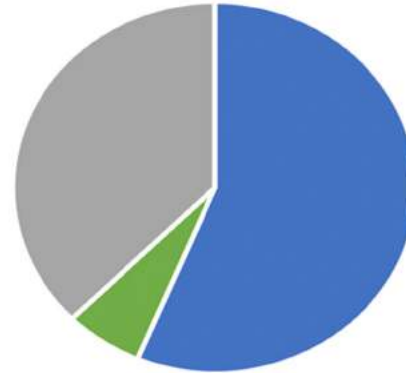
What is #UNEMSAWellbeingWednesday? To the uninitiated, it's an opportunity to win a free coffee on Wednesday, organised by UNEMSA's 2018 Charities and Wellbeing Officer, Nicholas Brown. But it's not just that. It's so much more. It represents mankind. It represents the ubiquitous desire to be happy, to be better. A universal yearning for improvement and change. Regardless of creed, culture, religion, position on the medical hierarchy and rurality, #UNEMSAWellbeingWednesday is something that involves us all. Or is it?

Let's look at the statistics. #UNEMSAWellbeingWednesday commenced this year on the 28th of February. At the time of writing this article, there have been 14 #UNEMSAWellbeingWednesday's, totalling in 16 vouchers.

Of those 16, 6 were non-Steven members.

Of those 16, 1 voucher was awarded to a member of the Brown

#UNEMSAWellbeingWednesday Winners



■ Steven ■ People with the Last Name "Brown" ■ Other

family, Karina Brown. The nature of the relationship between Karina and Nicholas remains unknown.

Of those 16, Steven dominated the competition with an impressive acquisition of 9 coffee vouchers valued at \$3.50 AUD, and one Med Ball ticket, valued at \$80.00 AUD. If we account for inflation, the fluctuating value of the American dollar, and the emotional impact on the member base of the University of New England Student

Medical Association, the accumulative \$111.50AUD won by Steven surely equals the value of one commissioned gold statue of a selected member of School of Rural Medicine staff.

But what could be the cause of this Thanos-like power imbalance? Could it be that Steven truly is the master of the game? Could it be that Steven is the Weldest Being of us all? Or could it be that Steven is harbouring the secret love child of



Nicholas Brown and seeks to earn the value of these coffee vouchers to support this child?

We offered Nicholas Brown and Steven Chung \$150,000 for an exclusive interview this Sunday Night. Surprisingly, our local UNEMSA Committee politician Nicholas Brown accepted this money, which begs the question; does every man have a price? How do kidneys work? What does Steven keep running from?

The inability to speak Parseltongue and not having \$150,000 impeded our ability to interview Nicholas Brown so we opted for another route of investigation. In Steven's latest (winning) post, he uses #friendsinhighplaces. One can't help but recall Nicholas Brown's standing

winner chooser. Further, the man in the bottom right hand corner of the photo looks suspiciously like Nicholas Brown. We requested state of the art facial recognition software from UNEMSA but were denied the funding. Thus, one cannot be certain, and more investigation is needed.

Facebook says "Friends" but how can we be sure this is the extent of their relationship? What else is lurking behind that curtain with Nicholas Brown? Why is his description "Tennis Coach" and not "Medical Student" like the rest of us? Could he be both? People are not naturally multifaceted so surely this cannot be true. One can only assume this blatant misdirect is covering up a grander scheme going on behind the scenes.

After a long and gruelling



Exhibit C: Social media evidence reveals that Steven Chung and Nicholas Brown are indeed "Friends"

the second semester, free coffee for the rest of us non-Stevens seems like less of a feasible reality.

But there is hope to us non-Stevens. This Wednesday, go outside, take care of yourself and take a photo. Use the rule of thirds. Pump that exposure. Use composition for the competition. Maybe then, and only then, we can give Steven a real run for his coffee vouchers.

Disclaimer: This article was written with consent of everyone who was mentioned. It has been a pleasure to percolate through the #UNEMSAWellbeingWednesday posts, keep them coming! And Linna and I aren't salty. Just thirsty. For coffee. And the truth.



Exhibit B: Steven with friends including Killmonger (behind Steven)

in UNEMSA: VPE in 2017, Charities Officer in 2018 and, most poignantly, the #UNEMSAWellbeingWednesday

investigation, we had to call it quits. We had no caffeine; how could we stay woke? It's hard to face the truth but as we progress further into



Were pyramids built by aliens, Egyptian slaves or by Nicholas Brown and Steven Chung?



PRACTICE OSCEs

By Laura Mallett
Academic



On the 11th and 12th May, UNEMSA hosted Practice OSCEs and PASS. This gave 1st, 2nd and 3rd year students the opportunity to practice their OSCEs before their summative exams and receive feedback from students in older years. PASS was run for 2nd and 3rd years by students in the year above in addition to a Year 3 Exam Tips Session. Thank you to GPSN for their support running this event and everyone who helped over the two days with logistics, as a patient or an assessor!





Brace for Impact

In an environment where it is all too easy to focus on the next thing - the next career move, the next set of exams - it becomes all too easy to forget why we are here in the first place. We become focused on ourselves: our futures, our achievements and our studies.

Over the June long weekend, about half a dozen UNE students attended Impact, the Christian Medical and Dental Fellowship of Australia's (CMDFA) annual camp for medical and dental students and recent graduates. It was a time for us to pause, to reflect on why we were in medicine, to revitalise our original passion for it, and think creatively about how medicine could become part of the solution to our world, which is broken in so many ways.

Workshops were held, which provided chances for us to explore topics in medicine and dentistry with other like minded students. We thought critically about the implications of euthanasia, explored the evidence behind the emerging biopsychosocio-spiritual model of care, created a space to dialogue about Indigenous health and explored the hidden ethical quandaries behind financial issues such as superannuation and investing. There was also ample opportunity to meet with many students from other university campuses about how they love and help out their cohort and their university community. We discussed how to maintain empathy with patients, burnout, how to approach challenging bosses - and most of all, how to contribute to human flourishing through our chosen profession.

Impact will be held in Sydney next year, in April. If you are interested, I would love to have a chat with you. For on-campus students, Andrew Middleton (third year) is the NSW CMDFA student representative. CMDFA is the Australian arm of the International Christian Medical and Dental Association, an international group of doctors and dentists who love Jesus and and love health.

Joanne Anugerah



CHARITY FUN FAIR & SPEAKER NIGHT

BY NICHOLAS BROWN AND LAURA MALLET

On the 19th of May, UNEMSA organised a Charity Fun Fair and Speaker Night to raise money and awareness for Fair Game Australia. Fair Game achieves its aim of creating a fit and healthy Australia through the provision of recycled sports equipment and delivering messages regarding the importance of health and exercise to remote, mainly Indigenous, communities.

The Fun Fair began with an interyear boomball competition, which is a sport created by Fair Game. Everyone involved had a wonderful time, with Nein finishing first overall, congratulations Nein! The Fun Fair also involved a range of fun games and activities including a chin up competition (congratulations to our winners Sherman and Carmen!), a doughnut eating sit up competition, a cordial pong, wet sponge throwing, tug of war, egg and spoon races, a photo competition and face painting. From the bake sale, BBQ and raffle we managed to raise over \$300 for Fair Game!

After the Fun Fair, a Speaker Night was held, where we had the opportunity to hear from the founder of Fair Game, John van Bockxmeer. John spoke about how he founded the charity, what the charity was currently involved in and where he hoped to see Fair Game go in the next 5 to 10 years. John also spoke about how he was able to balance being a doctor and running Fair Game. John inspired everyone who attended and we would like to thank him for flying over from WA to speak to us!

Thank you to everyone who helped organised the day and assisted at the Fun Fair. UNEMSA would like to especially thank Karina Brown, Jaime O'Connor, Senali Rupasinghe, Zoe Lee, Thomas Moss, Sanjna Gangakhedkar, Eliza Metz and Steven Chung for all their help as members of the subcommittee organising the event!





Perspective

“A particular way of considering something” as defined by the Cambridge dictionary. That’s how I would start all my speeches in primary school, my sister taught me that. Primary school was a simpler time. I remember distinctly when I was 10 I told my dad I would win the Nobel Prize for curing cancer. Was I interested in science then? No. Was I making any plans to make this a reality? Absolutely not.

Being a doctor wasn’t really on my mind when year 12 came around and I didn’t apply for medicine. It was only in university that I started considering doing medicine. I didn’t feel satisfied with the degree I was in at the time, I really had an urge to help people make a positive impact on other’s lives. I know - can’t I think of a more original reason for doing medicine. Seriously though, it was like a calling if you believe in those things. I literally felt that medicine was the only thing I wanted to pursue and so I pursued it. I spent countless hours studying for the UMAT, countless hours studying my degree to get HDs, I hadn’t seen my friends in 3 months or cared about personal grooming. When I finally decided to leave my room from studying my friends didn’t recognise me with the mop on my head. I had given this my all and UMAT had been done, all that I needed now was the email to say they would invite me for an interview. That email didn’t come that year.

Now that I’m finally in med, and exams are looming, I’ve found myself forgetting why I wanted to do med. I’ve forgotten just how badly I wanted to study medicine. No one ever told me that studying medicine was easy, in fact I had heard the complete opposite. Yet a few years back I had a burning desire to do it. Was it because I underestimated how much work it really was? Perhaps? But I think more likely it’s because I really DO want to be a doctor, I really DO want to help people, I DO want to bring about a positive change in people’s life.

Sometimes the mountain of drug names, pathophysiology of diseases, clinical signs and symptoms, investigations and differential diagnoses makes it hard to breathe. Sometimes it might seem you weren’t cut out for this but I want to remind you to remind yourself about the times when you weren’t in med yet, when it was still a dream. Remember why you wanted to do it in the first place.

“You can’t complain about your plate being too full when your goal was to eat.” - a picture I saw on insta when I should have been on uptodate

MED BALL

MAY 12TH, 2018



Medball 2018 was, as always, an experience of comforting (?) dejavu. This familiarity created by the tell tale events of a certain few lasting a mere 24 minutes in the venue, the blissful sight of free \$7 wine, Koshy's didgeridoo performance and the atmospheric presence of Armidale Bowling Club that welcomes us year in and year out (thanks to Armidale's distinct lack of size, venues and class).

We would like to thank everyone for their attendance, for looking impeccably stellar as ever and for all the work this year's committee put in to make it the night it was.

Here's to next year actually having a bus to take us home and not standing in 6 degrees for an hour :))))

Cheers!



AMSA COUNCIL #2 / CONVENTION 2018

On the last weekend of June your UNEMSA president Sophia Fitt, and your AMSA Rep (me) represented UNE at the Second AMSA Council of 2018 which was held in Perth, with Perth Convention following straight after.

This council, held at the University of Notre Dame, Fremantle, saw us pass 9 out of the 10 policies presented, and the voting in the new AMSA Executive. Late in semester 1 this year, a UNE survey was sent out to gauge the opinions of the 10 policies that were to be presented at Council. After reviewing the results of the survey, UNE voted to pass all but three policies: "Prevention and Minimalisation of Alcohol Related Harms", "Violence and Injury Prevention", and "Racism in Medicine". Of the 10 policies, all were passed with the exception of the "Violence and Injury Prevention" policy. If you have any questions about any of these policies, please feel free to email me at amsa@unemsa.org.

This council also saw two fantastic National Executive bids on which the AMSA Representatives voted. It has been a while since AMSA has had two teams bid for the AMSA Executive, and this truly was a difficult decision, and came to a close vote, but we can proudly announce that the 2019 Executive team will be Jessica Yang (President, WSU), Jasper Lin (VPI, UNDS), Clare Vincent (VPE, Deakin), and Todd Gregory (Treasurer, WSU). This team is more than competent, and assures that AMSA will be in very safe hands in 2019.



On the last weekend of June your UNEMSA president Sophia Fitt, and your AMSA Rep (me) represented UNE at the Second AMSA Council of 2018 which was held in Perth, National Convention (Perth18), held the following week saw 13 of our student delegates have one of the best weeks of their year! Academics boasted impressive workshops and field trips, including a RFDS Perth base trip (which saw two of our delegates turn up at 7:30AM for the 8:30AM signups) and a riveting panel discussion featuring *the* Nicholas Talley on advocacy for the rights of the refugees in our detention centres. Other amazing speakers included Melissa Kang (Dolly Doctor), and Steven Bradbury (we held his gold medal!).

On sports day, our very own Ally Weekes proved her brawns by coming third in the women's Australia's Brawniest Medical Student competition – please shake her hand

and bless her muscles when you see her next. Our university alliance of "Bogans and Billionaires" (JCU, Newcastle, UNE, and Bond) also stood their own in the Basketball competition, making it all the way to the semi-finals! All of this was then wrapped up with the fantastic social nights which gave our delegates the chance to relax and dance their little hearts out! All round, it was an amazing week, and we look forward to the next Convention in Hobart next year! If you have any questions about anything AMSA please feel free to message or email me!

- **Linna Huang**
(amsa@unemsa.org)



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