

# THE ARMADILLO



The University of New  
England Medical  
Students Association  
Newsletter

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# PRESIDENTS WELCOME & REPORT

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*Yep, you read that heading right.  
We have a new president now  
and aren't you guys glad she's a  
looker too*

Welcome to our first years, the first MD year to come through UNE!! Congratulations on making it through to this point, and I hope UNEMSA can do its best you push you through to the end in one sane piece, and I hope we can help truly enrich your university experience too. On top of that I'd like to offer a big welcome back to our returning students as well! I hope Farmidale has welcomed you back with its warm and open pastoral arms.

What you're reading now is the first edition of UNEMSA's Armadillo for 2017 - an edition that SJ, our Publications and Promotions officer, has put a heap of effort into so I hope y'all really enjoy it.

So - onto the presidents report! Much has occurred since our last Armadillo so let's try and give you a quick SparkNotes summary of the last few months: We've started the year off with a social bang with great events such as First Incision and Med Week/Ball thanks to our great social convenors. We've also had fantastic turnouts at our academic events like Surviving Med Night, HES Night and PASS sessions which saved us all from our academic woes and making us oh so grateful that \*Winters has come\* to the rescue.

We saw a rough patch that saw us say goodbye to a few of our committee members and led to us holding an SGM in mid-April, which in turn resulted with UNEMSA receiving a great amount of useful constructive criticism from our members. I'd like to sincerely thank everyone that came to that SGM and to those expressed their views and I hope you see the positive changes in UNEMSA in the future because of your input.

I would like to take this moment to thank our UNEMSA committee members for continuing to keep the ball rolling and for being wonderful as always. And on that note I'd like to welcome our new committee members which boasts the largest amount of first years yet: our first year reps - Mischa and Oscar, and our social convenors - Deep and Brendan; and ALSO welcome to our committee members who have slightly more grey in their hair, our new Vice Presidents Internal and External: Steven and Nicholas, and our new Secretary: Koshy!

I hope everyone has enjoyed themselves thus far and hope you're ready for the fantastic things UNEMSA has in store for the rest of the year.

# COHORT 10!

*A brief and brutal recount of the year thus far brought to you by Mischa.*

PAGE 3

it does not seem like long ago that we crawled from the corridors of our high schools, that we knew so well. Into the frightening and new passageways of the School of Rural Medicine...Well, not that long unless you're Alan or Joel or Ivy, but for the rest of us - pretty short amounts of time.

Now that we've managed to marginalise a small minority of really lovely people it's time to start the article.

Only 2 months have passed since we began to set our lives up in Farmidale - lets address the elephant in the Room - "Hi Alan" - just joking... of course I'm talking about the best decision you never made - yes that's right, ending up in Farmidale.

I take you back to our own experience - Holy Trident of Poseidon! I got an offer to study at Newcastle this is amazing - "Not only did I get in Dad! I was in the top half of the cohort!" "Yeah mate moving to Newcastle, going to be awesome!" ...then the dreaded e-mail, that god damn second e-mail - 'Farmidale here we come!' - yet as I sit here, basking in the glory that is ethnic Easter - I weirdly feel as though, I miss Armidale - I miss the people that live in Armidale and above all else I miss my fish, which I forgot to ask somebody to feed for me while I was away - RIP Greta

Armadillo articles for the first year are generally recounts

of events that have happened and or characterisations of various personalities within the cohort - and by personalities I mean relationships - brace for impact.

The first couple of months have seen the rise and rise of the super bromances - Mischa and Matt, Liam and Jeremy, Charlie and Liam and Jeremy, and of course the power couple - Jarleth and himself. It's been beautiful to see more romantic relationships forming such as Sandy and that other guy she's always with (we miss you Sandy, come back home) and of course Dr and Drs. Gunning (is that how you say Mrs. Doctor?).

Some people have really come out of their shells while others prefer to keep to themselves, apart from the Albies group quarantining themselves as if there was an Ebola outbreak, the general cohort has been great in trying to build relationships with a wide variety of other people - there are of course exceptions to this...it's time to rectify them:

"Dear Albies girl who wears glasses,

Yes, you must know you are a very beautiful girl,  
Yes, you probably are a lot cooler than all of us,  
Yes, your Dad definitely earns more than mine,  
You look so beautiful when you smile,  
It suits you better than looking like your chewing a minty with your rectum  
This isn't going anywhere, you're pretty perfect,  
please hang out with us more.

From an anonymous admirer xx  
PS. Stop writing yourself UNE Love Letters"

Generally the Armadillo article, has something nice about how we will pull through as a cohort and work together - but in reality we will probably all start falling further into our own friendship groups and some people will fail, some wont - but that's life.

By Merisnki

Just joking guys, We have an amazing five years ahead of us and I feel as though we've gotten to know each other so well already - we're going to fine!

# MEET OUR NEW COMMITTEE MEMBERS!

## NIC BROWN

### VPE

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Nicholas loves tennis, running, poker and chess. Inbetween completing PBL and helping to organise events for ASPIRE Nicholas has been known to go on "casual 24Km strolls to Uralla" and is currently helping to organise a UNE running society that encourages other people to make similar mistakes with their lives. His tall, lanky figure, strangely long neck and passion for all things rural mean that people often mistake him for a llama, although he denies any genetic connections. Recently Nicholas has also taken up mixed netball and says that he looks forward to finally putting his lanky figure to good use. As VPE he hopes to continue building relations with other societies across the university and helping to grow the portfolios under him so that all UNEMSA members are afforded as many opportunities as possible. He is also more than open to feedback so feel free to talk to him or send him a message if you have any ideas, comments or suggestions regarding the running of UNEMSA.



## STEVEN CHUNG

### VPI

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On first appearance, Steven may appear to be your stereotypical "ping-pong, piano-playing, glasses-wearing Asian". And while he does enjoy doing all three activities in his spare time (especially wearing glasses), Steven's other passion in life is long-distance running.

Training with UNE's Campus Runners society (Runsoc) and attending Parkrun every week, Steven likes to squeeze in some extra cardio by sprinting up the campus hill in the morning (usually 2 mins before a cardio lecture is due to start), and has been known to literally go to great lengths to run away from life's little problems (though he always ensures he's back in time for dinner).

Upon being asked why he always seems to be running late, Steven's favourite explanation is: "I'm not disorganised, I'm just optimistic: I believe I can fit more in the last 10 minutes than what reality allows!" As Vice President Internal, Steven is keen to put his optimism to good use in helping \*run\* UNEMSA's committee and their upcoming events this year.



## KOSHY MATTHEWS

### *Secretary*

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Koshy is excited to be taking on the position of secretary for UNEMSA. Similar to Steven and Nic, he also likes running, but only from Mary White to the med buildings 2 minutes before PBL starts. He shamelessly prides himself on his ability to breathe in and out at the same time (especially when playing the didgeridoo) and also enjoys teaching people random things during PASS. As sectary, he is looking to continue to encourage effective communication within UNEMSA and ensure UNEMSA keeps its members well informed of what's going on. He's always down for a good yarn so feel free to chuck him a yell anytime!



## DEEP BHANGOO

### *Social Convenor Part 1*

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Hey it's Deep, the other social rep. A little bit about myself, I'm a Gold Coast girl, brought up on sunny beaches with warm weather and crazy amount of vegan cafes, who somehow landed myself here in Armidale. A little bit about myself would be I love dancing, baking cakes, online shopping, binge watching Netflix and embarrassing myself at the gym. I am also always up for a chat so if needed just pop by my Mary white room as I won't be leaving it at all this winter. Social representative is something I'm very passionate about as bar tabs and picking out embarrassing dance Spotify music is definitely my specialty. I am looking forward to this year and all the upcoming events.



## BRENDAN WATKINS

### *Social Convenor Part 2*

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Brendan is a 19, a bloke from Sydney and in search of warmer waters has landed in Armidale. He is keen to get his social on and get to know every single one of the few people in Armidale. Brendan is looking forward to organising some amazing events for you throughout the rest of the year so keep an eye out for one of his too frequent posts in every group. You'll see him this year shouting the wrong lyrics on the dancefloor, checkmating the 2nd years banter on NEIN, alone at the very successful 2017 MedWeek Bowl and Skate and at any BYO event you'll see with his is trusty plus one (and sometimes two) little fat lamb. Apart from that Brendan is aiming to stay "satisfactory" in PBL and everything else this year.



# FIRST INCISION

## *Koshy Matthews*

After studying, stressing and acclimatising back to Armidale for a solid 7 days, it was time for a break. What better way to relax than to have an inaugural cocktail party to celebrate the new academic year! An evening where first years discover what med kids do on their free nights, and where the other years show them how it's done.

After listening to talks from high-profile medical indemnity companies, the first years were able to sign up to them. As per tradition, students happily traded all their personal details for free bags, pens and drink bottles, but comprehensive medical student indemnity was a good fringe benefit of signing up too.

Some students even decided to go back to college and test out their bottles before making their way to Bool, arriving to the event very, very well hydrated and ready for a big night. Upon entrance though, a single glance at the Herculean biceps of resident bouncer Sherman Lai did tend to have an immediate sobering effect on many people. It took the pHAt playlist and energetic atmosphere to get people going again.



The night progressed, and though many stomachs were left empty, hearts started to fill as new friendships as well as some chemistry, which may have showed potential for more than friendship began to take shape. As usual, Will Freestone wowed the crowd with his moves and before long, the dance floor was full. Glasses broke, but stress levels were fixed as people started to kick back and enjoy themselves.

Before long, the bouncers decided that it was time to start sending out invites to second incision, and what better place to kick on than the perpetually free grass and commo of Flat 1. It was here that slowly, people started calling it a night. Students left with a taste of what Armadillain social events are all about, eagerly waiting in anticipation for the drama, food (quality AND quantity) and fun to reach their final form at MedBall.

We hope FI was a memorable night for everyone. If, for some strange reason, it was a less memorable occasion for you, we hope our roaming photographers, Nipun Athukorala lit up your memory the next day (NoPun/Nipun) intended.

# O CAMP

On the 17th of March our first years and a few Medtors hopped on a bus down to Port Macquarie. The bus trip was uneventful apart from one vom from all bends in the road and Jarleth's back of the bus goon bar and mad search for his phone for majority of the trip. When we arrived we were all keen to suss out our Newcastle neighbours. Soon enough we were the "Farmidale kids" but quickly realised how much better off we were in Armidale and how much better we knew each other, compared to the Newie kids. Very soon after arriving we scoffed down any pizza the Newie kids had left us and started pre-ing for our first night out.

The night was a success for all but Sam who lost the group on the way to the pub. He ended up ain the wrong place but still had a good night playing pool with some random. All was well until it was time to go home, when poor Sam was unable to find his way due to a flat phone and resigned himself to sleeping on a park bench in town. In the morning he made his way to Officeworks and used one of their computers to finally find his way back to camp.

Saturday was activities day with everyone getting put into their houses, Surgerin, General Pufftitioner, CriticareClaw and Physiandor. Highlights involved a Quidditch match and an eating challenge seeing the teams downing 3L of milk, some dry Weetbix, raw eggs and raw onions. The concoction didn't quite agree with Cam as brekky resurfaced. Mischa tried very unsuccessfully throughout the afternoon to follow suit but to no avail. A water bomb fight was halted after someone slipped into and broke the bin holding them but everyone quickly restocked and the fight began. The afternoon had more activities including spreading AIDS with red paint, some passionate debates and grabbing another MIPS bottle to add to the collection. Any hopes of going to the beach in the afternoon were drowned by the rain that persisted throughout the whole weekend. However this did not dampen our spirits for our next evening.

After boat races and a mad run in the rain to meet a delivery of our second pizza night, the second night kicked into full swing. A good night was had by all

except Ashly who passed out before 9 and missed out on the festivities. Also, missing for some of the night was Fran in her search for Tim-Tams in Port Macquarie. We also hope that Brendan finally found the answer to his question of the weekend, "Where are kick ons?" (Kickrons was the actual spelling used).

The next day with everyone coming to brekky feeling much worse for wear was followed by awards, special mentions to Sam for the Bear Grylls award after Friday night and Cam for the most kills in Murder Knives.

The way home was a gruelling ordeal when we couldn't go home the way we came because the roads were flooded from the weekends rain. The trip ended up being an eight hour trip via Newcastle. After some impressive napping and 2 pit stops we made it back to our beloved Armidale. Thanks to all the 2nd and 3rd year mentors who came along, helped out and ran all the activities, the first years had a ball.



# ACADEMIC REPORT

## *SURVIVING MED NIGHT*

Under the guidance of their seniors, the new first year medical students picked up some helpful tips on how adjust to the new world that is Armidale and how to survive and thrive in medicine. They also had a chance to hear about and get some awesome freebies from the various societies that run at UNE. The night started off in the P1 Lecture theatre where students heard from a variety of special interest groups, and then progressed to the foyer area of the Patricia O'Shane building where students could sign up to the various groups. It ended with the first years attending stations presented by second year students on surviving PBL, their OSCE's, what the handy resources are and tips on maintaining a work-life balance. Thankfully everyone survived the night and we hope they're continuing to thrive in their first year of medicine!

## *HES NIGHT*

Our second years along with some third years gathered to hear about the wondrous opportunity that is HES (health equity selective). We heard from Work the World BLAH BLAH. We also heard from past students Amelia and Navid who spoke about their personal HES experiences. It was a great night and the 2nd years all left excited to plan their upcoming (ish) HES trips!







## QUESTION:

Tell me we're going bananas, but would anyone have complained if UNESS put on a banana bread bake sale following the UNESS + ASPIRE + GPSN Basic Skills Day?

Not to worry - we are not about that profit life. While we're at it, we would have provided a wonderful opportunity to learn about tented T waves.

## UNESS LOVE LETTERS - I HEARD IT ON THE SUTURE LINE:

*'To all of the talented individuals who became so competent at laying down those mattresses. One more mattress, just for you and me?'*

• Suture self, but I'm always around  
If you're not down, let's hope they didn't see you with the chicken breasts...

*'That UNESS looker who wore the full set of scrubs at the Basic Skills Day - wanna go study some anatomy? We can exchange genetic information ;)*

• ICU in my dreams

Must be John Shirley? (Congratulations, and welcome to UNESS)



*'You have beautiful veins'*

• XO

*'My adductor isn't the only thing that's longus'*

• Anonymous (? Adrian)

*'Shout out to QLD floods for making it near impossible to get chicken for the Skills Day. We still love you?'*

• UNESS

## BACK TO THE SUTURE, AND INTO THE FUTURE:

### Close

- Orthopaedics and more specialty skills!
- Gen surg and advanced surgical skills!
- Scrub crawl? Amazing race? Games night? Is this the year? This is the year so stay tuned!!!
- did somebody say free prizes??

## ANNOUNCEMENTS:

FIRST YEARS: many of you still haven't liked our page on Facebook. Throw a cheeky like NOW so that you can be informed of all of our events in the future!  
<https://www.facebook.com/UNESurgSoc/>

THIRD YEARS: if you are thinking of buying scrubs for HES, please don't leave it to the last minute (like many did last year)! Pre-orders will be available soon through Adrian, John, and Alex.

Surgical Careers Night Videolink - minutes have been uploaded to the event page for those who missed it (all of 1st year and most of 2nd).  
<https://www.facebook.com/events/1357723840938177/> • If you have a burning desire for any opportunity that we might be able to provide that you don't feel like we are, adequately, please let us know!

# CHRISTIAN MED

## THE GREAT PHYSICIAN

Physical suffering matters to people, and it matters to Jesus. However, alleviating people's suffering symptomatically is not a long term cure. Medicine 101 is about making the right diagnosis to treat the right disease. But, what is immediately obvious isn't always the most important; our greatest complaints don't always represent our greatest needs.

When a paralysed man came to be healed, Jesus recognised his greatest need, and made an unexpected intervention; forgiveness. (Luke 5:17-32) As physicians-to-be, we will be able to provide care for people, but it will only ever be partial and temporary. Jesus, the Great Physician, will meet people's greatest need; the need for a saviour who can, and does, forgive.

## BIBLE STUDY SNACK HACKS WITH JESSE - MUFFINS

Ingredients: 1 cup oatmeal, 1½ cups milk, 2 cups plain flour, 1 tablespoon baking powder, ½ cup brown sugar, 1 egg (lightly beaten), ¼ cup honey, 60 g unsalted butter (melted),

1¼ cups raspberries

Method: 1 - Stir together the oatmeal and milk, then set aside for 5 minutes. Sift the flour and baking powder into a large bowl, then stir in the sugar. Make a 'well' in the center.

Combine the egg, honey and butter in a bowl, then pour it and the oatmeal mixture into the 'well', and stir quickly until just combined (the batter should be slightly lumpy). Fold the raspberries\* through. Spoon the batter into muffin patties and bake for 20-25 minutes at 190°C.

\*top tip: if you're feeling a bit fun, try adding some white chocolate too!

## GPSN

GPSN has had a great start to the year with the First Incision Photobooth, capturing moments that were surely forgotten the next morning. We also had a BBQ at Surviving Med Night where first years were introduced to the world of GPSN and General Practice as well as our Basic Skills Day with NERCHA, UNEMSA, AMSA, ASPIRE and UNESS with a focus on developing clinically relevant skills. Hope to see you all there! Coming up later, we have GP Careers night on August 2nd and Trivia Night, our biggest event of the year with amazing prizes and questionable costumes. Get excited!!!!

If you would like to know more about these fantastic events and see more quality memes, join our Facebook group at <https://www.facebook.com/groups/gpsn.une/>

Also, sign up to GPSN via <https://gpsn.org.au/>



# QHSS CONFERENCE - SAM HOLMES

The annual Queensland Hand Surgery Society (QHSS) Scientific Meeting was held on the beautiful Gold Coast this year. The QHSS Scientific Meeting covers a variety of topics for specialist upper limb surgeons and therapists discussing new surgical techniques, conservative management, and post-surgical therapy. Given the specific nature of upper limb surgery and rehabilitation, it's difficult to find a topic that would interest a group of future rural G.P's ☺; nevertheless, I'll take the opportunity to discuss a disease that everybody will undoubtedly encounter.

] This year's meeting included a symposium on the current treatment of Dupuytren's contractures. A Dupuytren's contracture is the thickening and shortening of the palmar fascia, which results in a progressive flexion deformity affecting the digits.

Dupuytren's disease (DD), commonly referred to as Viking's disease, is an autosomal dominant trait that has variable penetrance and is seen primarily in populations of Nordic ancestry. While the etiology of DD isn't completely understood, there appears to be a common misconception that DD has a clear association with alcoholism.

Unfortunately DD does not have a cure and re-occurrence post treatment is common. There were two treatment options discussed at the QHSS meeting with speakers comparing the outcomes following collagenase or fasciectomy. Collagenase injections hydrolyse peptide bonds in collagen, which allows for extension to be passively (at times brutally) restored. In contrast, the fasciectomy, which is the surgical removal of the diseased tissue, remains the gold standard in treatment especially for complex or multi-digit cases.

Some of the significant advantages of collagenase are the reduced cost of treatment, less post-surgery hand therapy, smaller (often no) wounds, and people can return to normal function sooner. There are some disadvantages to this new treatment as well. Collagenase results don't appear to last as long before re-occurrence and cannot be used for complex or multi-digit cases. This means that there is still a high demand for fasciectomy's. There is concern that surgical registrars are/will not be given enough exposure to this procedure during their training program as the simple cases won't be available for registrars learn skills on. This could lead to a shortage of surgeon's who can confidently perform this operation on complex cases.

Given Australia's history with the UK, and the UK's history of being invaded by Vikings, DD is something that is likely to remain prevalent amongst the Australian population. Therefore it is important to know about the current approach to treatment. Thanks to collagenase injections, management of DD is becoming less invasive and cheaper.



Queensland Hand  
Surgery Society

# UPCOMING EVENTS

Keep an eye out for these great upcoming events in Armidale by UNEMSA, NERCHA, ASPIRE, GPSN and UNESS

**24 JULY - 17 SEPTEMBER**

**9 AUGUST**

**10 AUGUST**

**11 AUGUST**

**15 AUGUST**

**21 AUGUST**

**24 AUGUST**

**26 AUGUST**

**31 AUGUST**

**AMSA'S VAMPIRE CUP**

**ASPIRE GLOBAL HEALTH NIGHT**

**UNEMSA'S AGM**

**NERCHA AGM**

**GPSN MOVIE NIGHT**

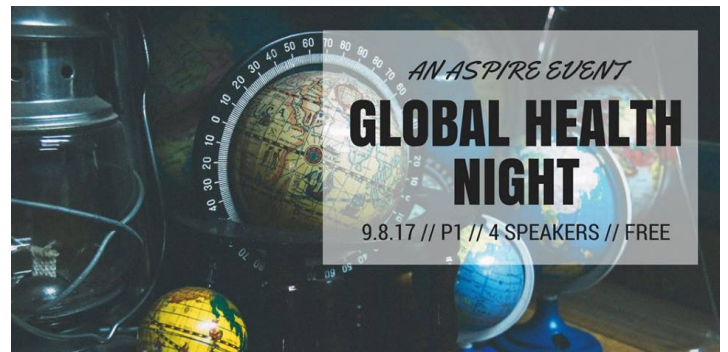
**UNESS AGM**

**ASPIRE AGM**

**UNEMSA'S WOMEN IN MEDICINE**

**COCKTAIL EVENING**

**RED PARTY**





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