

# KYPHOSIS

ISSUE #1 2015



MEDICAL ASSOCIATION OF  
NOTRE DAME UNIVERSITY SYDNEY

# EDITORS WELCOME

For three to four times every year, the quasi-modes of communication that we use from day to day, the cruel beasts that hunch our backs and mesmerize our elders with how dependent we are on them, are for a short time pushed to the side to make way for the communal and the tangible.

Kyphosis, in all its glory, is an attempt to create something concrete (like a gargoyle, you might say), something that could either be archived in the historical archives of this university, or perhaps more readily as a decoration on a coffee table you never use.

With this in mind, we the editors of Kyphosis, the dynamic duo of Kerinya and Rory, give you the first edition for 2015, an unashamedly honest appraisal of the year in medicine so far, replete with all the narratives between and around the individuals of this campus that make it what it is.

From Bangladesh to Collaroy and surgery to a life beyond these walls (a what?!), we hope you enjoy what we hope is the first of many publications this year, created for your enjoyment to make the days of studying PBL and MCL's, LFT's and Vitamin C a bit more bearable.

Hoo to the Roo,  
Kerinya and Rory



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# DEAN'S WELCOME

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**W**elcome to an exciting new year at the Notre Dame School of Medicine, Sydney. I am delighted to introduce the 2015 edition of *Kyphosis*, the voice of Notre Dame's medical student body, assembled by a dedicated and hardworking MANDUS team.

MANDUS plays a crucial role in bringing together the SoMS community, and encouraging the academic, social and physical wellbeing of students. Take advantage of the upcoming MANDUS events and programs to meet colleagues and get to know each other, as well as to help you with your studies, and hopefully, to help you to relax, learn and even have fun occasionally.

It has been a great pleasure meeting many of you during orientation and the first weeks of the semester. We have such a diverse and interesting community of students at SoMS. Our students come from all over Australia and New Zealand, and about a quarter of you were born in another country. It is exciting to have students of rich and varied

backgrounds. Some have had training and experience in health or science, while others have had previous careers in teaching, journalism, law, architecture, defence, music and philosophy.

At SoMS, we want to get to know our students as people rather than a student number, which is reflected by our commitment to pastoral care. If you are feeling any academic pressure this year, or are being weighed down by personal issues which may be impacting your study or wellbeing, it is important that you talk to your tutor, year coordinators or head of your clinical school, so that we can offer assistance. Head of Student Matters Associate Professor Wiley and I are also always available to students with concerns.

Our year is off to a great start. The Blessing of the Hands event last month was a wonderful celebration for our new MED1000 students and their families. It was made particularly special by His Grace Archbishop Anthony Fisher celebrating the Blessing and the powerful and moving performance by our student

choir that I've dubbed the "SoMS Singers". Thank you particularly to Samantha Warhurst who sings like an angel! The students have given me the challenge of finding a piano for further rehearsals here at the School – so if anyone's family is looking to donate or sell a piano, please let me know!.

In other news, Professor Gabrielle Casper, Head of the Department of Obstetrics and Gynaecology, along with nine students are attending the fifty-ninth session of the Commission on the Status of Women at United Nations Headquarters in New York this March. Representatives of Member States, UN entities, and ECOSOC-accredited non-governmental organizations (NGOs) from all regions of the world attend the session. A highlight this year was the generous donation of nine ultrasound machines – one for each attending student – to be delivered to frontline care providers in underprivileged settings including Ghana, West Indies, Afghanistan, Nigeria, Tanzania and Rwanda. The students also attended a reception held by Australia's Ambassador to the UN and had dinner with Elizabeth Broderick, sex discrimination commissioner.

In other exciting news, Notre Dame can boast the trifecta with 3 consecutive Interns of the Year at St Vincent's Hospi-

tal, Sydney: one from each of our graduating classes! Congratulations to Dr Michael O'Brien who was 2014 Intern of the Year and maintained our perfect record. Also, our graduate Dr Sophie McGilivray has been awarded Resident Medical Officer (RMO) of the year at St George Hospital and Dr Lorus Swift is now an RMO at Coffs Harbour Hospital and has also been selected to be the hospital's Aboriginal Liaison Officer.

Our Alumni are going from strength to strength!

To all of you, I wish you a happy and peaceful Easter, and I hope you are having an enjoyable and productive semester.

Professor Christine Bennett AO

Dean, School of Medicine, Sydney

# PRESIDENT'S WELCOME

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**W**elcome back to another exciting and challenging year at Notre Dame Sydney Medical School, and welcome to the first issue of Kyphosis for 2015!

2014 was a very successful year for MANDUS. The 2014 team ran some fantastic events for students with a great deal of hard work behind the scenes. For this we are very appreciative.

The MANDUS 2015 team hope to continue in their footsteps in developing MANDUS and providing a wide range of enjoyable and worthwhile activities.

MANDUS is already busy organising a jam-packed calendar of events for you this year. Behind us already is orientation day, and the traditional MedCamp to welcome the new Med1000 cohort.

The Academic, Wellbeing, Sports and Social MANDUS representatives are already coordinating Med1000 mentoring, the Running Club, and preparing for MedFest (trivia + scrub crawl – not to be missed), academic nights, and other exciting events including the USYD vs



UNDS sporting challenges and the annual MedBall later in the year.

Our global health (Global HANDS), surgical society and research society arms also have some great events and new initiatives planned for the year including global health lecture nights, anatomy trivia, a new research fair, providing something for everyone.

One of our main aims this year is to do our best to ensure that every student is supported throughout the year in all aspects of their medical school life, academic, social and general wellbeing. If there is something that YOU especially would like to see on campus this year, we would love to hear from you!



I encourage you all to be active members of the Notre Dame Medical School community, to strive to achieve your best in your academic life, whilst not forgetting to maintain a balanced and healthy lifestyle (and have some fun). So what are you waiting for, get involved!

Even though the 2015 academic year has only just begun, it has been great to see the inter-year bonding that has occurred already, and the general enthusiasm of the students, which bodes well for the upcoming year.

At MANDUS we wish Med1000 and 2000 an enjoyable year with their pre-clinical studies, Med3000 and 4000 a successful year in their respective hospital placements, and hearty congratulations to the graduating class of 2014, and a great start to their internship year.

I know that all students will join with me in thanking the dedicated School of Medicine Sydney (SoMS) academic and support staff, for providing us with both an inspiring learning environment and a warm and inclusive community for the year ahead.

Please don't hesitate to contact me or the MANDUS team, and keep in touch via our Facebook page and website.

I hope you enjoy reading this edition of Kyphosis,

Isabella Williams

President of the Medical Association of Notre Dame University Sydney (MANDUS)

# ROUNDS



On the 8<sup>th</sup> of Feb, we kicked off the ROUNDS social calendar with our first event of the year – the annual MED 1000 AMAZING RACE. With ROUNDS members and fellow students positioned at locations all over the city, teams had to decipher clues, solve riddles, take team selfies and navigate their way around some of Sydney's famous sites to reach the final destination. All teams battled sweltering conditions to finish in astonishing time. The green team, consisting of Ben Bravey, Sophie Ootes, Simran Singh and Sam showed some great detective skills finishing the course in 1 hour 59 minutes to take out the first prize, a \$150 Westfield voucher.

ROUNDS also made an appearance at the MED1000 MedCamp to run an Emergency Medical challenge, in which teams had to tackle 6 emergency medical scenarios. The Surgical Society and GPSN also helped out on the day, running a suturing and an IM injection station for the first years.

This year ROUNDS will continue to host many events including elections and 'Close The Gap' BBQ, a Mental Health First Aid Course, Birthing in the Bush evening, Aboriginal Health evening and an AUSLAN course, so keep your eyes posted for more information to come on these.

It has been great to see so many getting involved in our events thus far and ROUNDS look forward to meeting some more of our members at various other events this year!





# GPSN

Dennis Nguyen

The General Practice Students Network (GPSN) is a national student-run program that seeks to foster interest in general practice and promote its work and importance. The UNDS branch of GPSN this year consists of Melissa Godwin (Chair), Holly Hart (Vice-Chair) and Dennis Nguyen (Secretary). First year representatives are yet to be elected.

We are looking forward to running the various events we have programmed for the 2015 calendar. Some of these include our careers fair, rural health night, indigenous health night and return of the highly successful MOCKSAT event to assist MED1000 with their summative CCS preparation. In addition, this year we are looking to offer flu vaccines administered at the Darlinghurst campus, available specifically for UNDS medical students at a discounted rate.

We would also like to promote the upcoming national Future of General Practice 2015 Conference (FGP15) in April, which all Australian medical students can attend. It features internationally recognised speakers as well as great hands-on workshops for improving your clinical skills. Details about registration and attendance are on our Facebook page. Finally, we are submitting teams into both the Fairfax Half-Marathon and City2Surf, which anyone can be involved in.

There may be some more surprises along the way too. Keep your eye out on our Facebook Page (UNDS General Practice Students Network) and the MED1000 & MED2000 pages for more info



# GLOBAL HANDS

Byron Chionh



Our first lecture evening of the year featured Paul Pholeris, architect and director of Healthabitat and recipient of an Australia Medal for his persistence and outstanding service

to the health and well-being of the Indigenous population of Australia and the Torres Strait Islands.

Mr. Pholeris opened with a candid retelling of the history of Healthabitat, from its initial one-line brief, posed by an Aboriginal man in central Australia, to “stop getting people sick” (Uwankara Palyanku Kanyintjaku), to its transformation into a successful national program employing architectural interventions to improve the health of Indigenous Australians.

In 2011, the same year that Healthabitat won the UN Habitat and Building and Social Housing Foundation’s World Habitat Award, the federal government shut the program down. Mr. Pholeris recounted Healthabitat’s subsequent projects in other countries, always at the request of local governments and communities, and its use of brilliant architectural solutions to solve important health problems.

Regardless of location, at the

heart of Healthabitat’s work, Mr. Pholeris repeatedly observed, is its emphasis on people and of partnering with, and empowering, locals. “Who has the biggest vested interest in improving their housing and their health? Clearly, people who live there.” Of equal importance, he stressed, is the persistent need to dispel false notions about the types of things that determine a person’s health. “It’s not that people are stupid or bad or hopeless. It’s just simply they live in abject poverty. If we lived in half the conditions they lived, we’d end up with exactly the same health issues.”

It was a powerful and engaging evening, and a memorable start to our Lecture Series. We hope you’ll join us for our next event on Thursday 30<sup>th</sup> April when we welcome Professor Gillian Triggs, President of the Australian Human Rights Commission.



# AMSA

Karthik Nathan

AMSA (Australia Medical Student's Association) is the peak representative body for medical students in Australia.

We aim to connect, inform and represent all universities around Australia. In 2015, AMSA has implemented a few changes to their processes, including the introduction of paid student memberships to ensure that each University gets more of a say in various policies.

This year AMSA's four main advocacy priorities are the availability of quality internships for all medical graduates, student mental health and wellbeing, the quality of clinical placements and fee deregulation and Commonwealth base funding for medical education.

On the 14<sup>th</sup>-16<sup>th</sup> of March, MANDUS President, the beautiful Bella Williams, represented The University of Notre Dame at the first AMSA council to discuss and vote on policies pertaining to major issues facing medical students as well as network with other AMSA representatives from all Universities in Australia.

AMSA is very excited to announce many new events, including the major National Convention. This draws nationally and internationally acclaimed speakers from around the world to speak, with breakout sessions, workshops and invaluable networking opportunities, not to mention a jam-packed social program at night.

I can highly recommend this as a must for all medical students and am hoping to get a strong delegation to represent our University this year for Convention in Melbourne in July.

Other exciting events include the Global Health Conference, held in Perth this year August and the National Leadership Development Seminar (NLDS) held in Canberra this September.

I am excited and looking forward to a great year and strong student involvement with AMSA.



# OF TURKEY

Joel Maamary

A chill passes up my spine as I descend the makeshift steps of the Turkish Airlines A330; I tell myself it's probably just the cold, probably.

"I know its very short notice, but a last minute opportunity has arisen."

Its 0500 at the Ataturk International airport in Istanbul, and the weather is simply glacial. I huddle amongst the group of frigid travellers as we amass our way to the buses located on the tarmac.

"The Australian Government has asked us to select a medical student to attend an Annual Medicine Festival in Çanakkale. How do you feel about a trip to Turkey next week?"

The group packs in the buses and we stand close enough to one another to conserve body heat, yet not so close as to instigate a lawsuit. We exchange awkward smiles and pray the doors close soon. The bus trip offers more turbulence than the eleven-hour flight as we shuttle our way to the main terminal. I step from the bus and look for any English signage. It is now that reality dawns on me – I have absolutely no idea what I'm doing here.

It wasn't exactly the phone call I was expecting on a Friday afternoon. An invitation extended by Professor Christine Bennett, Medical Dean of The University of Notre Dame. Once I had put the pieces together, I tried to figure out just how many ways I could say yes. I'd long marveled at the wonder of Turkey, an exotic land rich in history and, in just over seven days, I would be making the journey from Lithgow to the Dardanelles.

The customs officer takes one look at my itinerary and notes I have a departing flight in three days time. He, quite rightly, enquires, "What are you doing in Istanbul?" I withhold a silent laugh. If only I knew. I share a few phrases regarding the Turkish Ministry of Health, Annual Medicine Festival and Çanakkale. I only recognize a few words in his response, "Australian, Çanakkale... Gallipoli." He stamps my passport.

The driver holds a placard with my name imprinted on it and, feeling like a celebrity, he ushers me out to the car. Its 5 'saat' (hours) to Çanakkale, so I settle in for the journey. The sun rises and pierces through the fog as a shrouded veil lifts over the city. Istanbul is a marvel, built on the Bosphorus Strait and the centre of the historic Silk Road. It is a city forged in religion, endless spires rise from innumerable mosques and the Salat Al-Fajr rings throughout the streets as dawn passes. My guide knows little English, but he points in various directions and issues one word statements that he knows will spike my interest, "Aegean," "Greece," "Troy," and "ANZAC."

The ferry crossing from Eceabat to the town of Çanakkale is one of the shortest intercontinental trips worldwide. It is a twenty-minute passage from Europe to Asia across the Dardanelles, to the historic land known as Anatolia. At our backs stands the Dur Yolcu Memorial,

towering over the Narrows of the Dardanelles, a constant reminder of the sacrifice of the Turkish people in defending their homeland. As we cross the sea, the wind whips up off the water and gulls encircle the ferry. Standing on the deck, I feel a familiar chill run up my spine. This time, it's definitely the cold.

Çanakkale, the 'pot castle', is abuzz with activity and patriotism. This seaport is the closest town to the site of the ancient city of Troy. The red flag of Turkey, depicting a white crescent moon and star, drapes the city, hung from rooftops, flagpoles and windowsills. At the hotel, I leave my driver and our five-hour friendship ends. Members of the Turkish Ministry of Health supply me with a program for my stay and urge me to get some rest. Tomorrow promises to be a long, emotional day, and 31 hours after leaving Sydney, I find peace in the Turkish afternoon sun.

Dawn breaks and I'm awoken by the beauty of the Salat Al-Fajr echoing across the river. A traditional Turkish breakfast follows before the group of medical students and doctors are ushered onto buses for the day's festivities. 29 of the 36 countries involved in the Gallipoli Campaign, or 'The War of Çanakkale,' are represented. We are here to commemorate the memory of those medical personnel who lost their lives in service of their country 100 years ago. The losses suffered by Turkey were so grievous, that they failed to graduate a single medical student in the year of 1915. As such, the 14 Mart (14<sup>th</sup> March) has become their annual Doctor's Day, a celebration of the continuing sacrifice made by the medical community, and a solemn reflection on those who forged this tradition. Earlier that morning, whilst waiting for the elevator, I met another young gentleman. I held out an archetypal Australian flag at our greeting, "G'day" I said. His reply was the chuckle of a Kiwi and, only hours into my trip, a new ANZAC friendship was made.

The tour guide engages the group, asking each participant to announce the country they represent. "Canada," "Iraq," "Afghanistan," "Senegal," "Austria," "Albania" and the list goes on and on. It sounds like all the geography lessons I didn't pay attention to in primary school. From worlds apart, we find ourselves bound by history and our desire to help our fellow man. A medical bond unites us and all cultural differences are set aside. We are all strangers in a foreign land, as our ancestors were 100 years ago and only by their sacrifice are we able to come to this place as friends.

Our tour begins with a ferry crossing over the Dardanelles to Eceabat. The guide begins by explaining the historical setting of the Great War and the reason for Turkey's involvement. This is a strange moment. Identifying as an Australian, and learning about the Gallipoli campaign as such, it is often difficult to see through the eyes of others. We rightly recognize the sacrifice made by our Diggers, in service of country and their fellow man, yet it is no different for the Mehmeds of Turkey. Over the course of my trip, I would begin to see, just as

the ANZAC soldiers came to recognize, that those 'Turks' in the trenches 10 metres away were not so very different after all.

We travel to the most southern point of the Gallipoli Peninsula, passing through fortifications both old and new. The crenellations of Kilitbahir castle are starkly contrasted with the hidden bunkers used in the defence of the Dardanelles during World War 1. Each stone tells a story of defence and the sea whispers tales of sacrifice. At the tip of the Peninsula stands an evocative monument, a shrine to the lives given for a nation, the Çanakkale Şehitleri Anıtı – the Martyr's Memorial. A structure of magnificence, blazed on its underside by the Turkish flag, it stands watch of the Dardanelles. Situated directly opposite is a wall fashioned with images of Turkish soldiers striding in to battle, situated behind their commander, Mustafa Kemal Atatürk. Preparations are underway for the upcoming 100-year ceremony, and as I stand beneath the Martyr's memorial looking out across the sea, I can't imagine the immeasurable cost given by the people who call this land home, just one century ago.

Our journey then takes us past the French Memorial to the Helles Memorial, past the infamous V and W beaches (the original *known* landing sites). Whilst not as large as the Turkish memorial, the size of the monument is breathtaking. It is dedicated to the ships lost and to the men, primarily British, who have no known graves. The monument is surrounded by names from multiple nations and the list seems to know no ending. Ponderous, I run my fingers through the carved grooves; each being a father, brother, husband, a soldier, a man full of courage in a world they were truly better than. Solemn, we clamber back onto the bus and head towards our final destination on the northern side of the peninsula, ANZAC Cove. That chill returns, and this time, it has nothing to do with the cold.

I learn, much to my dismay, that we are unable to visit the Australian memorial at Lone Pine. The site is undergoing construction for an expected 10000 visitors for the Dawn Service on the 25<sup>th</sup> April. The guide informs me that we will instead visit Ari Burnu, an ANZAC cemetery. A former site of the ANZAC Day Dawn Service and situated on the shores of the Aegean, Ari Burnu rests in the heart of ANZAC Cove. Walking from the shoreline, past the graves and reading the names carved in white stone is a spiritual journey in itself. It is here I stand, surrounded by names, with no words to describe. A sandstone cross sits on the highest point of the cemetery, and beneath it are inscribed the words 'Their Name Liveth Forevermore.'

The rest of the tour takes us past Lone Pine, to Chanuk Bear, a memorial to the New Zealand soldiers whose lives were lost during the campaign. The drive back to Çanakkale is somber and one of reflection. I am astounded by the grace and love afforded to the lives of those 'invaders' lost in the Gallipoli Campaign, the War of Çanakkale. The peninsula is regarded as sacred ground, and the Turkish Government have allowed the construction of 31 war cemeteries, an ultimate display of respect for foreigners who perished so far from home. So oft have I heard the stories of 'mateship' from the trenches in Gallipoli, but I've witnessed nothing such as this between opposing nations. Perhaps Atatürk himself sums it all up best, on a small monument

located at Ari Burnu. It reads;

*'You, the mothers,*

*Who sent their sons from far away countries*

*Wipe away your tears;*

*Your sons are now lying in our bosom,*

*And are in peace.*

*After having lost their lives on this land they have*

*Become our sons as well'* Atatürk, 1934

We attend a gala dinner that evening, hosted by his excellence Dr Mehmet Müezzino lu, the Minister of Health. He informs his guests of the reasons that this date holds such significance for the medical community of Turkey. He acknowledges the sacrifice made by the physicians in the trenches, working in impossible conditions to heal and ease the suffering of those injured in battle. The following day includes a lunch ceremony hosted by his excellence President Recep Tayyip Erdoğan. He echoes the same sentiment and stresses the importance of healthcare and its centrality to Turkish culture. There is no better example of this than in the trenches of Gallipoli, where medical staff risked their own lives in the treatment of their fellow man; regardless of his country of birth.

It would be naïve to suggest that I was the same person who stepped off the plane just three days earlier. This trip will forever be the definition of an epiphany, both on a personal and professional level. Learning about how the medical staff were confronted with thousands of sick and injured each day, with little supplies and severe water restrictions, completely transforms the way I look at modern healthcare. We practice medicine in a truly privileged environment, where our patient encounters are (generally) controlled, supported and well resourced. The medicine practiced in the trenches of Gallipoli went beyond traditional medicine; it not only healed, but inspired, renewed and displayed the goodness of humanity where a person's flag mattered little, and their life mattered most.

I cannot be more thankful for the opportunity presented to me by the Medical Deans of Australia and New Zealand, and the University of Notre Dame. This trip gave me an opportunity to live out the University's objectives, where medicine extends beyond the walls of the hospital and into the heart of all people, regardless of background, faith or culture. As the 100-year anniversary of Gallipoli approaches, I am filled with an incredible sense of pride and admiration. Not only for the sacrifice made by men greater than I, but also for the continuing relationship between our peoples, where wrongs are forgotten and respect shines through. It was an honour to stand on the site where this enduring friendship was forged, on the shores of a land called Gallipoli.

*'They shall not grow old, as we that are left grow old:*

*Age shall not weary them, nor the years condemn.*

*At the going down of the sun and in the morning,*

*We will remember them.'*

Lest We Forget

# SOCIAL JUSTICE HIGHLIGHTS

## The First Fijian Albinism Workshop

Greta Beale

Cassie Brown and I were presented with an exciting opportunity to join Dermatologist Dr Margot Whitfeld and her team in Fiji. Dr Whitfeld has a long history of visiting Fiji where he has set up clinics, training programs and provided expert care to the patients at Twomey Dermatological Hospital in Suva. Throughout this time, Dr Whitfeld identified a high incidence of Albinism amongst the Indigenous Fijian population, as well as a need for educational intervention to prevent the development of skin cancer amongst this group.

The major project was the organisation and presentation of the First Fijian Albinism Workshop, which involved a series of lectures regarding the genetic causes of Albinism, the varying ways in which the condition manifests and the



*measures that can be taken to improve the health and educational opportunities for children with Albinism. The workshop attracted community health workers, parents, teachers and doctors who were all seeking to learn more about the condition. Cassie delivered a presentation on the Australian campaign 'Slip, Slop, Slap' and facilitated a discussion regarding how sun safety can become integrated into Fijian society, where hats, sunscreen and sunglasses are not the norm. I gave a lecture on how Albinism affects eyesight – with a particular focus on how their poor vision is exacerbated by light – and looked at how this could be managed in a classroom setting.*

The workshop also had an overarching message that people with Albinism can live full and normal lives. Historically people with Albinism have been ostracized and the subject of myths and superstition. One of the outcomes of the workshop was to establish a Fijian support network for people with Albinism and their families.

We also had the opportunity to observe ward rounds and sit in on consultations, which was an eye opening experience. The lack of medication, dressings and staffing, as well as the general uncleanliness of the hospital made us acutely aware of the challenges that health care in low socioeconomic regions have to overcome. We were able to sit with patients, hear their stories and become familiar with many of the chronic health conditions that plague Fijians. One of the highlights of the experience was a day trip out to a remote island to follow up on some of Dr Whitfeld's patients. We were welcomed with a traditional feast, played with the children and were able to see how families can care for those with debilitating conditions with limited resources.

From a public health perspective, our time in Fiji was a unique and invaluable experience. We met with the Fijian Minister for Health, The Australian Ambassador for Women and Children, as well as the delegates from the Fijian Blind Society and were given a behind the scenes insight into the making of policy. We also experienced Fijian culture and had our first experience working on a collaborative medical project - we even made it onto the Fijian news!

## **A Bangerz Tour... of the Non-Musical Variety**

**San-Rene Tan**

In November 2014, three UNDS Medical students and I embarked on our Social Justice Project journey to Bangladesh. Armed with stethoscopes and enthusiasm, we boarded our flight with fresh BCS and CCS post-exam knowledge brimming out of our grey and white matter. Our goal whilst there was to assist the JAAGO Foundation— a not-for-profit organisation providing education to the economically and socially disadvantaged children in one of the urban slum areas of Bangladesh's capital city, Dhaka.

The project itself involved producing a report on the prevalence of child abuse in the JAAGO Foundation's local area. Under the guidance of the school's Medical Officer, we educated children about child abuse, how to recognise and avoid it, and what to do if faced with it. Focus group discussions and one-on-one interviews were then used to investigate the prevalence and types of child abuse affecting children in the area.

It goes without saying that discussing such sensitive and confronting topics with children as young as five years old was daunting, not to mention the added complexities of language barriers and being in a totally foreign environment. Despite this, the experience was so rewarding knowing that the gathered data culminated in an

official report designed to attain Government funding for the JAAGO Foundation to employ school counsellors.

During our SJP week, we were fortunate enough to experience Universal Children's Day on the 20th November; a time for children to take the day off their child-labour jobs and enjoy the activities set up for kids in the local baseball park. Alongside some doctors from a Bangladeshi pharmaceutical company, we set up a health camp on the day to run health checks for the children who visited. With our CCS skills brushed up, we saw and treated plenty of conditions from otitis media (thank you Med1000 Week 31!) to gastritis and scabies.

Our journey to Bangladesh was an unforgettable experience. To anybody contemplating an overseas SJP, go ahead and push past your comfort zones! —and who knows? Maybe you'll also discover a gastronomic love for dahl!



# MEDCAMP 2015

Emily Hartman



MedCamp 2015 was certainly one to remember. After a long Friday full of lectures on our first PBL "Blood on the Road", MED1000 were keen to mingle outside the classroom. For many it was a weekend of firsts: the first time they felt like they could dance to the Backstreet boys without being judged, the first time they met someone with a secret love of the cell cycle, and the first time they laid eyes on Jess Aitken's leopard print leotard.

The bus trip up was laden with anticipatory excitement and after 'speed dating' throughout the journey, we were well acquainted by the time we reached Somersby. After moving into our cabins we were ready to begin the festivities with Trivia. My team decided to dress up as "nerds", and I'm not sure whether it was our braces or our glow-stick glasses but somehow we managed to win. Following trivia, resident DJ and ex-MANDUS President Mr Tom Crookes hit the decks and set the scene for a night filled with good music, boat races and dancing.

Bleary eyed from the previous night, we kicked off Saturday with an early breakfast accompanied by valuable advice on how to survive first

year from the MED2000 leaders. Next, ROUNDS, GPSN and the Surgical Society put our limited skills to the test with the Emergency Medical Challenge. We all enjoyed practicing our DRABCD's even though our first patient's were oranges and second years covered in red paint.

After free time relaxing in paddle pools and lying in the sun, it was time to prepare for the 'thrift shop' themed party. Costumes to remember included a convincing Macklemore lookalike, a flu-ro 80's aerobic instructor and numerous regrettable prom dresses. The night was so lively that even a mysterious German shepherd popped in to join in on the fun.

While MedCamp now seems like a distant blur, I have no doubt that the friendships formed will remain for years to come. A huge thanks must go to all the leaders and in particular MANDUS Social Rep Courtney for coordinating such an incredible weekend. MED1000 now feel very much part of the MANDUS community and cannot wait for further events in the future.





*“I really enjoyed getting to know a large number of our class in a relaxed setting, strengthening friendships and creating new ones ...and definitely NOT getting a giant bump on my head that no one knows how I got it!” - Dave Marshall*

*“Med camp was the perfect way to meet new people in a fun, social setting” - Will Shirvington*

*"It was Mednificent!" - Ed Lewis*

*“One highlight would certainly be the trivia night! The imaginative range of costumes set the scene for a very competitive night. Due to the unexpected difficulty of the quiz we may not have won- but we still had a blast!” Rebecca Burr ridge*

*“Med camp was heaps of fun! An awesome way to get to know everyone better. Trivia night in particular was a highlight – Claudia Boubeta*

# 7 TIPS TO EMBRACE WELLNESS LIKE A BOSS

With a growing body of evidence that Australian medical students are experiencing disproportionate levels of stress-related impairment, depression, burnout & lower life satisfaction, it's vitally important that you take measures to ensure that you don't become one of these statistics.

In light of this news, it is good to know that there is a practical evidence-based movement infiltrating Australian medical schools to tackle this unfortunate mischief. One of the leading innovators to medical education, Dr Craig Hassed from Monash University School of Medicine has introduced such measures into the medical curriculum. Known as the ESSENCE of Health program. Run over 6 weeks, it is a scientifically valid & clinically effective way for enhancing well-being and sustainable performance, as well as the prevention and management of chronic illness. ESSENCE is an acronym standing for:

**Education,**  
**Stress management**  
**Socialisation**  
**Environment,**  
**Nutrition**  
**Connectedness**  
**Exercise**



Tip #1 – Wellness is not a spectator sport

It requires regular active participation- giving good care to your physical self, using your mind constructively, and expressing your emotions effectively. You can know about exercise & nutrition, but unless you're out there doing it you're not going to get fit or healthy. Why not join the "Got the runs" running group on Monday afternoons?

Tip #2 – Like your mother told you!!!

Sign-up for self-responsibility already

As you're training to become a medical professional, remember to be disciplined to put your own gas mask on first. It's through self-care that you are able to maintain your wellbeing, and be in the best position to help others. What do you do for self-care?

Tip #3 – Attention Matters

Being able to rest your attention on the working surface is an invaluable skill. Nailing a set of mattress sutures in that dried up pig's trotter is not going to happen if you're dreaming about the weekend. Evidence suggests that being mindful, is not only better for your performance, you'll enjoy a greater level of happiness & stoke up your resilience. Where is your attention now?

Tip #4 – Reflective Triage

With a tip like this, it's hard not to sound like I'm advocating LOGOS, CDT or PPP. However, as a medical student I know only too well that it can be difficult to juggle a multitude of competing priorities. Reflecting on what's important to you and acting on those values-based decisions will help you dissolve any sense of FOMO. As Aristotle said, "The beginning is most important". Remembering to plan prior & ask yourself, "Is the squeeze worth the juice?"

Tip #5 – Measure

Choose the preferable over the pleasurable or perfectionism. Adopting the "Golden Mean" from the Ancient Greeks might just come in handy as a time poor medical student. You've stayed at that party too long and had that extra drink, now tomorrow is a write-off & that study you've planned is a non-event. What would serve the need of the moment?

Tip #6 – Ask for help not because your weak, but because you want to remain strong

Recognize vulnerability is power – Studies suggest that over 55% of medical students believes there was stigmas associated with being a medical student undergoing stress or distress. Denial is not a river in Egypt. Acknowledgement is the first step, as they say a problem shared is a problem halved. Reaching out & asking for help, whether it be family, friends or professional support services, can be a wise thing to do. R u ok?

Tip #7 – Remember to eat the roses!

Have fun along the way as these four years will go quickly and before you know it the blissful university life will be a distant past-ure. Are you still having fun?

*Chris Wilson (MED2000 Wellbeing Representative)*

# CLINICAL SCHOOL SPOTLIGHT: ST VINCENT'S/ MATER

Year: Med3000

Preference: 1

Describe a day at your clinical school:

There is no such thing as a 'typical' day. You need to change your routine and adapt to a new rotation every 5 weeks. The hours are the longest for medicine and surgery at St Vincent's, expect 7am rounds, 6pm finish. For medicine at the Mater, expect 8am starts, 5 or 6pm finish depending on what's scheduled for you. I just finished Psychiatry, and it's almost like being a regular uni student again. I had some mornings and afternoons off to study, what a luxury!

The best things happen when you stay back after hours and do on-call shifts. For example, I got to perform my first operation (abscess removal) doing the evening shift during my surgery rotation.

What is great about your clinical school?

St Vincent's Hospital is world-renowned for the cardiology unit and heart transplant program, as well as the famous Emergency Department a stone's throw from King's Cross. I was lucky enough to be on the heart failure/transplant team during my medicine rotation. As a metropolitan tertiary teaching hospital, most of your tutors and teachers will be international experts in their field. Grand rounds on a Tuesday have had some major international guest speakers throughout the year.

St Vincent's holds a special place in the hearts of Sydney-siders, and it's great to feel apart of this family.

In your opinion, what aspects need improvement?

Nil. We receive more structured teaching and tutorials than any other medical school in Sydney that I'm aware of.

What is your current living arrangement?

Home.

What is your transport situation like?

1.5 hours of public transport total each day. Live as close to your clinical school as possible, the 7AM rounds are tough to get to if you don't. I would not advise living as far away as I did.

What is your favourite local spot?

The Royal for coffee (50c discount if you say you're from Vinnies). Sedition for a men's barber. The Local Taphouse for a beer.

Is there anything else you would like to add?

Clinical years are the greatest! You're finally spending all your time with patients, and the real learning starts. The best opportunities I've had this year have arisen by just being present. Medicine doesn't happen according to a schedule, so you need to be prepared to spend a good deal of time at the hospital.

Pick your clinical school based upon your living and life circumstances first. Being in the hospital 50-60 hours a week makes MED3000 a big step up from the pre-clinical years. You've still got to balance learning objectives, relationships and recreation in your spare time (what spare time?)

# LIFE AFTER MED SCHOOL

Christopher McLean

When you graduate from medicine life is pretty good. You've achieved something you have probably wanted for a while and you have the next couple of months free from study to enjoy it. The reality of a doctor's responsibility gets hit home though in the first couple of weeks of work.

I've started my internship in emergency where although you still have to run everything past a registrar, they will allow you to treat and/or discharge based on your assessment. They won't necessarily come see the patient; they are pretty busy as well, so you have to be confident with your assessment and communicate your findings well.

It can make you anxious, that said, these are a few tips that might make things a little easier.

1 ) Embrace the Suck: There are going to be days that are good and there will be some that you are glad are over. You'll feel over-worked and stressed but you'll have moments where you make large impacts in peoples lives even at this junior level. It's a difficult job but if you take the good with the bad embracing all aspects you'll enjoy it most of the time.

2) Trust your gut but don't rely on it just yet: You've had many years of training that will count for a lot. Still, internship is about fine-tuning your foundations as a doctor. If you think a patient has appendicitis but it hasn't presented typically, trust your gut. Make sure you investigate all differentials and discuss it with a senior registrar so you cover your bases though. Even if you're initially wrong you'll still find the correct diagnosis and it all contributes to fine-tuning your art.

3) Treat the nurses with respect: nurses have a different job to doctors; sometimes they overlap but never think you are better for any reason. You are in different professions but work together, they are experts in caring for patients, your patients, and can make your life much easier. Disrespect them at your own risk.

4) When in doubt, ask for help

Overall, I wouldn't want to do anything else, neither would anyone I work with. I can't think of anything that compares to being a doctor.



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