

JUNE 2017

# KYPHOSIS



# MANDUS

MEDICAL ASSOCIATION OF NOTRE DAME UNIVERSITY SYDNEY



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## Editors' Letter

**"Human knowledge is never contained in one person. It grows from the relationships we create between each other and the world, and still it is never complete."**

**Paul Kalanithi, *When Breath Becomes Air***

**A**s the end of first semester nears and we head into our formative exams, it is easy to get caught under the weight of the workload. What an opportunity it is then, to look at where we are and who we are surrounded by. The friendships formed within the walls of this university will not only be crucial to the learning and support we receive during our studies, but to the learning and support we will be able to show others as we each take our own medical career path. Paul Kalanithi captured this idea through his own experiences and it is up to each of us to encourage this attitude as we tackle the years ahead.

Best of luck for the formative exams and remember that sharing your knowledge doesn't just benefit the person beside you, but the future clinician you are going to become.



Have a great break, see you next semester.

**Kate & Jeremy**

We would like to acknowledge Graphic Designer, Hykie Kwong, for her fantastic vision in helping us put this publication together. You can find more of her work and inspiring ideas at: [hykiekwong.com](http://hykiekwong.com) Finally, special thanks must go to Gerard Williams and Francis Ratnakumar for supplying the excellent photos

*Front Cover Photo, clockwise from bottom centre:* Jeremy Saad, Anita Vandyke, Matt Verheyden, Nicholas Fraser, Jarron Dodds, Nivedha Saravanan, Vlad Danaïla, Renee Garraway

## Contents

- 03** Editors' Letter
- 04** Message from the Dean
- 05** President's Note
- 06** ROUNDS
- 07** SANDUS
- 08** Global Hands
- 09** AMSA
- 10** GPSN
- 11** Social Justice Project: Fij
- 12** Social Justice Project: India
- 13** RANDA
- 14** RANDA MD Focus
- 15** Year 3 Clinical School Focus
- 16** MANDUS Wellbeing
- 18** Sports Report
- 20** Social
- 22** PANDA
- 23** Calendar

# Message from the Dean

Welcome to the first edition of Kyphosis for 2017. It has been a busy start to the year with the introduction of the MD and the Australian Medical Council (AMC) reaccreditation visit in the first week of May.

Welcoming a new group of students into Year 1 is always exciting and rewarding. We enjoy meeting the new students, knowing they have worked incredibly hard to enter medicine. Every student has 'a story' and we delight in getting to know each student. One of the School's traditions for Year 1 students is the Blessing of the Hands which was held in February - a highlight on the academic calendar every year. We were very fortunate to have The Most Reverend Bishop Richard Umbers to help celebrate this very special event. I particularly enjoyed having the opportunity to meet our students' family and friends. They were without exception very proud and excited for you.

The transition to the MD is well and truly underway. On 18th and 19th May, the Year 4 MD students in Sydney and Melbourne presented their posters. Year 3 and Year 2 student groups are settling into their respective themes and preparing or conducting some excellent projects. The new bioethics program has been generally well received and we appreciate student feedback.

As most of you would be aware, we had our AMC reaccreditation visit during the first week of May. The AMC team visited all sites in Sydney, Melbourne and rural locations and were able to meet many students at each clinical school. The initial feedback from the AMC was positive but we will not know the formal accreditation outcome until mid-November this year. I would like to thank Rebecca Burrige and the 2016 MANDUS team for their excellent work on preparing the Student Report, and Thomas O'Donnell and the 2017 MANDUS team for finalising the Report and assisting with student availability for the site visit. The student feedback surrounding the AMC visit was very positive and constructively presented - thank you to all students involved.

The Year 4 mid-year formatives took place in mid-May with Years 1, 2 and 3 scheduled in early to mid-June. My advice to all of you about to undertake the formatives is to keep focussed, work with your study groups and/or tutors, make sure you get good quality sleep and seek additional help should require it.

We have some very talented sportspeople amongst our

Professor Christine Bennett AO  
Dean, School of Medicine, Sydney



student body. Last year we were successful in winning in the rugby against the University of Sydney Medical School and earlier this year we again defeated them in the cricket and swimming. Not that I am competitive but long may this supremacy continue.

Another outstanding win for SoMS was the AMSA conference held at Parliament House, Canberra. I understand that SoMS representatives scooped up all the leadership awards! Congratulations to Thomas O'Donnell and Nadine Sexton who won the best presentation at the conference with Thomas going on to win best speaker. Well done!

Another group of talented students who have received Go Rural and Bush Bursary Scholarships this year are too many to mention. You know who you are and I want to say congratulations to you all!

And another special congratulations to PANDA for raising over \$250 toward TLC's excellent work for sick children - and an opportunity for us all to model our favourite trackies.

We will shortly begin the selection process for students commencing in 2018. The marking of the portfolios will commence within the next few weeks and we will be conducting interviews throughout the last week of September. I'm sure you all remember your experience well and many of you will volunteer to assist.

Our School community has felt the loss of a number of loved ones this year. For those students who have lost someone close, please know that you are in our thoughts and prayers. Should you need additional support please discuss this with your tutor, Year Co-ordinator, Head of Clinical School or Head of Student Matters. We are always here to help.

Enjoy the rest of your year and good luck!

# President's Note

I thought long and hard about my update on the year, but I kept coming back to the same thought: medicine is tough.

I wake up every day with the pressure that each day is a day to learn more and one not to be wasted. There have already been many instances this year where I have felt exhausted, lonely, and emotionally drained. With the unrealistic expectation to learn 'everything' and 'be the best' constantly playing on my mind, there is no doubt that I have my days. Furthermore, with the recent coverage on mental health issues amongst the medical community, it makes me think that everyone facing the same challenges might not be coping the same mentally.

On Jan 9th 2017, Dr Chloe Abbot was one of the eight people who take their own life each day in Australia<sup>(1)</sup>, and the fourth young doctor to take their life this year in NSW<sup>(2)</sup>. It is the ultimate oxymoron - the suicidal doctor. We are servants to health, yet we personally suffer poorer health outcomes. Mental health is one of the biggest issues currently facing doctors and it is staggering that 66% of doctors experience the emotional, mental and physical exhaustion that is characteristic of burnout<sup>(3)</sup>.

I believe this problem lies in the culture of medicine, not the nature of it. Recognized by the AMA (NSW) President Prof Brad Frankum, the hospital culture is one of intense pressure due to a competitive atmosphere which places young people under extreme scrutiny for tremendously long hours<sup>(4)</sup>. If doctors are 'having their days' like I have had, is there enough confidence and trust that we won't be seen as weak when we ask for help? I don't believe so, although it must be if we are to overcome the institutional abuse and suffering experienced every day. Together we must create a collective culture that carries us all forward. A team-orientated culture that leaves neither our colleagues nor our best friends behind. This year I have learnt that a young medical student is also a young advocate - go forth and conquer... and speak up!

The crucial leap forward in the wellbeing of doctors is the creation of an organisation of trust and leadership. A working, breathing, functioning community where there are leaders with the courage to put others first and themselves last. Trust builds safety and safe doctors mean a safe working place. Leaders in medicine must now create this change, and empathy is the single greatest asset we have to accomplish this. The empathy we have for patients

should be the same that we have for the people we work with. In a life or death vocation, if we don't change, the patients won't be the only ones suffering.

As a student and a leader, mental health is an important issue that casts an unfortunate shadow onto this profession. However, with the support of my friends and colleagues I feel empowered to be studying this inspiring albeit challenging vocation. I am lucky to believe that I can ask for help, I encourage us now to impart this culture onto others to empower them in turn. We are now past the halfway point of the year, celebrate this milestone, and don't forget to recharge away from medicine over the break - Semester 2 will thank you for it.

Without hesitation, I lastly must of course commend the hard work of all the MANDUS, ROUNDS and GPSN team's in making the first Semester of 2017 a delight for me and so many. At the recent AMC accreditation, the AMC departed with a poignant conclusion, "I wish I could be young again so I could be a medical student at Notre Dame".

Thus, I congratulate the SoM and you, the students, for making this one of the best places to study medicine in Australia.

Sincerely,  
Thomas O'Donnell  
President,  
MANDUS



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UNDS SURGICAL SOCIETY

# SURGICAL ASSOCIATION OF NOTRE DAME UNIVERSITY SYDNEY (SANDUS)

## Daniel Madani, SANDUS President

The MedCamp Suturing Workshop began the year for SANDUS, throwing the first year medical students into the deep end by providing a hands on approach to developing a passion for surgery and developing surgical skills.

Since then, SANDUS has had the pleasure of hosting the speaker night "Pushing the Boundaries" during which Dr Jobe Shatrov, Prof John Stretch and Dr Brindha Shivalingam shared their stories of pushing personal and professional boundaries in the fields of orthopaedics, plastics and neurosurgery respectively.

As formative assessment draws nearer, momentum has been building for the upcoming Surgical Challenge, an event designed not only to promote a passion for surgery but also better prepare students for their assessment. During this challenge, first and second year medical students will compete in pairs to take out the ultimate title of the surgically skilled. This will involve facing off in 4 challenges, with prizes awarded to the highest scoring pairs from each year.

Students can look forward to semester

two being just as eventful and exciting for SANDUS. We will be running a variety of events providing opportunities for those interested in surgery to connect with surgeons, registrars, and like-minded students. You can look forward to events such as the New South Wales Golden Scalpel Games, an event usually reserved for junior doctors. Last year a version was opened for students and required entrants to compete in areas such as suturing wounds, anatomy and instruments recognition, all under the careful eyes of judges from the Royal Australasian College of Surgeons.

Some of the events lined up for you also include a Woman in Surgery talk in addition to the Royal Australasian College of Surgeons (RACS) Morning Tea. At this event, you will get a chance to hear trainees and fellows share their experience of surgery, the requirements for surgical training, and other handy tips and advice for the surgically inclined. Formal presentations will be followed by a chance to speak to current surgeons and trainees.

SANDUS 2017 team with Dr Charlie Teo. Your SANDUS members from left to right: David Shen, Gabriel Inaki-Uhi, Vlad Da, Haidar Al Saffar, Daniel Madani, Joshua Richards, Zoe Wood, Sarthak Chopra



Like us on Facebook so you don't miss out on any of our great events!



## ROUNDS

### David Trench, ROUNDS Co-Chair

It's already been a busy year for ROUNDS in 2017! We kicked off the year with one of our favourites, The Amazing Race, in early February. Each year this event gives Sydney locals and newly arrived interstate students a chance to pin their riddle solving skills and navigation against one another throughout the city. It wouldn't be an Amazing Race without sweltering hot weather, with teams battling it out in forty degree heat. Well done to both the Blue Team (Kylie, Dan, Lachlan, Katie, and Kathlyn) and Green Team (Jimmy, Nathaniel, Michael, Louisa, Janice, and Clare), who get bragging rights for the rest of the year.

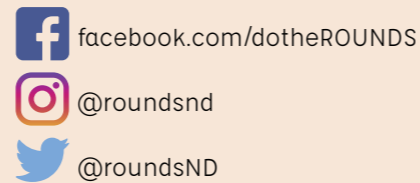
Next up, some dodgy acting alongside some questionable make-up, props and weather? It could only be the Emergency Medical Challenge, run every year by ROUNDS at the first year med camp. Teams tackled an array of challenges; from car crashes to resuscitations, and everything in between. Thanks to all the second year med students who helped out, we're feeling safer in the hands of the first year medical students already.

We followed up these events with the Close the Gap BBQ, Pursuing Rural Pathways night, a presentation night by the Royal Flying Doctors Service's Dr. Kathleen Atkinson, and the Country Women's Association Bakeoff. All coming off as raging successes!

One of the biggest events of the year for ROUNDS is the Wagga Wagga Trip, held in May this year. 24 students made the pilgrimage south west and had the opportunity to tour the Notre Dame Clinical School, Calvary Hospital, Wagga Wagga Rural Referral Hospital and Junee Multi-Purpose Service. Not to mention the sight-seeing in Coolamon, Junee, Wagga and Borambola Winery which topped the trip off very nicely. Here's hoping we see plenty of those first year students back in rural NSW in the future.

So what's next for ROUNDS in 2017..? We still have heaps of events coming up before the end of the year. Reconciliation Week BBQ and Australia's Biggest Morning Tea in June, not to mention the Indigenous Health Night, Birthing in the Bush, and Rural Trauma Week in Semester Two.

### Keep updated on social media!



Clockwise from top left:  
First and second year students had the chance to check out Borambola Winery while on the Wagga Wagga Trip in May  
The tied teams from The Amazing Race held on a sweltering summers day in February. Organised by the amazing race herself, Emma Thomas.  
ROUNDS' Rural High School Visit at Kildare Catholic College in Wagga Wagga was a big hit for everyone involved.  
Students travelled to the Close the Gap Conference in Canberra in April led by ROUNDS' very own Gabe Sanchez, Indigenous and Torres Strait Islander Peoples Representative



Adele Evans, Global Hands Chair

Global HANDS has had a very exciting 2017! Our Code Green committee kicked off the year with their donate-a-plate drive aiming to reduce the amount of plastic waste ND Medicine events produces. We hosted a very successful event where medical students donated spare or second-hand dinner plates, bowls and platters which ND Medicine now uses at all events in lieu of disposable plastic plates.

This was followed by our very moving "Beginning Conversations" speaker night hosted by our Gender Equality and Sexual Health group regarding Intimate Partner Violence. Our two speakers, Margaret Crowley, CEO of the Marmalade Foundation which funds Lou's place and Dr. Elizabeth Hindmarsh editor of the RACGP 'White Book' on Abuse and Violence in General Practice began our conversation of the prevalence of Intimate Partner Violence within our society and role that medical professionals have in addressing this pertinent issue.




In May, our Refugee and Asylum Seeker Group hosted their event where we were privileged to have Australia's

whistle-blowers of the "torture-like conditions" experienced on offshore detention centres, Paediatricians Professor David Isaacs and Dr Hasantha Gunasekera and Paediatric Nurse Alanna Maycock. It was an incredible evening as our speakers recounted their experiences, and the harrowing conditions asylum seekers face in offshore detention centres. The night motivated student attendees to create the "future doctors against offshore detention centre" committee – stay tuned for further action from this group!

Finally, our Maternal and Child Health Group recently hosted their Birthing Kit Assembly evening where students helped construct 200 Birthing Kits for women in developing countries to reduce the incidence of maternal and infant morbidity and mortality. These birthing kits provide mothers and communities a clean resource to reduce risk of infection during pregnancy.

All up it has been a very busy year with many more events to come from all our committees! Keep posted via our facebook page for updates throughout the year!

FOLLOW US ON:

-  Global hands (Global Health Notre Dame Sydney)
-  @GlobalHands
-  @GlobalHealthNDS

# AUSTRALIAN MEDICAL STUDENTS' ASSOCIATION (AMSA)



Nadine Sexton, Pre-Clinical AMSA Representative

We have had our best year yet and are showing students Australia wide why our university is the best! AMSA is the peak representative body for Australian medical students. The key mandate of AMSA is to connect, inform and represent every one of Australia's medical students. My goal as AMSA representative this year was to increase membership numbers, increase student involvement in policy writing, advocacy and event attendance. It makes me so happy to say that we have gone above and beyond reaching these goals! We have our highest number of memberships in UNDS history and now have the highest number of AMSA memberships in Australia! Many of our students were involved in policy writing at council 1 and will be at council 2 in June. AMSA ThinkTank is a way for all medical students in Australia to have a say on issues and policies that affect them. We had our biggest turnout ever which was very exciting!

In May, six UNDS students were selected from over 700 medical students Australia-wide, to attend the biggest medical student academic conference in Australia, The National Leadership

Development Seminar in Canberra. This week was all about leadership, advocacy and creating change. UNDS had a very successful week with Tom O'Donnell winning best speaker, Nadine Sexton and Tom O'Donnell being in the winning project team and winning trivia night. Nadine Sexton and Krishna Muralidharan also had the privilege of meeting their local MPs to discuss issues important to them and other medical students. It was a week to build connections, leadership skills and connect with other like-minded individuals. I'm looking forward to AMSA council 2 in Sydney and Sydvention in July! We have an amazing group of students attending convention this year in Sydney and I'm sure the week will be nothing but incredible!

On another note, congratulations to Harrison Whiting who has been elected as the 2017 Vampire Cup representative to start in July. Vampire cup is AMSA's annual blood drive and is a great initiative. I'm sure Harry will lead us to victory! Can't wait to see what else we can do through AMSA this year. Remember, if you want to get involved send me an email as I'm always happy to have a chat! You won't regret it!!



**FUN FACT:** Did you know that approximately half the practicing doctors in Australia are general practitioners?



Kate Chiswell, GPSN Local Chair



The General Practice Students Network (GPSN) is a national organization that seeks to encourage students to learn more about the opportunities in general practice, and support students should they decide to pursue a path in GP. Primary care is the gateway to healthcare services in Australia, and we think that it is therefore important to ensure everyone is up to speed with developments in General Practice. Whether you want to be a GP or not, or whether you are in Nursing or Medicine, we want to cater our events for everyone.

In 2017, we have held two events, and

have many more coming. Our O-week was a success with over 100 new sign ups (which may or may not be due to the slushy machine!), and in May we held a 'Not Just a GP' Night. As part of the latter event, students had the opportunity to hear from three incredible speakers: Dr. David Baker, Dr. Gillian Deakin and Dr. Mark Dixon. From research into HIV medicine and homelessness, film medicine, travelling the world, working in a Jordan refugee camp and working in remote Australia – we heard it all. It was nothing short of inspiring and we hope that the students who attended feel more informed about the huge

diversity of opportunities available in general practice.

Upcoming events for GPSN include Australia's Biggest Morning Tea with ROUNDS, RU OK Day with MANDUS Wellbeing, a Mock OSCEs session and a PPH/PPD Trivia Night.

Thank you to anyone who participates or supports our events!

**The GPSN Team**  
**Kate, Renee, Francis, Isabelle, Kat, Lauren, Melissa & Michael**



### The Social Justice Project

extends over both Year 1 and Year 2. In Year 1 you are introduced to the concept of Social Justice. You then identify an activity to undertake and develop a SJP Proposal that outlines how you intend to conduct your project. This assignment contributes to your development as a reflective practitioner, in particular, it seeks to demonstrate your capacity for both lower (feelings) and higher (analysis) levels of reflection.



## THE FIJI VILLAGE PROJECT

Isabelle Carr, Year 2 Student

It is a difficult task to sum up a two-week trip into a few paragraphs, especially a trip as joyous as FVP'17. FVP is a student-based project run conjointly by the Australian National University (ANU) and the Fiji National University (FNU) which aims to develop sustainable programs to improve the health of those living within the rural villages in Fiji. Each year the project runs feasibility studies on different villages to ascertain which villages will benefit most, and then implements screening programs, children and women's health programs, and the building of sustainable water tanks, and all programs included follow-up with local health organisations.

But what was FVP really? FVP was an opportunity to take myself out of my comfort zone, meet incredible people from all around Australia, New Zealand, and Fiji, and come home with 30 new brothers and sisters. FVP was an opportunity to engage with those in the rural villages of Fiji, learn their stories, and offer some form of medical care, knowing that once we left, they had support and follow up of the medical school and Fijian health system. FVP was a chance to sit with Fijian children and talk to them about their hand hygiene and oral health, but

also play duck, duck goose. FVP was a chance to talk with women about their gynaecological history whilst balancing three children on your lap and filling in administration forms. FVP required you dance with almost everyone in the village, and later take their blood pressure and blood glucose levels. FVP was an amazing mixture of hard work,

laughter, and connection.

To be shown such kindness, generosity, and graciousness from both the local participants and those in the villages left all the participants feeling humbled, and with an incredible sense of gratitude for the opportunity to be part of something so special. FVP was a trip of a lifetime, Vinaka vakalevu FVP.





# LOK SEVA SANGAM, INDIA

Vaidehi Naganur, Year 2 Student

Despite the hours spent meticulously planning our trip to India for our social justice project, nothing could have prepared us for the adventure that is India. From meeting the wonderful staff at Lok Seva Sangam, who provide education and healthcare to underprivileged communities, to winding down at the end of a long day with a Bollywood movie accompanied by delicious naan and paneer tikka masala (our favourite meal by far); every moment was unforgettable.

What brought us to India was Lok Seva Sangam (LSS), an organisation set up in the 1970s, to combat the stigma faced by individuals with leprosy. As a result, many of these individuals were ostracised, unable to gain access to healthcare and education for their children. Since its conception, LSS, with its dedicated team of doctors and physiotherapists, has cured over 29000

patients and continues to do so through its 15 dermatological clinics, which we were fortunate enough to witness. 100 people would line up outside a clinic, all anxiously awaiting the doctor. With only one hour for the doctor to see every patient, we quickly realised that time was not a luxury in this country. It was especially heartening to see how aware every person is of this fact, with no one wanting to take time away from another with the doctor. Despite the difficulties faced by each individual, it was never enough to overpower the sense of community.

The time spent in the schools is a highlight for all of us. Seemaji, the principal, is the extraordinary woman who has worked tirelessly from day one, helping children attend these schools and graduate. Her first few days at LSS, involved her running around the streets of the slums, where many of these children lived, and bringing them

to the school. Now, 20 years later, she very proudly introduced us to Priya, a young 17 year old who is the first in her family to graduate and now planning on studying commerce at university. Her mother's and Seemaji's faces were both beaming in pride.

Doing our social justice project in India with LSS was an eye-opening and profoundly meaningful experience. We left with wonderful memories and a great amount of respect and admiration for LSS, as they all serve with a spirit of joy. As Mahatma Gandhi once said, 'Service which is rendered without joy helps neither the servant nor the served. But all other pleasures and possessions pale into nothingness before service which is rendered in a spirit of joy'.

Vaidehi Naganur, Jarron Dodds, Katherine Wright, Liam Mason, Matthew Verheyden, Renee Pope



# RESEARCH ASSOCIATION OF NOTRE DAME (RANDA)



## Audrey Grech and Tyler Blah (RANDA CHAIRS)

First semester was kicked off with two out of the three workshops in the new Research Association of Notre Dame Australia (RANDA) MD series; the literature review and referencing workshops, run by the Chairs of RANDA, Audrey Grech and Tyler Blah. Both received great feedback and the turnout was fantastic. The third workshop on how to publish your research will be held early in second semester and run by a fantastic post-doc researcher from the Garvan Institute of Medical Research. Stay tuned for more details!

In second semester there is plenty more to look forward to. RANDA have organised for students to attend Grand Rounds at St Vincent's Hospital on a weekly basis as well as tours of the Garvan Institute of Medical Research. Through such opportunities, students will be able to network with clinicians and researchers alike, who may provide them with valuable opportunities to kick-start their careers in medicine. Furthermore, it will aid students in gaining a deeper understanding of both the hospital environment and how to conduct medical research.

In week 28, RANDA is introducing the first ever BCS trivia night. Students will pair up with their respective first/second year PBL groups to battle it out for first place. The BCS night will be a fun and interactive way for students to consolidate their

knowledge of one of the most important and heavily weighted domains in the medical curriculum. We know it is being held close to exam time but never fear, RANDA have your back – we have made sure that all content is HIGH YIELD and dinner/drinks will be provided so make sure to bring your study to the refractory for the night. We promise it will be well worth it!

Lastly, we will be hosting a Kings Cross ER themed talk by the renowned Australian emergency medicine specialist and Kings Cross ER TV star, Professor Gordian Fulde. Professor Fulde is the founder of the Australasian College for Emergency Medicine, director of the emergency department of St Vincent's Hospital in Sydney, 2016 Senior Australian of the year and a member of the Board of the Thomas Kelly Youth Foundation. Gordian also supports many schools and community organisations, sharing his personal stories of the demands of working in an urban warzone, and warning of the dangers of the binge drinking and drug using culture, which is overwhelmingly the main cause of injuries presented to Australia's emergency departments.

We look forward to seeing you at the events and opportunities we have organized for you all this year and hope you enjoy them as much as we will!

# RANDA



# MD FOCUS

Audrey Grech and Tyler Blah (RANDA CHAIRS)

With RANDA being focused on the importance of research within medicine, the MD has provided us an exciting opportunity to engage students in the field of research. RANDA's biggest motivation has undoubtedly been to inspire action to further your own career within medicine.

Already within the MD and clinical years, students are exposed to journal clubs at their respective hospitals whereby you are continuously introduced to foreign concepts in varying depths, which at times can be very confronting. But here at RANDA, we've got your back as we are promoting students to integrate with current clinicians and researchers alike in presentations and Grand Rounds across different institutes. This will provide an inevitably important introduction to the world of medical research and review, and make students in the pre-clinical years prepared for their MD's, and future careers.

Furthermore, with the MD still being in it's infancy at the University of Notre Dame Sydney, we have been proud to be able to offer students

**"If we knew what it was we were doing, it would not be called research, would it?"**  
Albert Einstein

help and advice when it comes to the questions that you really want to ask, but don't know who to ask, when to ask, and sometimes whether you should be asking these questions at all! Being able to provide this informal support for students is of utmost importance, because the last thing

you want on top of your numerous jobs to meet rent and bills, countless hours of study on top of class attendance, and the time you sometimes give yourself for meals, is the worry of "how many words should this section be?", "who can I approach with this issue?", and "how on earth do I reference?". With this point, we would like to remind everyone at Notre Dame that we are here and happy to provide help and support to anyone that has any concerns or worries about the MD, because whilst we can be happy to admit that we may not know the answer to that question you have, there is a good chance we at least know who to approach about it.

We at RANDA are excited to take on the MD with you all this year, and are excited and happy to address any and all issues you face as we progress through the MD.

# CLINICAL SCHOOLS - MELBOURNE

## MANDUS Victoria Year 3 Perspective

Nakul Chaudhry  
MANDUS Victoria Year 3 Co-Chair

Victoria has embraced its new Notre Dame students with a warm blanket in our 'second home' at Werribee. While the heater has been cranking since April, we've expanded our winter wardrobe and learned quickly to stack on layers to keep warm down under! Despite the cool-ness of being in Melbourne and the creativity my friends have shown in making a historic short film to boast our far-superior clinical site, we have had a busy and challenging start. From quickly and adeptly learning the ropes of 'how to not be a totally useless medical student on the wards', to the hunger pangs we certainly feel during long GP consultations, to the never-ending ward rounds and long theatre lists, many of us are certainly questioning whether it is possible to study for exams in between rotations. While most of us continue to adjust to these early starts and late finishes, we're certainly all looking forward eagerly to crossing the midpoint of this long year, and catching up on sleep this coming holiday!



## MANDUS Victoria Year 4 Perspective

Catherine Rickard  
MANDUS Victoria Year 4 Co-Chair

Still tired from the challenging year that was third year, final year Melbourne students started the year in Sydney for Orientation week, catching up with the rest of the cohort. Reality ensued within weeks of returning to Melbourne with the warm weather soon vanishing. Starting clinical placements this year felt different to last year, we now understood where to stand, when to ask questions, and what we could contribute as part of the team. As part of the first cohort to transition to the Doctor of Medicine, we have also completed our poster presentations, where I was proud of my peers and friends as they presented their research endeavours. I believe the greatest achievement so far this year however, may be submitting our Internship applications! The Victorian process was extensive! I do look forward to celebrating with my peers next month about the wonderful employment offers they will no doubt receive.







# MANDUS WELLBEING

Nikita Naidu,  
Year 2 Wellbeing Representative

2017 has kicked off with a bang for the Wellbeing portfolio, continuing the incredible work of previous years as well as adding some exciting new initiatives to ensure our students stay happy and healthy throughout their time at medical school.

The year started with our invaluable mentoring sessions, aiming to aid first year students in their transition into medical school. This year saw very successful participation in the program with 95 first year students taking part and over 60 second year students volunteering to mentor. Three core sessions were run fortnightly at the beginning of the year and for the first time ever we will be continuing the mentoring program into second semester to help ease questions and concerns following Formative exams as well as to continually support students for the remainder of the year.

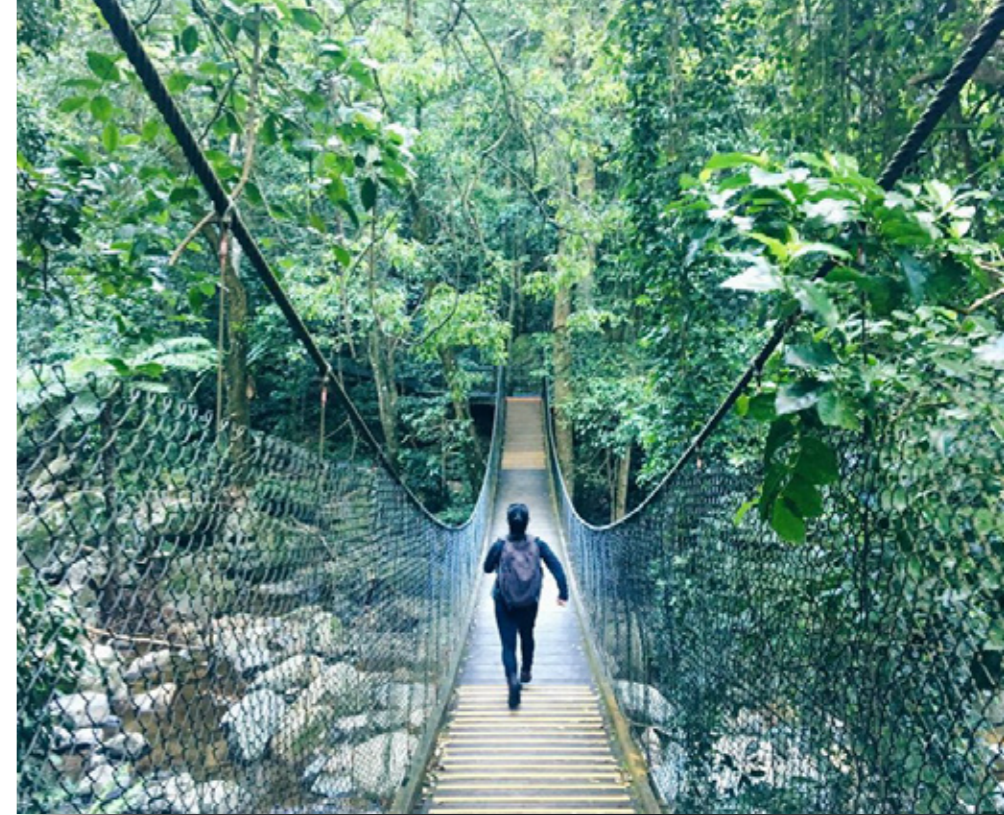
This year we have also been continuing the fantastic #wellbeingwednesdayunds initiative which has been equally as popular amongst students this year! Having had to extend the prizes to now

include two winners each week shows how successful this initiative is in encouraging our students to take a weekly break to look after their mental health.

A brand-new initiative this year has been wellbeing yoga classes which have been a huge success and a great way to relax and unwind during busy days at medical school! Yoga has been shown to have several benefits in relaxation, focus and decreasing stress and anxiety, so this year we have organised regular free yoga classes on campus for all students to be able to enjoy the wellbeing benefits of this ancient practice.

This year has seen the expansion of our online wellbeing support systems with the restoration of the MANDUS Wellbeing Facebook page as well as the creation of our new Parents of Notre Dame Sydney (PONDS) Facebook group to provide support for our student parents.

After a great start to 2017, we are looking forward to the rest of the year and have many more exciting wellbeing initiatives planned. Be sure to stay tuned!





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## SPORTS REPORT

Jon Parry, Sports Representative

This semester, Notre Dame wasted no time at all flexing its sporting muscle, with Jon Parry's MANDUS XI edging out USYD in the annual summer Cricket bout. Strong foundations were laid courtesy of an Ed Davids super-innings, only to be rounded out by a highlight-reel worthy boundary catch from the man of the hour, Tom O'Donnell. Looking to capitalise further, our aquatic deities (Katie Goldman (MED1) and Joseph Fahmy (MED2)) led a commonwealth games worthy team to another win by a close, but well deserved, 6 point victory. We served salt at the post swim barbecue but USYD wasn't having a bar of it. With a chip on the shoulder (insert unilateral MSK pathology here), the team looked internally towards the ND gift – our annual ND interfaculty showdown. Despite fielding MED's largest team yet, suspect numerical skills coupled to dubious refereeing decisions led MANDUS to defeat in the final rounds of tug-o-war. To make matters worse, star

recruit handsome-Jon was whisked off to the ED with suspected ankle damage. Safe to say it was not our finest hour...

BUT ALONG CAME WIMBLEMED. This year, MED1's and MED2's got their pong going like it was nobody's business. No doubt, unhealthy pong obsessions had been brewing from day 1 amongst the MED1 cohort, with the top 2 seeds, George Mallat and Jono Larach needing a full 5 set, pit sweat show stopper in the first round to find a winner. In the Women's, despite Genevieve's dominant form, Sarah Palmer was crowned champion with her ludicrous forehand. In the Men's, Jono dominated Zach Pollard in a cool two set victory (second year mixed in).

With the winter fast approaching MANDUS has some exciting sporting on the menu for semester 2, including the annual USYD vs UNDS rugby, and the first ever MED1 vs MED2 netball showdown. So don your runners and get nimble!

Sarah Palmer, Year 1 WimbleMed Women's Champion and Haidar Al Saffar, Year 2 WimbleMed Men's Champion



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# SOCIAL

Antonia Watson,  
Social Representative

Social started the year off with a bang on a Sunday afternoon before the official start of classes for 2017. We held a family picnic in the beautiful Centennial Park, where med parents were able to introduce their families to their colleagues. After the picnic we welcomed our new MED1000 students to the UNDS family at one of our local beer gardens, calming some pre-med nerves by introducing them to some friendly MED2000 students.

This seemed to set the social tone for the year: we welcomed a record 96 MED1000 and 22 MANDUS Committee members to Med Camp from 17 to 19 February. This year we headed to a great new venue, Camp Wombaroo, in the picturesque Southern Highlands. The first night saw our MED1000s dress up in team costumes and enjoy a rather rowdy trivia session, before the lights went down and we danced the night away. On Saturday morning ROUNDS committee members joined us to run our annual Emergency Medicine Challenge. Despite nursing a few sore heads our MED1000s rose to the challenge, dealing with snake bites, MVAs and shock. The theme for our second night was "Op Shop Formal" (special mention to Tom Beynon for really getting into the spirit). UNDS's resident famous DJ Davy Wong took to the decks for a night that no one will ever forget (or remember?).

On 11 May we held our annual Med Fest, where first and second year PBLs joined up to compete for ultimate trivia glory. We saw some fabulous and creative costumes, expert WeetBix-eating and hilarious karaoke performances.



Congratulations to PBL L, dressed as "Lads", for taking out first place overall.

After Med Fest we changed into our MANDUS scrubs and hit Oxford St for our scrub crawl. Some MED3000 students also decided to take a break from their #hospitallyf to join us. Highlights included jukebox karaoke at the Courthouse Hotel, the "bar performances" at Stonewall Hotel and, of course, Ogalo at the end of the night. MED1000 PBL tutors had a hard time teaching anything the next morning.

Next up on the Social calendar is the highly anticipated Med Ball! Med Ball gives us an opportunity to take a well-deserved break from our studies, meet our peers' partners and engage socially with some of our teaching staff. To be held on Saturday 12 August, we will be enjoying a night of friends, food and dancing at Doltone House Darling Island: a premier waterfront venue.

Finally, congratulations to Sarah Palmer who was elected as MED1000 Social Representative! An enthusiastic, driven and fun-loving partner, she goes above and beyond to provide MED1000 with opportunities to spend quality time with their peers and colleagues.

We are looking forward to the rest of what is sure to be a great year!





# PANDA

Claudia Hadlow, PANDA Chair

PANDA has entered its second year with a bang, kicking off with three super successful Teddy Bear Hospitals. We had an overwhelming response of candidates for the initiative, and our hope is that each applicant will attend a school visit before the end of the year - fingers crossed! The program has so far run at Saint James Catholic primary in Glebe; SCEGGS in Darlinghurst; and Saint Joseph's primary school in Wagga Wagga. The students have showed great enthusiasm and have built upon the original stations with new ideas, to make them the best they can be. To extend the program outside of inner city primary schools, PANDA teamed up with ROUNDS for the annual, much-anticipated trip to Wagga Wagga! Saint Joseph's primary loved the program and the students appreciated the opportunity run teddy bear hospital in a rural community. Let's hope we can make this partnership with ROUNDS a mainstay of the program for years to come!

In April, we held the PANDA Grand

Rounds evening with exceptional talks from A/Prof Elisabeth Murphy and Dr Jonny Taitz. A/Prof Murphy gave an insightful talk on Paediatrics, Advocacy and You, highlighting our role as health professionals in patient advocacy for children, both born and unborn. Dr Jonny Taitz spoke of his journey to becoming a paediatrician, interesting clinical cases he has seen over the course of his career, the problems we will face with paediatric health in the future, and his time as Doctor Jonny on The Wiggles! The night ended on a delicious note with pizzas sponsored by Napoli nel Cuore pizzeria.

Teaming up with the nursing students, we organised tracky-dak Thursday! A day where students donate and come wearing their snazziest or comfiest trackpants. All proceeds went to TLC for Kids, Australia's only emergency response charity for sick kids and their families in need of immediate practical and emotional support during their darkest hours. All-in-all a great start to the year!



JULY		AUGUST		SEPTEMBER	
1 Sa	AMSA Council   UNDS Darlinghurst (30th June - 2nd July)	1 Tu		1 Fr	Open nominations for MANDUS election
2 Su	Mid-year holiday (MED1 & MED2) & AMSA Convention Sydney	2 We		2 Sa	
3 Mo	Mid-year holiday (MED1 & MED2) & AMSA Convention Sydney	3 Th	ROUNDS Birthing Night	3 Su	
4 Tu	Mid-year holiday (MED1 & MED2) & AMSA Convention Sydney	4 Fr	PANDA Jeans for Genes Day	4 Mo	Women in Medicine Mentoring Breakfast, PANDA Superhero Week
5 We	Mid-year holiday (MED1 & MED2) & AMSA Convention Sydney	5 Sa		5 Tu	
6 Th	Mid-year holiday (MED1 & MED2) & AMSA Convention Sydney	6 Su		6 We	
7 Fr	Mid-year holiday (MED1 & MED2) & AMSA Convention Sydney	7 Mo		7 Th	
8 Sa	Mid-year holiday (MED1 & MED2) & AMSA Convention Sydney	8 Tu		8 Fr	MANDUS voting opens
9 Su		9 We		9 Sa	
10 Mo		10 Th	PANDA Speaker Night (tentative)	10 Su	
11 Tu		11 Fr		11 Mo	
12 We		12 Sa	MANDUS presents The 2017 MED BALL	12 Tu	
13 Th	WELLBEING Mentoring 12pm	13 Su		13 We	MANDUS voting closes
14 Fr		14 Mo		14 Th	GPSN/MANDUS R U OK? Day, RANDBCS quiz night, MANDUS Election winners announced
15 Sa		15 Tu		15 Fr	MANDUS AGM 12pm MANDUS vs USyd Rugby (or 8th Sept)
16 Su		16 We		16 Sa	
17 Mo		17 Th	GLOBAL HANDS Maternal and Child Health Night	17 Su	
18 Tu		18 Fr		18 Mo	
19 We		19 Sa		19 Tu	
20 Th	GLOBAL HANDS Code Green Clean UP Day, RANDB 'Kings Cross ER' Speaker Night	20 Su		20 We	
21 Fr		21 Mo		21 Th	
22 Sa		22 Tu		22 Fr	
23 Su		23 We	ROUNDS/SOMS MED 2 Rural Trauma Week	23 Sa	
24 Mo		24 Th	ROUNDS/SOMS MED 2 Rural Trauma Week	24 Su	
25 Tu		25 Fr	ROUNDS/SOMS MED 2 Rural Trauma Week	25 Mo	
26 We		26 Sa		26 Tu	
27 Th	CULTURE CLUB - Open Mike Night	27 Su		27 We	
28 Fr		28 Mo	GPSN Mock OSCEs	28 Th	
29 Sa		29 Tu		29 Fr	
30 Su		30 We		30 Sa	
31 Mo		31 Th	SANDUS Anatomy Trivia Night		

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