

[KYPHOSIS]

AUTUMN EDITION 2019



Good notes, good practice, good defence

The quick brown fox jumps over the lazy dog

The quick brown fox jumps over the lazy dog

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THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG

The quick brown fox jumps over the lazy dog

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KYPHOSIS

The biannual medical student magazine—proudly published on behalf of MANDUS, the official representative student body for the Notre Dame School of Medicine, Sydney.

MESSAGE FROM THE KYPHOSIS EDITOR

Dear Reader,

As the editor of the first of this year's two installments, I would like to say, "Welcome to the 2019 Autumn Edition of your favourite student magazine, Kyphosis!"

This edition aims to catch you up on what has been happening within the Notre Dame community and its encompassing committees. I am also very excited to introduce you to many new sections that vary from educational to just plain entertaining.

Firstly, I would like to acknowledge and show my appreciation to all the individuals who have submitted an article or provided content for this edition. Without you, your contribution and support, the magazine would not be the fantastic piece that it is.

Special mention must go to last year's publications representatives, Melissa Wehbe and Laszlo Kenny for the creation of this fantastic new-look Kyphosis, something that I have continued to build on this year. In addition, another special mention must go to Jennifer Alder for all of her assistance behind the scenes and helping me to make this edition the biggest to date.

Finally, Abdul Alcheikh, Director of Cottage Printing & Stationery, fellow ND student and the master behind the printing of this magazine, thank you for continuing to provide your standout service to us. It is much appreciated.

I hope that you love reading the magazine as much as I did creating it! Please feel free to share the online Kyphosis link with family and friends and show off our amazing community!



Enjoy,

Marie

Marie Rattenbury
Editor, Kyphosis Autumn Edition

The publishing team would like to acknowledge the expertise and brilliant work of our Graphic Designer: Hykie Breeze.
Visit: hykiekwong.com

Cover Photo: Ekua Brenu

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MESSAGE FROM THE DEAN

of Notre Dame Australia (SSUNDA). This society was founded by two Year 2 students, Anita Skaros and Marie Rattenbury, with the aim of bringing in more specialty specific opportunities and pathway information nights for interested students. Anita and Marie have an article about SSUNDA in this edition of *Kyphosis*, along with their plans for the year.

At the NSW Women in Medicine night on 10 April, I was delighted and proud to find several Year 2 students from UNDFEM in attendance along with a number of our alumni and clinical teachers. The event organisers were also two of our wonderful alumni, Bella Williams and Helena Obermair. So whatever your interests are, I recommend you get involved.

In early April, the University held its third Graduation Ceremony at the Sydney Town Hall for graduands from Medicine and other faculties. It is always a proud moment for me to see our Medicine students graduate and take such pride in joining the Notre dame medical community.

The Year 4 MD students in Sydney and Melbourne will be presenting their MD Project posters in late April and early May. I would like to congratulate (in advance) all the students involved and also give my sincere thanks to the many academic staff from across all Clinical Schools who are supporting the students with their MD Projects. We are looking forward to receiving the Final Reports in June!

On Sunday 24 March, we held an Information Day for prospective applicants many of whom had sat their GAMSAT exams the previous day. It is always great to meet excited and passionate potential students taking the time to come and listen and learn about our School and the MD program. Thank you to the students who volunteered their time to act as tour guides and panelists for the Q&A session—you all did a wonderful job. You were great ambassadors for the School and gave excellent advice to the prospective students. We will hold another Information Night in late May, so please let Susan Jones know if you would like to enlist.

Finally, as we progress toward mid-year examinations, my advice is to stay focussed and up to date, work together well in your groups, and speak to your tutors or year coordinator if you have any concerns or need extra help—earlier is always better. Eat well, exercise and get good sleep!

Enjoy the rest of your year and good luck!

Professor Christine Bennett AO
Dean, School of Medicine, Sydney

Welcome to 2019.

It is always exciting to meet the new Year 1 students each year and this year was no exception. We are proud of the diversity of the students we welcome to the School with so many different professional and cultural backgrounds creating a rich learning environment and experience. Every student has 'a story' and we will enjoy getting to know each of you over coming years.

One of the School's special traditions for Year 1 students is the Blessing of the Hands which was held on 1 March and is a highlight on the academic calendar every year. For a third year in a row, we were very fortunate to have The Most Reverend Bishop Richard Umbers help us celebrate this very special event. I particularly enjoyed having the opportunity to meet your family and friends. They were without exception deservedly proud and very excited for you.

Welcome back to our year 2, 3 and 4 students continuing the journey through the medical program. As we approach the end of the first Semester, I hope you are all on top of your studies and enjoying the program, working cooperatively with colleagues and supporting each other.

I am delighted that so early in the academic year we already have much to celebrate!

In the sporting arena, there have been some wins and some courageous battles. Sadly this year we were defeated in the annual cricket match by The University of Sydney. However, we were victorious for a second year running in the ND Gift run which is held by SAUNDA, and once again held supremacy in the pool with a very convincing win in the swimming against USyd on 26 March.

Team Philippines held their fund-raising dinner in late March. They managed to raise \$350 which is a great achievement. The team will be visiting Caluan again this year—once in July and again in November. Congratulations to all those involved in this collaboration with St. Barnaby's, Broadway which has been in place since 2013.

A new MANDUS initiative this year is the creation of the Specialty Society of the University

PRESIDENT'S ADDRESS

In 2019, I have the privilege of serving our medical students as the MANDUS President. Firstly, I would like to thank my predecessors for their hard work in growing and nurturing the MANDUS community and for the vibrant culture they have instilled. Secondly, I would like to acknowledge my team who have worked tirelessly behind the scenes in supporting and building the MANDUS community. The diverse MANDUS community is one I am extremely proud to represent: their accomplishments, both individual and collective, continue to astound me.

My mission as MANDUS President this year is to build upon the student experience, create more platforms for students to engage in extracurricular and vocational learning, and ensure the health and wellbeing of the cohort is supported. This is in the spirit of the Society, and supports the University's mission of training excellent doctors.

To achieve this, MANDUS has outworked several plans to foster the medical student community. A few noteworthy projects that I would like to share with you include:

i) The creation of two new sub-committees

a) **SSUNDA (Specialty Society of the University of Notre Dame Australia)**. Despite the establishment of other pre-existing societies, including surgical, research and paediatrics, there was still an unmet interest from students to learn about other areas of medicine that did not quite fit into these categories. The aim of SSUNDA is therefore to highlight these interest areas by engaging colleges, esteemed speakers and alumni.

b) **UNDFEM (University of Notre Dame for Equality in Medicine)**. Established in 2018, this group continues to work hard in breaking down barriers in inequality in medicine by advocating, educating and sharing the experiences of marginalised groups of health professionals and patients.

ii) Alumni working group

An alumni program has been prioritised in 2019. We have formed a working group and plan to contact all previous students in creating an alumni database. (If you are reading this – feel free to get in touch with us!) Long-term goals involve celebrating the achievements of previous graduates, creating a mentoring program, having a way for past and current students to contact each other, exploring research opportunities and developing social events for networking.

iii) University Collaboration

a) **Local Medical Societies**. We are in the process of exploring how we can build relationships and possibly co-host or share events with other universities in the future. This includes the University of Sydney, the University of

New South Wales and the University of Wollongong. This collaboration would be beneficial for Notre Dame medical students in assisting them network with their future colleagues.

b) **Notre Dame Fremantle**. Starting shortly, we will be trialling the use of a new question bank with our Notre Dame Fremantle medical school. This will allow us to share student made questions and help with exam preparation. We hope that this shared project will open the way for many MANDUS and MSAND (Fremantle Medical Student Society) collaborations in the future.

c) **University of Notre Dame Sydney Clubs**. Lastly, and most importantly, we have changed the way we engage with other clubs and societies on campus. As such, we have already partnered with Vinnies (a social justice club) and the Nursing Society, through opening our conference nights and social events to their members. It is our hope that this collaboration will not only be beneficial for medical students but other future health professionals too.

I wonder what MANDUS will look like in the future. Our medical community has achieved so much in such a short period of time and there's so much more to come.

iv) Online engagement

As speaker nights are generally held at the Darlinghurst campus, accessing these talks can be difficult for some, especially for our colleagues in Melbourne and the rural campuses. Therefore, we have begun to record speaker nights so that these resources can be utilised by all and allow our students and alumni to listen, learn and engage with speakers remotely. Please subscribe to our new YouTube channel.

Finally, business talk aside, each year the School of Medicine Sydney works hard to ensure the health and wellbeing of all our students. MANDUS works alongside the School of Medicine Sydney to complement this work. In that sentiment, we hope everyone has a productive, healthy and happy year! On behalf of MANDUS, I wish you all a successful year! Should you ever need anything, my team and I are always here to serve and assist you.



Louis Charalambous
MANDUS President 2019



GOLDEN SCALPEL GAMES

Notre Dame wins the Golden Scalpel Games for the third year in a row!

By **Eloise Birbara**

In October 2018, I had the privilege of leading the Notre Dame team to victory in the HETI Golden Scalpel Games. The pressure was on, as we wanted to keep the winning streak going!

We trained eagerly, meeting weekly at the Auburn Clinical school to prepare for the competition. We were coached by the winning team from the previous year, surgeons at Auburn Hospital, and some of our resident ND physios.

On the morning of the competition the whole room was buzzing with energy! Everyone was so excited to be there. There were seven teams competing on the day, each from a different medical school in New South Wales.

We were tested on laparoscopic skills, laparoscopic anatomy, suturing technique, wound management, plastering and fracture x-ray interpretation, resuscitation in trauma, and preparation for surgery. Preparation for surgery was a new station in 2018, and involved working through the pre-surgical checklist, obtaining consent from the patient's loved one, and sterile draping technique in preparation for surgery.

Our star performance was in the trauma resuscitation station, where we went through our DRS-ABCDE, used closed loop communication and successfully stabilised our 'patient' for surgery.

In the end we came in first place, beating USYD by 17 points. Our success was due to preparation and collaboration. We drew on the learnings of our predecessors and played to each member's strengths.

It was a great day! I would highly recommend getting involved to anyone who likes a bit of competition and an excuse to practice their surgical skills!

Team members of the victorious Golden Scalpel Games included: Karrar Bohreh, Gabriel Sanchez, Paul Satouris, Vlad Danalia, Matthew Verheyden, Daniel Madani, Zoe Wood and Eloise Birbara.

Eloise Birbara – Team Captain 2018 Golden Scalpel Games, Med 4 Student



*Back row: Karrar Bohreh, Gabriel Sanchez, Paul Satouris, Vlad Danalia, Matthew Verheyden, Aleksandra Klimova.
Middle: Eloise Birbara. Front: Daniel Madani, Zoe Wood*

AN INSIGHT INTO THE CLINICAL YEARS

Currently overwhelmed with the citric cycle? Hoping you remember to ballot the kidneys in your GIT examination? Praying your wet-lab tutor doesn't pick you to name the obscure nerve they're holding (or is it a vein?!)?

By **Claudia Hadlow**

I'm here to tell you not to worry. While your first few years can feel overwhelming and content-heavy, they truly give you the skills and knowledge you need to ensure you are a valuable member of the hospital teams during your clinical years.

On that note, wondering what the clinical years entail? I've answered some of the questions I get asked about my experiences, and hope they help to give you a feel for what life is like beyond Blood on the Road!

What do you do in your clinical years?

Clinical years are obviously all about getting practical medical experience. In third year, you will do obstetrics & gynaecology, paediatrics, psychiatry, GP, two surgical and two general medical terms. In fourth year, you will do ED, ICU, anaesthetics, a rural rotation, two surgical and two general medical terms. You work in clinical environments as part of medical teams, alongside consultants, fellows, registrars and interns.

Does where you get placed impact your learning?

I've been placed at St. Vincent's for both my clinical years. While there are some differences in how structured the clinical programmes are at different clinical schools, I would say that no matter where you are placed, you will end up learning the same things as your peers and have equally great, although often different, experiences.

What are some highlights of your clinical times?

1. Being the first assist in for multiple night-shift caesarean sections
2. Assisting in emergency trauma resuscitations
3. Sitting in on incredibly personal and heavily emotional family meetings on my palliative care rotation



4. Simply having the opportunity to finally apply all the skills that were learnt throughout CCS in first and second year. Including, but not limited to, cannulating, taking bloods, suturing open lacerations, adequately ventilating patients with bag-valve masks and even intubating

The best part about clinical years is realising that you're not just a student but an important member of the medical profession. You are both respected and appreciated by patients and their families, as well as the teams you work with.

For now, be present in the moment and enjoy all the new things you are learning, the people you are meeting and the amazing opportunities you have to attend speaker nights and events. Blink and you'll miss it! Fourth year comes around sooner than you'll believe.



IN CONVERSATION WITH BRITTANY JASPER

4th Year Notre Dame Medical Student & National Co-Chair of PVOGS ANZ

Interviewed by Jennifer Alder | 12th April 2019

Brittany Jasper, 4th Year Medical Student, tells us about her role as National Co-Chair for the Pre-Vocational Obstetric and Gynaecological Society of Australia and New Zealand (PVOGS ANZ), which recently held its annual 2-day National Women's Health Conference at UNSW. In her first two years of medicine, Brittany was involved with Global HANDS and AMSA, and after taking a year off in between 2nd and 3rd year to work for an NGO in Borneo, returned to complete years 3 and 4 whilst also taking on the 2-year term as National Co-Chair for PVOGS.

Brittany has extensive experience working for non-profits in India, Pakistan and Indonesia prior to medicine and during her degree. Fun Fact! She met her now husband, an Environmental Scientist, on her Social Justice Project (!!) in first year, during a project with a Conservation NGO in Indonesia.

What did you do before Medicine?

I studied a Bachelor of Biomedical Science in Anatomy, and then studied English Literature and Politics. I also worked overseas for a couple of years for some NGOs in India, Pakistan and Indonesia. I worked in India at an internally displaced people's camp for 6 months for an NGO called EduCare, doing public health education and health promotion—I saw firsthand the inequity in health, especially for women which inspired me to pursue medicine and women's health.

Can you tell us how you got involved with PVOGS?

I found out about PVOGS through Facebook when they were advertising for the new committee. At the time I had deferred a year of med school and was working in menstrual hygiene education in Borneo. During this time, I became interested in Women's Health and saw this opportunity on Facebook and applied.

What was the inspiration behind the founding of PVOGS in 2015?

The Pre-Vocational Obstetrics & Gynaecology Society of Australia and New Zealand (PVOGS ANZ) is an organisation that engages with junior

doctors and medical students with an interest in the fields of obstetrics, gynaecology and women's health. In particular, addressing the gap between finishing medical school and starting specialist training.

Supported by and affiliated with The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG), PVOGS works to provide its members with opportunities and resources to facilitate their pursuit of a career in women's health, through conferences, workshops, podcasts and educational resources.

What has PVOGS achieved in its first few years?

PVOGS started in 2015 as a relatively small interest group and has progressively gotten bigger. PVOGS ANZ is a national committee, basically the umbrella organisation under which there are PVOGS groups for each state and territory in Australia, and for New Zealand. Across the national and state and territory groups, including hospital representatives and university representatives, we have over 100 PVOGS volunteers.

Our ongoing national initiatives include:

- Annual 2-Day PVOGS National

Women's Health Conference

- 1 Day Pre-Annual Scientific Meeting Workshop, in association with the RANZCOG ASM

- Menstrual Hygiene Drive: last year the products were donated to the organisation 'Share the Dignity' who donate sanitary products to women and girls in homeless and domestic violence shelters. This year we are supporting the 'National Aboriginal and Torres Strait Islander Women's Alliance (NATSIWA)'. The packs were sent to Alice Springs and delivered to rural communities around Uluru.

- We have also developed several ongoing educational and career resources including:

- Podcasts: with interesting clinical cases and conversations with inspiring O&Gs

- Electives Database on www.pvogs.org where students can look at O&G electives around the world.

- Bi-Annual Magazine & monthly email newsletter which details what's been going on at PVOGS events, upcoming O&G related events, RANZCOG events, interesting research articles as well as member-submitted interest articles.

On top of these Nationwide events, each PVOGS state group runs their



own events including practical workshops, speaker nights, careers in O&G nights and even fun runs.

What has it been like working alongside your Co-Chair Jana Pittman and the team?

Jana and I have worked together closely for nearly 2 years and it has been nothing short of amazing! We bounce ideas off each other really well and get along like a house on fire. She is also #1 on my messenger call list, even before my husband haha! In addition to that, we have an amazing executive team, and each member of our executive brings so much to the team—they all work so hard and pour their heart and soul into PVOGS.

There are also many current and ex-Notre Dame medical students within the leadership of PVOGS at both State and National levels. In the National Executive team, Helena Obermair is an Academic Officer and Ben Maudlin is in the Treasury Team. In the NSW State Group, Samantha Carr is the current NSW Co-Chair and Katie Goldman is the University of Notre Dame Sydney Representative.

How do you think your role in PVOGS has helped your future career?

Being involved with PVOGS has been amazing—mostly in that you are surrounded by so many incredible and inspiring people that push you forward, both women's health experts at the top of their field as well as fellow team members. It has been really useful in finding out the different pathways you can take in women's health, be it O&G, GP O&G, Sexual Health Physician or Perinatal Psychiatry to name a few. There's so many options out there where you can make a real difference in the lives of women.

In addition to this, I've been privileged to be able to meet so many inspiring and engaging people who are also great mentors. In particular, current RANZCOG President Dr Vijay Roach is such a fantastic role model. He is approachable, humble and honest. I always remember the advice he once gave to a packed auditorium at our first conference: 'when you're looking for a specialty you need to surround yourself with the people in that specialty and think, are these my people?'. I've never felt so sure of that by the passionate and caring community in O&G.

At the completion of your 2-year term as Co-Chair, what are the next steps for you?

At the moment I'm really looking forward to doing my elective in gynaecological-oncology at Cambridge University in the UK. After that, it's getting through internship...and going from there!

What's your advice to other medical students?

Just because you're in medicine—you're not on a hamster wheel. It's okay to take breaks and do what suits you. Get involved with student organisations, especially in your first and second years of medical school as this is when you have the most time. Go to all the conferences you can (blatant plug: especially PVOGS), go to GHC, don't worry about planning for the future too much and just enjoy med school, it will be over before you know it!

Further info:

- Applications for the National Executive Open June-July 2019 - PVOGS ANZ will be taking Applications for 2-year term positions on the National Executive team
- NEW! RANZCOG Prevocational Pathway (PVP: this is a new initiative for junior doctors to do before applying for the FRANZCOG training program. More info on the RANZCOG website.
- Interested in finding out how to get on the O&G training program? PVOGS has a podcast with RANZCOG about how to get onto the training program, including a chat about specifics with someone in the know.
- Head to our Website www.pvogs.org for more info or check out the Facebook page 'PVOGS: Pre-Vocational Obstetrics & Gynaecology Society-AUS & NZ'

CALVARY PRIZE WINNER

Five minutes with Joshua Chew

The Calvary Prize recognises a first year medical student who demonstrates outstanding personal and professional development in Medicine. Announced earlier this year, the 2018 Calvary Prize winner was **Joshua Chew**.

Potential prize winners are first nominated by their peers, then shortlisted by tutors. Finally, the top candidates are then assessed by a staff committee based on selection criterion such as their ability to demonstrate respect, compassion, professional behaviour and high achievement in the Personal and Professional Development Domain. The prize also recognises an individual who has made an outstanding contribution to the School of Medicine and its community.

We caught up with Joshua to ask him about his achievement.

What was your reaction when you were named the Calvary Prize Winner?

I was quite surprised and humbled when I won the award! There are so many exceptional people in my cohort and I'm certain that there were many deserving candidates for this prize. Prior to being announced, I was filming the presentation on my phone expecting one of my mates to win.

What does winning the Calvary Prize mean to you?

Winning the Calvary Prize is quite meaningful to me because it stands for authenticity and compassion. To be acknowledged by my peers and the staff of the School of Medicine is an

incredible honour. Every day, I strive to see the best in all people, whilst showing them genuine respect and kindness. It was a great honour to be recognised for this. I'm also grateful for the anonymous donors of this award—thank you for your generous contribution!

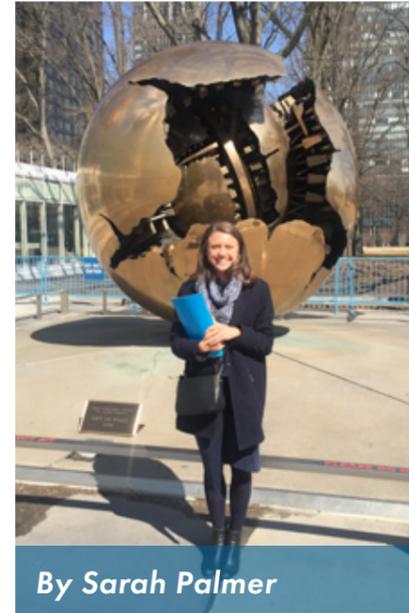
Why is it so important to you to be compassionate and kind?

I think we sometimes forget the importance of the interactions we share with those around us. Being authentically compassionate and kind doesn't cost us anything and yet we can dramatically improve someone's day through a kind word or uplifting conversation. People are all around us, we just need to engage them.

Joshua is well known around campus for his outgoing personality and kindness to all, so we decided to ask a few of his fellow classmates what they thought of his achievement:

"It was a very well deserved win! He is forever going out of his way to include people and be friendly."

"An obvious choice!"



By Sarah Palmer

UNITED NATION'S COMMISSION ON THE STATUS OF WOMEN

It was an honour to have had the opportunity to attend the United Nation's 63rd Commission on the Status of Women (UNCSW 63) with 22 of my peers from UNDA. A week filled with events at the UN Headquarters, side events sprinkled throughout New York City as well as various networking events organised by Professor Gabrielle Casper, Head of Obstetrics and Gynaecology at UNDA.

The theme for this year's UNCSW 63 was "social protection systems, access to public services and sustainable infrastructure for gender equality and the empowerment of women and girls". It was great to be able to better understand the complexities and importance of putting a gender lens on the issues of social protection.

The highlights for me include:

Private meeting with Dr Jillann Farmer, Medical Director of UN Medical Services Division.

Dr Jillann Farmer grew up in Rockhampton, QLD and was the classic country kid at medical school in Brisbane. Throughout university she was involved in the student union and after graduating she worked with the Medical Board of Australia, Medicare and Queensland Health. Although Dr Farmer has an incredible job heading up the Medical Services Division of the UN, a role she has been in since 2012, there was nothing particularly incredible about her journey to get to where she is today. Her journey was simple - she used the skills that she had, followed her passions and curiosities and, made the most of the

opportunities that were put in front of her. I think this is great advice for us as young medical students that we should keep in our back pocket throughout our careers.

Non-Government Organisation Health Committee side event: Subsistence farming and multi-sector support for social protection of nutrition.

This side event featured a Rwandan non-government organisation, Kuzamura Ubuzima, who grow and harvest organic food for hospitalised patients in Rwanda. The food is often given to breastfeeding mothers of neonates to enable the mothers to produce the quality and quantity of breast milk required by the neonates to thrive and survive. It was amazing to hear about the wonderful work of

this organisation and their efforts to break the cycle of malnutrition and eliminate poverty amongst vulnerable hospital patients.
<https://kuzamuraubuzima.rw/>

The key take home message for me was that "if you're not at the table, you are on the menu". As a woman, and a future health professional, it is important to be a part of the conversation and do whatever we can, with the skills that we have, to advocate for equality in all its forms. Attending UNCSW63 was an amazing opportunity that I would highly recommend to all students, male and female. It was inspiring to hear about what large corporations, small non-government organisation and individuals are doing to make the world a better place.



Close the Gap Conference

By Rose Clarke and Grace Hay

UNDS recently had 26 delegates travel to Canberra for the annual ANU 'Close the Gap' conference. We all breathed in some fresh country air as we drove to the country's capital to join other medical and nursing students in two days of learning about Aboriginal and Torres Strait Islander Health and how we can work towards becoming culturally competent health professionals. We heard from some amazing speakers, engaged in cultural awareness workshops and saw some beautiful Indigenous Art when were given a private tour around Drill Hall Art Gallery.



Leadership and Collaborative Research Conference

By James Isaac

On Saturday the 30th of March 2019 Andrew Youssef and I attended a Leadership and Collaborative Research Conference hosted by the Australasian Students' Surgical Association. We had the opportunity to meet a variety of surgeons who have demonstrated sacrifice and service throughout their careers, two virtues that are integral to great leadership. We also networked with medical students from across Australia and New Zealand.



Life as a Clinician Scientist Symposium

By Melad Farraha

The inaugural 'Life as a Clinician-Scientist' Symposium was held in Sydney, an excellent day filled with talks from senior clinician-scientists sharing their life stories and how they came to possess the invaluable skillsets to solve the clinical questions of our generation. There were high calibre speakers from the fields of paediatrics, general practice, nephrology, ophthalmology, neurology, dermatology, cardiology, and surgery. The sessions provided excellent insights for us first years on the importance of using research to advance clinical treatment and care. Definitely an event to look out for in the future.



National Rural Health Student Network Council

By Ebony Serone

The National Rural Health Student Network had their first Council meeting of the year in Melbourne, which brought together the Rural Health Club leaders from around the country to network, form plans for the year and learn from each other. It was fantastic to be surrounded by motivated and inspiring individuals.

PVOGS National Women's Health Conference 30th-31st March 2019

By Jennifer Alder



At the end of March several Notre Dame medical students attended the PVOGS National Women's Health Conference. In addition to inspiring panel discussions and talks from the heavy weights in O&G, we were spoilt for choice in terms of workshops ranging from ultrasound and obstetric skills to suturing and laparoscopic surgical skills. To top it off we had the opportunity to dine with fellow students and junior doctors interested in O&G and women's health on the Saturday night, and hear from Guest Speaker & RANZCOG President Dr Vijay Roach.

Women in Orthopaedics Workshop

By Marie Rattenbury & Stephanie O'Connell

Are you a female medical student interested in a career in orthopaedics? If so, we would highly recommend attending any future Australian Orthopaedic Association (AOA) OWL workshops! During the workshop medical students were able to perform an external fixation and an open reduction internal fixation, along with learning arthroscopy skills and plastering. Concluding the session was an informative Q&A with over 20 male and female orthopaedic surgeons. It was reassuring to see how supportive the AOA is towards promoting women into the vocation and as a result, we both would definitely consider it as a future career path.



Women's & Children's Health Update – GP Conference

By Lauren McDermott

On Saturday 23rd February a group of students attended the Annual Healthed Women's & Children's Health Update. The day was a fantastic opportunity to hear from speakers on a broad range of issues. In particular the sessions on anaphylaxis management, endometriosis and cervical screening were great learning opportunities. As students we had the opportunity to network with other GP's, experience the wonders of a trade show and be exposed to new research. Special thanks to Healthed and Dr Bachmayer for this excellent opportunity.



STRADBROKE ISLAND

By Rose Clarke

I was fortunate to be given a scholarship as part of the John Flynn Placement Program, an opportunity that puts me with a mentor in a rural location for 2 weeks a year for 4 years. Even more fortunate, I was placed on Stradbroke Island in Queensland!

As November 2018 rolled around, I was off on my first adventure with little information other than a flight booked to QLD and a suitcase full of what I considered the essentials - a few clinical outfits, lots of swimmers and of course, a stethoscope...

I simply had no idea what living or working on an island would be like. After a year of medical school, a year packed with information nonetheless, I was somewhat concerned about my lack of clinical experience and limited patient interaction that we had gained from our Foundation Year. However, within 2 hours of my orientation day, these fears and concerns were quickly replaced with nerves as my mentor had assigned me a patient to triage myself. I was asked to assess, clean and redress a patient's diabetic ulcer on her leg. Which in the medical profession is simple bread and butter stuff. However, for me, this was an eye opener. I had been given the freedom and entrusted with the confidence to be able to look after my own patient. I realised then for the first time that I am in fact training to become a doctor, and no longer an observer or an assistant. While my decisions on JFPP are not going to be over life or death, for the first time I was being questioned what I would do next and what I understood about the diagnosis of each patient. Throughout the week, these experiences grew and grew. I was triaging patients when they arrived, taking their medical histories, ECG, blood pressure and doing examinations - Respiratory, Upper and Lower Limb Neurological, Breast Examinations and Skin checks. I was even able to assist in certain procedures such as venepuncture, cryotherapy and skin cancer excisions.

Outside the Surgery, my experiences were even more diverse. From 4WD on the beach, to participating in the Oyster Festival Competitions, to snorkelling and swimming with various marine animals to hiking through the bushlands. I was also extremely fortunate to be given a tour on the Goompi Trail by one of the local Indigenous men and to learn about the Quandamooka people and traditional bush medicines. This helped me develop a greater understanding and appreciation for the Island's rich Aboriginal history and current large Aboriginal population.



It truly was an incredible opportunity that has exposed me to the diversity of cases rural doctors face and the confidentiality and privacy issues that come with living in a remote Island community. But more importantly, it has allowed me to become part of the Straddie Community.

DALBY

By Teilah Huth

For my John Flynn Placement, I spent two weeks at Dalby General Hospital, which is three hours drive west of Brisbane in rural Queensland. The hospital has an emergency department (ED) with six beds, an acute ward with 22 beds and two beds in the maternity section for delivery. My mentor, Dr Denzil Daniels, is a rural generalist and after my orientation and seeing the services that were offered at the hospital, I knew that I was going to have a diverse exposure to rural medical practice. I had not previously spent any time as a medical student in a hospital, and I appreciated the time that Dr Daniels and his staff spent showing me how the hospital was run as this was all new information to me.

As a small rural hospital, every day I was fortunate to be able to spend time on the ward, in the ED and in the maternity wing if a birth was occurring. This allowed me to see the range of skills required by rural doctors so that they could cover patients across all areas of the hospital. The exposure to the clinical situations was invaluable and I had one-on-one teaching with my mentor and the other doctors in the hospital. I saw multiple births, suturing, vaccinations, paediatric management, trauma



management after car, motorbike and workplace accidents, myocardial infarctions, pre-natal clinics, dialysis clinics, bone fractures, appendicitis, bowel obstructions, metastatic cancer presentations and an emergency operation in the theatre. I also had exposure to the specialty area of retrieval medicine, which until being in Dalby, I was unaware of. Critically ill patients are dependent on this service in rural areas and I saw a number of patients be evacuated to Brisbane by helicopter. I was able to observe the handover to the retrieval doctor and then see the patient be loaded into the helicopter for transfer.

A highlight of the experience was having the opportunity to take histories and complete examinations on the patients in ED under the guidance of Dr Daniels. At first, I was very nervous completing these tasks, but as I put into practice all that I had learnt over the year, I was excited to be finally able to use my skills in a clinical setting with real patients. As I will complete another six weeks over the next three years in Dalby, I look forward to being able to participate in more aspects of patient care as I continue my medical training.

ROCKHAMPTON

By Emma Smith

I recently completed my first JFPP placement at Rockhampton (Rocky) Base Hospital under the mentorship of Dr. Khadri (Clinical lead-Emergency department). Rocky is a regional city in Central Queensland, 636 kilometres NW of Brisbane and fondly referred to as the Beef capital. I never could have imagined how many skills and experiences I would obtain and encounter during this 10 day period. Being a first-year student, any placement was going to be a fast learning curve however nothing could have prepared me for this.

At the beginning of my placement, we implemented some great structure and I would recommend all students to do the same. I planned to rotate between the different areas of the department daily. This would allow to me to see different presentations and work flows but also shadow many doctors at varying levels of training. Secondly, I sat down with my mentor and set objectives for the first placement. On my first day I was asked to retrieve a patient from the waiting room and do the history. At first, I thought- me? I have never done this on a real person? But I quickly learnt how important it is to find confidence in the skills learned at university. I also swiftly became comfortable with the uncomfortable. By the end of the week I was managing "simple", ED presentations under

the guidance of the SMO. An example of such would be a history, exam of a wound and suturing it or a simple history, examination and cannulation. Skills that I practiced during the week and became much more comfortable with included cannulation, intramuscular injection, suturing, many systems' exams and histories, patient management from admission to discharge or transfer, investigation requests and the referral process. I also observed catheterisation, fracture reduction under sedation, foreign body removal from the eye, cardiac chest pain management and regional site management of CVA and MI.

Besides the medical skills acquired during the time, I learnt a lot about the challenges of regional/rural medicine. Rocky is a retrieval site, meaning many patients had travelled large distances to see a health care professional. Stressors affecting the lives of these patients were also greatly different to those of patients treated in suburban medicine. All of this must be considered when taking a holistic approach to management. It was devastating to see and assist in the management of the current ICE epidemic affecting many parts of regional and rural Australia. In this part of Queensland there are also many labourers, mine and farm workers. This means that many ED presentations are trauma or injury related. I learnt a lot from the people of Central Queensland and asked questions of my patients to allow myself to learn more. I spent the weekend visiting the local zoo, botanical gardens and visited the local beaches with my Airbnb hosts. I happened to be in Rocky during the '40 degrees Celsius for 4 days straight' heat wave and catastrophic bushfires. Lastly, the lifestyle of being able to walk home through the quiet regional town, observing the beautiful sunset and enjoying the fresh

air is definitely a lifestyle that all training medical professionals should strongly consider. The tight knit community was also impossible not to love!





SPECIALTY SOCIETY OF THE UNIVERSITY OF NOTRE DAME AUSTRALIA

By Anita Skaros, Chair

This year saw the commencement of Notre Dame's newest society, **the Specialty Society (SSUNDA)**.

ND already has fantastic established groups in the areas of surgery, paediatrics and general practice, however, we felt like there was still a 'gap in the market' for specialty specific exposure. Therefore, we set out to rectify this and give ND students more opportunities to immerse themselves in regions of medicine that are not already included in the scope of these pre-existing groups. The aim of this is to assist students in making the complex decision of which areas of medicine they may choose to specialise in, and provide valuable information regarding the various pathways towards them.

To enable us to achieve this we are aiming to run speaker nights each semester dedicated to those specialties in which the medical student cohort has expressed interest. If possible, the speaker nights would include a consultant, registrar and research fellow in each area. This variation aims to provide an array of experiences and insights into each specialty and may also provide an opportunity for students to ask questions and network with those in any given field of interest. SSUNDA has an additional vision in that we would also like to initiate a better working



relationship with UNDA alumni members and work towards building good ongoing mentor/mentee relationships that would further benefit ND students.

Teamed with our first year representative, Lisa Willenberg, we hosted our first event in April. In front of a full capacity crowd, Craniofacial and

Reconstructive Surgeon A/Prof Mark Gianoutsos, had students on the edge of their seat as he shared amazing real case scenarios and transformations. Later in the semester we will be hosting a dermatology speaker night, leading onto a variety of speakers and researchers from the areas of anaesthetics, emergency medicine, haematology and oncology in semester 2.

We are very excited to provide specialty specific information and accessible opportunities for medical students at the University of Notre Dame and we look forward to seeing you at our future events!



WINS FOR NOTRE DAME SYDNEY AT THE AMSA NATIONAL COUNCIL

By Adrian Kan, AMSA Pre-clinical Rep

The first AMSA National Council of 2019 took place in Adelaide and was undoubtedly one of the spiciest in council history.

The intensity of the debate focused on internal reform, financial restructure, transparency with members and allowed some integral policies to be passed. Moreover, the Notre Dame AMSA representatives and MANDUS president had five sessions where they shared ideas with other universities to discuss ways to continue to improve on the services that medical societies can offer to their students. Altogether this first council meeting was very productive and allowed the voice of the University of Notre Dame Sydney (UNDS) medical students to be displayed on the national level.

Day one of council started with a robust presentation from the AMSA Executive Team about their vision for 2019. This included a heart-warming address from Jasper Lin, AMSA Vice President Internal, who is also an UNDS fourth year medical student. He discussed his aspiration to support all the diverse project groups of AMSA so that they can best deliver opportunities to enhance the medical student experience.

After this address, the intensity of council picked up. There was an unexpected motion from the council floor to conduct a general business meeting to discuss the internal processes of AMSA. This led to insightful debate regarding financial equity when supporting the hard-working volunteers, transparency of the processes of appointing board members and the timely distribution of board reports prior to council. This was a very productive conversation and it will be interesting to see what reforms the Executive Team will bring to the table in the second council.

Regarding policy, it was exciting to discover that UNDS had the largest student engagement in the whole of Australia. In the weeks prior to National Council, there were over 70 medical students who engaged in the Think Tank, which is forum that takes place on the Darlinghurst Campus where students critique the policies up for review at the National Council. The AMSA Clinical Rep, Pre-Clinical Rep and AMSA Global Health Rep had worked hard to make this event happen and it was rewarding to see the high calibre of discussions regarding public health issues.

The AMSA Pre-clinical Rep, the President and the Global Health Rep then represented the perspectives of the student at the national level. Most of our student's suggestions were well received and led to amendments to

the policies up for review. With adjustments, Notre Dame eventually supported the policies on health literacy, sexual harassment, Aboriginal & Torres Strait Islander medical student recruitment, internships for domestic and international students, complementary and alternate medicine awareness, and global access to medicines. Due to the complexity of adopting a soft opt-out system for organ and tissue donation, Notre Dame abstained from this policy.

Considering the above, I am so proud to call myself an UNDS student. It was inspiring to see Notre Dame students holding national leadership positions, such as the Global Health Vice President Georgia Behrens, and was also uplifting to see the richness in the knowledge of our first- and second-year students. The strength of our students meant that the UNDS delegates were influential on the council floor. It is evident that some universities are less vocal than others, and therefore it is incredible to see how much confidence and flare we bring to the table when discussing some of the most difficult topics in Australian and global healthcare.

I hope to see you all in Think Tank 2 (June) and Think Tank 3 (September).

With special thanks to the 1st & 2nd year medical students Think Tank attendees:

- Georgina Chrisp, AMSA Global Health Rep (2nd year)
- Krishna Muralidharan, AMSA Clinical Rep (3rd year)
- Louis Charambalous, MANDUS President (2nd year)



GENERAL PRACTICE STUDENT NETWORK

At orientation day, the provision of slushies provided the perfect escape to the heat and introduced the first years to the General Practice Student Network (GPSN) and the committee. We signed up lots of new members so they could enjoy the rest of our events throughout the year. UNDS GPSN is holding 3 exciting events in total this year.

Our first event was the “Not just a GP” speaker night. We had 5 highly experienced General Practitioners who spoke about their career pathways and lives as a GP. The speakers included current President of the RACGP Dr Harry Nespolon, host of “Embarrassing Bodies Down Under” Dr Brad McKay, Sydney based GP Dr Gillian Deakin who has worked on Antarctica and is author of the book “101 Things Your GP Would Tell You If Only There Was Time”, Dr Richard Stiles a rural GP/Surgeon and Dr Sharnie Wu who is a rural GP Anaesthetist. All five speakers provided much inspiration for us moving forward in our medical careers.

Still to come this year is our PPD/PPH trivia night and Mock OSCEs. PPD/PPH trivia night will be a fun and exciting way to revise what some of the non-clinical content. This is an efficient and interesting way to test our knowledge of these topics and identify areas where we may need to revise prior to our exams.

Also held later in the year, mock OSCE's, is a fantastic event that will be open to 60 first year students. Nursing

student volunteers will play the simulated patient and second year medical students will be marking the scenario. The candidate will have approximately 10 minutes to perform the scenario. The scenario could be a history, examination or investigation interpretation followed by a series of follow up questions. From past experience, this is an incredibly useful formative preparation for upcoming summative exams. We look forward to seeing you at our next events!



Global Hands has had a greatly successful start to the year, welcoming a new committee of first and second years who have organised an exciting schedule of academic and social events.

The Maternal and Child Health Speaker night was a wonderful way to start the Global Health calendar for 2019. A packed lecture theatre (with even some eager UNSW students) was granted the opportunity to hear from Laura Latina, the Women's Health advisor for Medicine San Frontiers and Dr Vijay Roach, obstetrician and gynaecologist and the current president of RANZCOG. Laura left the crowd in admiration of the work of Medicine San Frontiers, as she shared real life perspectives from her work in the field, in particular stories from her recent missions in Jigawa in Northern Nigeria and the Rohingya camp in Bangladesh. It was a confronting, truthful perspective on the realities of international health, the preventable nature of many of the causes of maternal and neonatal death, and the highs and lows of working with MSF. Dr Vijay Roach, then captivated the crowd as he combined humour, wit and anecdotal stories to share his journey to becoming an Obstetrician, and the president of RANZCOG. He openly shared the very personal reasons why he is so passionate about advocating for awareness and support surrounding perinatal anxiety, and his active involvement in the Gidget Foundation. The night left the crowd laughing one moment, and intensely moved the next – a wonderful event, owing to the fantastic speakers and the great turn out of students.

Members of our MANDUS community are continuing our tradition of impressive representation and leadership within AMSA Global Health. This year, Georgia Behrens (Med3) was elected to the executive team as Vice President (External) and Madeleine Otto (Med2) was recently selected as a project officer. Finally, Jennifer Alder (Med2) is helping to organise a stellar academic program for the annual Global Health Conference (GHC). GHC is the

biggest event in the AMSA Global Health calendar and this year it will be held here in Sydney at UNSW's Roundhouse in August. We look forward to seeing a large UNDS crew there!

Global Hands celebrated Harmony Day on Thursday 21st March with plenty of delicious food from cultures all around the world, giving our students a chance to enjoy each other's company over an international table. Thanks to everyone who contributed a plate of food! We ate incredibly well and were overwhelmed for choice in deciding who was the best chef, but congratulations to our lucky Messina voucher winners Odylia and Rayan. Speaking of celebrating diversity and inclusion, Global Hands also took part in the Detention Harms Health march in the CBD on Palm Sunday 14th April, which was 2019's biggest medical student lead refugee march. The fact that there are refugees on our shores being treated so appallingly is shocking, so we are very proud of our students who stood up for the right to medical care and the rights of refugees and asylum seekers worldwide.

Keep an eye out for our upcoming events: Red Party at the end of formatives, Birthing Kit assembly afternoon, Refugee & Asylum Seeker and Gender Equality & Sexual Health speaker nights, sustainability workshop, AMSA Global Health Conference, and a bra drive for the women of the Palm Island yarning circle.



ROUNDS

NOTRE DAME RURAL HEALTH ORGANISATION

By Simon Whelan

ROUNDS has had a rich year so far making waves with UNDS nursing and medical students from all year levels and backgrounds.

We kicked off the year with the 'ROUNDS Amazing Race'—an all-time favourite—building up much excitement for future ROUNDS events. A fulfilling way for students to mingle in a fun, social setting. With ROUNDS members and fellow students positioned at locations all over the glorious harbourside (proving to Brisbanites, Melbournians and the few Adelaideans why Sydneysiders have it best!), 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.

ROUNDS also made an appearance at Med Camp with the much-anticipated 'Emergency Medicine Challenge'. Over 100 medlings tackled 7 mock emergency medical scenarios from melodramatised sporting injuries to snake bites and anaphylaxis to suturing and car crashes.

In March, NSW Rural Doctors' Network dropped by Darlinghurst to hold a 'Scholarship Information Session' for nursing and medical students. A range of opportunities are on offer to increase rural appreciation and heighten exposure with the CWA Bush Bursary, John Flynn Placement Program and the chance to shadow a health outreach provider in rural or remote NSW.

It's been a busy season of conferences with our Co-chair Ebony representing ROUNDS at the National Rural Health Student Conference in Melbourne as well as a number of UNDS students attending the ARMS Close the Gap Conference in Canberra during April. The event allowed students to better their understanding of the complex issues surrounding Aboriginal and Torres Strait Islander health.

Keep an eye out for our many upcoming events. We pride ourselves on the Wagga Wagga Rural Appreciation Weekend and Rural High School Visit - an authentic exposure to rural life; Birthing in the Bush, and the CWA Bake Off, just to name a few!



NSW MSC

NSW MEDICAL SCHOOL COUNCIL

By Elena Harty, NSWMSC Representative

The NSWMSC is the peak representative body for over 5,700 medical students across nine medical schools in New South Wales and the Australian Capital Territory. Last year we were privileged to have **Liam Mason** (our very own 4th year student) sit as chair of NSWMSC and this year we have another of our students show case their skills, **James Gates** (3rd Year), as the IT officer.

For more of NSWMSC happenings, do not forget to follow them on Facebook and Instagram:



As April slowly comes to an end, the following things have happened/ are in the works for the year.

1

NSMSC COUNCIL 1

Council 1 occurred on Saturday April 13. The 9 medical schools got together, and spoke about apt topics and challenges facing medical students today. We spoke on best ways to encourage our own medical students to get involved with policy writing. We discussed issues with internships, and how students who are allocated rural placements should best be supported. Health and Wellbeing was reinforced in this meeting, and a NSWMSC Mental Health funded activity will be run at each university throughout the year.

2

RESEARCH SYMPOSIUM

There are a million pathways in medicine. Every year NSWMSC hosts a Journeys in Medicine Symposium where they bring together a diverse array of amazing speakers that have each had a unique journey within medicine. At this symposium, Notre Dame's own Dr Armando Hasudungan inspired all who attended. From the clinic to public health, from leadership to advocacy, this day features stories to ignite, or reignite passions for all who attend.

3

NSW MSC COCKTAIL PARTY

After a day of networking at the Research Symposium, the NSWMSC hosts a cocktail party to promote socialising with old and new friends in medicine and beyond.



PANDA



James, Aileen & Zack
PANDA Reps 2019

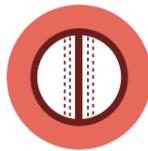
The Paediatric Association of Notre Dame Australia (PANDA) has hit the ground running (or should we say walking) this year! On Sunday 24th March a number of students walked 27km in the Bob Tug Wilson Walk for Kids with Cancer to raise over \$4600 for Westmead Children's Hospital's Cancer Centre! A big success which we hope to build upon next year!

PANDA has also continued our wonderful Teddy Bear Hospital program visiting a number of primary schools in our local community. We have been teaching our young students everything about keeping healthy and staying safe—and of course, how to bandage their injured teddy bears!

We will be maintaining our strong start to the year with a collaboration with Westmead Hospital's Teddy Bear Hospital at the Sydney Easter Show with a number of our students participating in this inaugural event! In addition, we will be having a number of fundraisers throughout the year and some exciting leaders in the world of paediatrics gracing our school for our paediatric ground rounds.

SPORT

By Julie Dao and Samantha Saunders



Cricket USyd vs. UNDS.

Although we did not win the game, we definitely won in spirit.

"At the postcard-sized St Andrew's Oval, Sydney Uni batted first and capitalised on the tiny boundaries reaching 6/228 in 30 overs. In reply, Ben Turner scored a sublime 63 not out sending the ball to all parts of the ground. Mike Cavaye and Miles Greenberg contributed with 21 and 20 respectively as we were bowled out for 142."
- James Healy, Captain 2019.



At **ND Gift**, MANDUS versed all the other Notre Dame faculties in futsal, basketball and dodgeball, and proudly brought the trophy home. MANDUS had great attendance with 20+ players.

We showed Law that if you're going to talk the talk, you need to walk the walk.



Swimming carnival USyd vs UNDS.

Put your fins up! Our swimmers bravely battled the evening chills and got USyd back for the Cricket. Many swimmers were absolute troopers and swam twice or thrice and also were happy to fill in for USyd when they were short on numbers.
#truesportsmanship



Wimblemed saw some heated matches, which got everyone warmed up for the Medfest festivities later on. Kerry Bahlmann versed Sam Saunders in the Med 2 Womens finals, in which

Kerry reclaimed her champion title. Oscar Alexander versed Dave Roberts in the Med 1 Mens final, with Dave winning the match. The Med 1 Mens finals were between Henry K MC and Justin Eltenn, with Henry progressing to the next round. The Med 1 Girls finals did not go through as Lily was not able to attend. Kerry Bahlmann from Med 2 versed Ashley Osie of Med 1, and Kerry came took the trophy home. Dave went head to head with Henry, with Dave taking the trophy home.





RANDA OFF TO A STELLAR START WITH NEW TEAM IN 2019

By Tim Outhred, Chair, RANDA

The new Research Association of Notre Dame Australia (RANDA) committee has hit the ground running with new events and initiatives set to improve the medical student body's engagement in research activity.

The MD degree at Notre Dame is purpose-built to develop the knowledge and skills to become excellent doctors, and with this comes critical foundations in research. In whatever field Notre Dame graduates practice, they will find that they will become leaders and contribute to the knowledge base of that field the further along they progress.

In February, RANDA hosted Professor Gin S Malhi (pictured) at Darlinghurst for an unforgettable speaker night. Professor Malhi spoke of his clinical and research career within psychiatry. His area of expertise is in mood disorders, in particular bipolar disorders. We learnt how his clinical practice informs his research and vice versa, and he provided insights on how we can achieve this highly rewarding mix in whichever field of medicine we choose.

The committee now includes two first years, Rania and Melad (pictured), who have both earned their stripes in research and are set to become excellent clinician-researchers in the future. However, RANDA is for all students at Notre Dame – with or without prior research experience.

Together, with Haissam Faraj (Vice-Chair), RANDA has developed simple research explainers for students from non-research backgrounds, and these have been well received. RANDA will continue to develop appropriate resources for medical students to understand research, why they are doing it, and how to make a start in research as part of their MD.



In March, an impressive contingent of first- and second-year students (pictured) attended the 'Life as a Clinician-Scientist' Symposium organised by the Australian Academy of Health and Medical Sciences at the Kolling Institute, Royal North Shore Hospital. Students heard from Fellows of the Academy and other senior clinician-scientists. They shared their life stories and how they take insights from the bedside and translate them back to improve their patients' care. Speakers were clinician-scientists of the highest calibre and inspired us to follow in their fields of paediatrics, general practice, nephrology, ophthalmology, neurology, dermatology, cardiology, and surgery.

For the remainder of 2019, RANDA has committed to providing the medical student body with further events and opportunities.

I hope that this will continue to be a rewarding year for medical students in their pursuit of research interests.



SURGICAL ASSOCIATION OF NOTRE DAME UNIVERSITY SYDNEY

By Stephanie O'Connell

SANDUS here for all your surgical fulfillment!

The Surgical Society at Notre Dame Sydney have had a busy start to the year and it is set to continue with some wonderful events planned on the calendar to encourage your passion for surgery at UNDS.

So far, we have guided the MED1s through some suturing at Medcamp and held an intensive night of suturing on campus in conjunction with SSUNDA and their guest speaker plastics surgeon A/Prof Gianoutsos. MED1s were able to collaborate with MED2s to get early exposure and advice in suturing and OSCE set up.

We also helped coordinate a group of MED1 and 2 ladies attend an International Women's Day event held at the prestigious Royal Australian College of Surgeons. It was a great night to mingle with highly experienced female surgeons in and around Sydney.

We are currently busy organising the ULTIMATE SANDUS Surgical Challenge on May 2nd in conjunction with ROUNDS, GPSN and MANDUS. It is an excellent opportunity to have early exposure to exam conditions and have some fun at the same time.

Later in the year we will bring you a fantastic line up of speakers for "Women In Surgery" and "Pushing The Boundaries" speaker night, with some more suturing intensives lined up for MED1 and MED2s closer to exams.

The team has also been busy organising an amazing anatomy resource for students that will no doubt be a legacy for years to come. We are really excited about this at SANDUS! It will benefit anatomy wizards and all those dreaming of one day becoming anatomy wizards.

The secret: practise, practise, practise and make it fun. This resource promises to do all of that.

We look forward to an AMAZING year ahead having fun, learning and being inspired by all things surgical!

Keep on SUTURIN'.
SANDUS Team





SOCIAL

By Nathan McOrist

It's truly been a busy start to the year with so many MANDUS social events. From the recent MedFest, all the way back to camp, the medicine cohort at Notre Dame has shown us they know how to let their hair down. Saesha and I have spent a lot of time trying to make these events as enjoyable for everyone and we are glad to hear such positive feedback from everyone.

MedCamp this year was held once again at Camp Wombaroo in the Southern Highlands. The first night kicked off with trivia which gave the PBLs a chance to get to know each other for some essential team bonding. It was a tough set of questions but resulted in three-way tie; a karaoke sing-off was needed to separate the best, which saw PBL C emerge victorious. The next day, ROUNDS hosted an amazing emergency challenge which saw a lot of teamwork through a variety of emergency situations such as burns management, anaphylaxis and insect bites. A big shout out to our wellbeing representative Alister Turbayne for setting up an amazing water slide after the challenge. The night was capped off with 'Saturday Night Fever (Fever)' where the music was pumping, and dance floor was rocking. All-in-all, it was a great weekend to start the tough year ahead.

On Friday the 5th, we held our annual MedFest night which gave the first years and second years a chance to get to know each other. The night began with the WimbleMed finals which we're a blast (sport reps with more deets). From farmers to denim doctors, the students dressed up in a theme around their PBL letter. Each PBL went head-to-head in some very difficult trivia questions. If the competition wasn't already hot enough, a karaoke competition was sure to separate the best of the best. Eventually PBL J emerged victorious winning themselves some free coffee at Pusher. But the night was not over. Everyone jumped into their MANDUS scrubs for a 'scrub crawl' down Oxford Street. We were warmly welcomed by the nursing society in their scrubs which gave us a chance to catch up with our fellow medical professionals, making some good friends along the way.

We currently have a few more events in the works but our main event for the year, MedBall is pencilled in for the 17th of August. We look forward to seeing you all there!

TEAM PHILIPPINES 2019

By Mitchell Redston & Aileen Li

Team Philippines is well underway for 2019! With the July trip only a few months away, we've already started raising funds for the Calauan community, where we'll continue to assist with providing medical treatment for the local people and maintaining community projects.

We recently hosted another successful Team Philippines 2019 Fundraising Dinner on Thursday 21st March.

The night began with a vast array of delicious traditional Filipino food. Students then heard about the history of Team Philippines from A/Prof Charlotte Hesse, along with the experiences of recent UNDS graduate and current RNSH intern, Dr Samantha Carr. We finished the night with dessert and casual discussions between attendees and the current Team Philippines members and doctors.

We'd like to thank everyone for taking time out of their busy schedules to attend the dinner and for their generously donations, as well as returning Team Philippines members who assisted with setting up this wonderful night! We'd also like to thank Jarryd and Clare for their guidance and the smooth transition to the new committee.

In other news, we are very excited to have received plenty of interest for this year's trips, and we've been inundated with applications from both MED1 and MED2! We look forward to reading these applications and meeting the new members for 2019. There will be further fundraising events before the July and November trips, so keep your ears open for things happening around uni!

If you are interested in helping support this initiative and the Calauan community through donations, we encourage you to visit www.teamphilippines.org or our Chuffed fundraising page. We've included a few photos from last year's November trip to get you all excited!



UNDFEM

UNIVERSITY OF NOTRE DAME FOR EQUALITY IN MEDICINE



WHO WE ARE

UNDFEM (University of Notre Dame For Equality in Medicine) is a MANDUS sub-committee that focuses on raising awareness surrounding equity in the medical profession. We are a group of 8 dedicated students who are passionate about inciting progress and promoting equality in the workplace. We endeavour to celebrate and promote all narratives of diversity in the workforce, including gender diversity, cultural and racial diversity and the LGBTQ+ community. We want to empower the voices of our fellow students to advocate for themselves, their colleagues and their patients throughout their careers.



WHAT WE DO

UNDFEM aims to guide students in learning about the various barriers which impact diverse groups and their careers as doctors. We have a two pronged approach to our work; to celebrate the success of diverse people within the profession, and to contribute to positive change. We want to educate students on the importance of inclusive practice and how we can continue to progress with diversity in medicine.

As a relatively young committee, UNDFEM's sphere of activity is still evolving, but generally focuses on promoting equality through events for medical students. Last year (the first year for the committee), UNDFEM organised a Women in Medicine themed week of events and a social media awareness initiative under the rallying cry of 'putting gender equality under the microscope'.

As part of this, we convened a speaker night in which a number of high profile doctors from various backgrounds spoke to their experiences, both positive and negative, as women in medicine. We also held a Q&A panel breakfast allowing students to network with and gain insight from a diverse panel of female doctors. Both events were extremely well attended, and this legacy of speaker nights and panel breakfasts is set to continue in 2019! Excitingly, we are also planning to expand our offering this year to include opportunities for Notre Dame Medical students to get involved in equity in medicine projects, through the delivery of workshops and education sessions. Announcements with further details will be made in due course!



WELLBEING

By Alister Turbayne, MANDUS Wellbeing Representative

Mandus Wellbeing strives to provide each and every Notre Dame Medical Student with the support they need to progress through their studies happy and healthy. We do this by not only providing services to the students, but by also advocating on their behalf to University Administration. MANDUS Wellbeing runs on an ethos of promoting balance within all aspects of our members lives. We are the committee that takes a step back and asks the question **“how is everyone going?”**.

Some of the initiatives that we take great pride in include:

WELLBEING CARE PACKAGE

Started last year, the Care Package has been a huge success, providing over 4000 free tea bags and 10kg of chocolate to the students FREE of charge. The service also helps our committee distribute healthcare information such as local health service locations and recipes for healthy eating.

WELLBEING BREAKFAST

On the 11th of April this year we held our first wellbeing breakfast for the year. The event aims to provide students with a delicious breakfast and provide a vibrant environment for them to socialise before uni. There are no strings attached, you just turn up and get a free feed. The morning resulted in the consumption of 100 hash browns, 100 eggs and 5kg of bacon! We look forward to hosting our second BBQ in second semester.

FREE YOGA

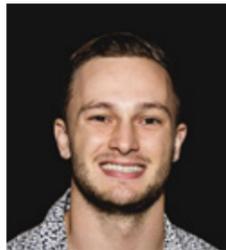
We have continued the tradition of hosting free lunchtime Yoga to our students, now employing 2 yoga teachers to meet the demand.

WELLBEING WEDNESDAY

Each Wednesday MANDUS Wellbeing runs the #WellbeingwednesdayUNDS competition. Post a photo on social media with that hashtag showing how you maintain your health and wellbeing for a chance to win weekly prizes!

MENTAL HEALTH WEEK/R U OK? DAY

Coming up later in the year these events promote mental health awareness, an extremely important issue for us as future medical professionals



Want to see more of what we do? Join our Facebook Page (Facebook.com/manduswellbeing) to stay up to date, or come and talk to our Wellbeing Reps, Ashley (Med1) and Alister (Med2).



SAUNDA

By Liam Mason

Hello, everyone! My name is Liam and I am your School of Medicine SAUNDA Representative for 2019. SAUNDA has been working on some great things this year already – check it out!

THE GIFT

In April, the School of Medicine competed against all the other schools at Notre Dame Sydney in SAUNDA's annual sporting competition – The Gift! A big congratulations to students from the School of Medicine who competed in this year's competition and once again, for many years in a row now, came out in First Place! Well done!

SKI TRIP

Applications for the Notre Dame annual ski and board social trip are now open. The trip to Thredbo will occur during the week of July 21st – 26th. If you want to shred it on some slopes with some new friends, send over an EOI to NDSIB@gmail.com

MID-SEMESTER PARTY

Flashback Friday Mid-semester party is back for 2019! Tickets are open for the best throwback event of the year to held on Friday the 3rd of May. Run in conjunction with the School of Law, tickets include great food and banger tracks to boogie all night to. Tickets are \$30 (which includes 2 drinks) and are available on the SAUNDA Facebook page.



WELLBEING WEEK

With exams coming up shortly, SAUNDA has planned a week of fun at both Darlinghurst and Broadway campuses! Starting Monday April 29th until Thursday May 3rd (Mid-semester party on the Friday!). Come on over to enjoy Krispy Kremes, toasties, hot chocolates and so much more to help make this exam period just the little bit better. All funds will be donated as part of Autism Awareness Month (run in April every year).

NOTRE DAME ANNUAL BALL

Planning for this year's annual Notre Dame Ball are in full motion. With a jaw-dropping venue locked in, with all the bells and whistles added along, the Notre Dame Ball is your chance to have a #lux night with all of our fellow friends across the Notre Dame University. Tickets will be available shortly – check out the SAUNDA Facebook page for regular updates . Get excited!

FIND THE GOLDEN SCALPEL TROPHY



Somewhere in the Kyphosis magazine is a hidden copy of the image on the right.

Once you have found it, watch out for further details on the MANDUS Facebook page on how to win!





Word find

P S O R T H O P A E D I C S E
 S H C I Y L J R V H D N K T T
 K T A I N J E R U E H W R E Y
 Y A R R R G F P R M E K A T C
 P U S E M T U M L R E F M H O
 H B N P E A A I R A V F S O H
 O U W Y R T C I N L C J U S P
 S R J U O F B O D A K S D C M
 I N R L H E F Z L E L N N O Y
 S A O H E R M P G O A J A P L
 L G W E L L B E I N G P M E W
 Y Y R E G R U S G Z H Y H V B
 N O I T A N I C C A V V O P F
 F B J Q O X F O R D T R O P S
 F R D S V F H B S B R P H U F

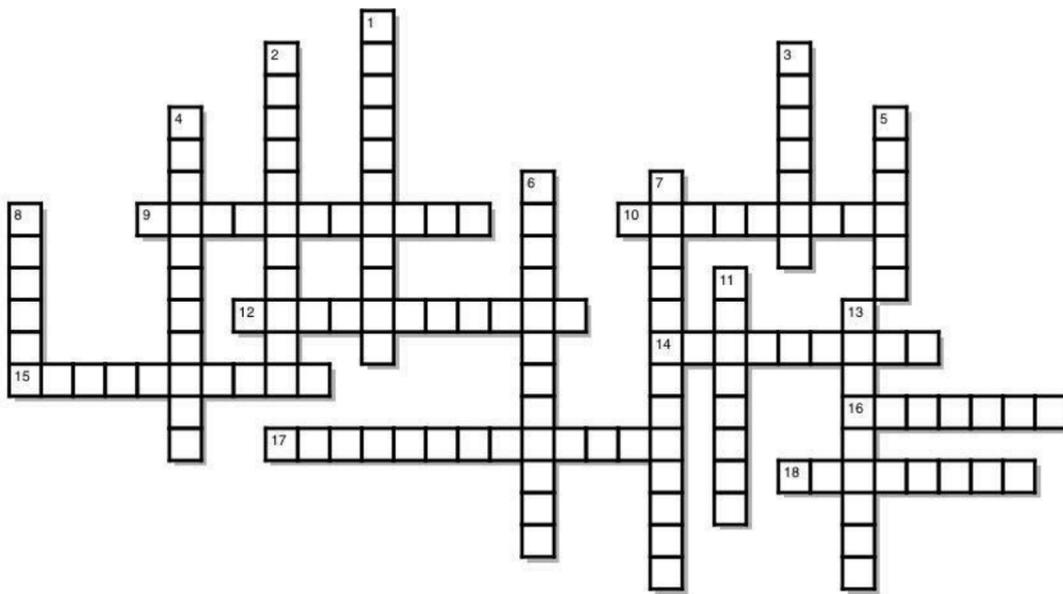
INSTRUCTIONS:

There are 22 listed words, however, one of them is NOT included in the Word Find. Once you know which word it is, watch out for further details on the MANDUS Facebook page on how to win!

PUZZLE WORDS:

Mandus	Scalpel
Stethoscope	Wellbeing
Orthopaedics	Lymphocyte
Surgery	Femur
Rural	Inguinal
Sport	Radial
Dermatology	Vaccination
Mark	Kyphosis
Oxford	Auburn
Street	Werribee
Pharmacology	Paediatrics

Kyphosis Crossword



ACROSS:

- 9 Father of Medicine
- 10 The Hunchback of Notre Dame
- 12 A rash whose distribution follows that of a cutaneous nerve
- 14 The longest muscle in the body

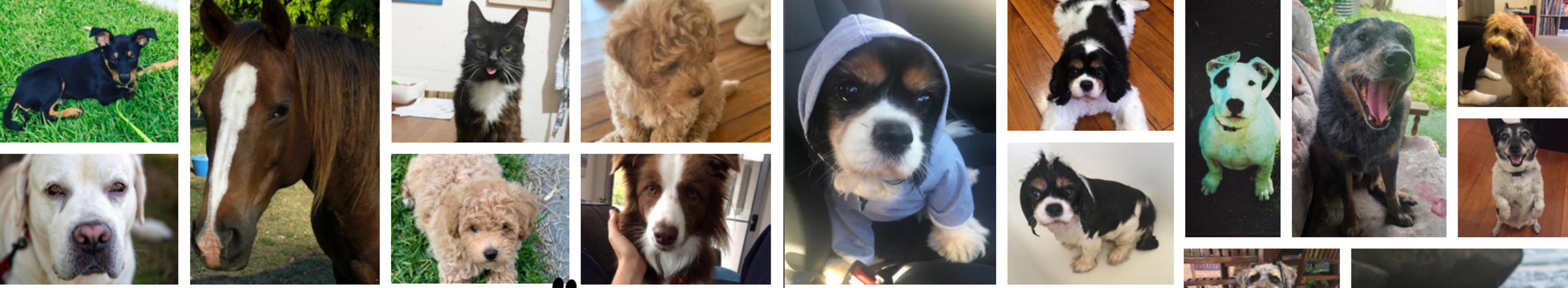
- 15 The greatest change in blood pressure occurs in these vessels
- 16 An example of a sesamoid bone
- 17 The name of a paracetamol in the USA
- 18 This drug is used to prevent blood clots and embolism

DOWN:

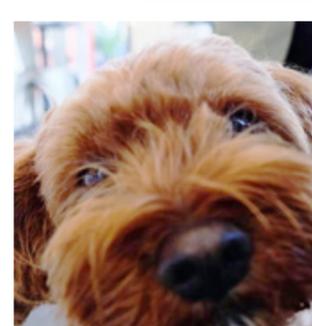
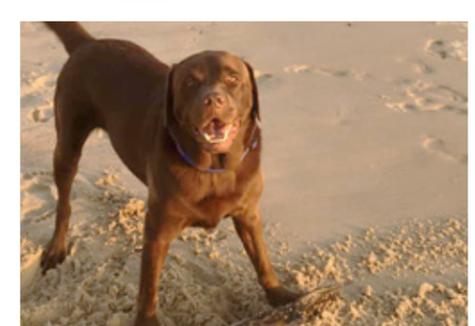
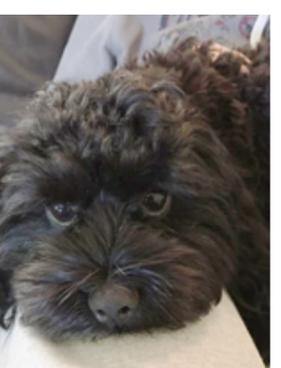
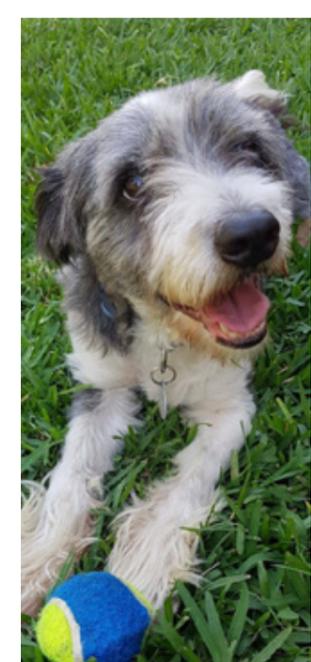
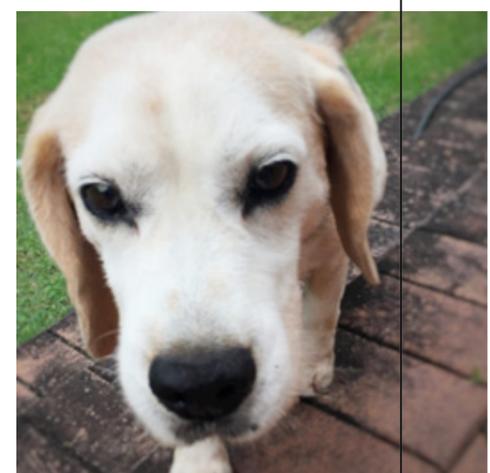
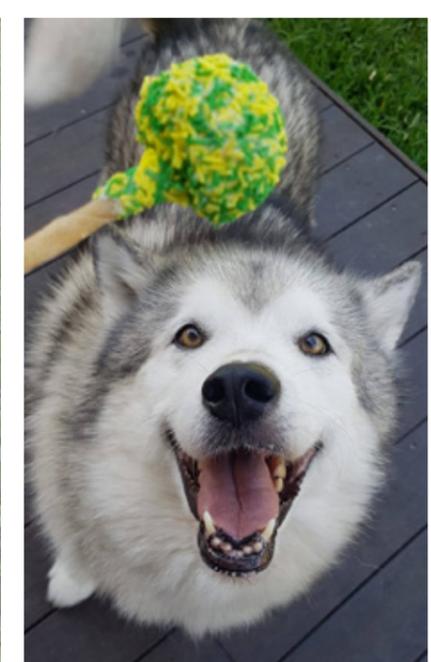
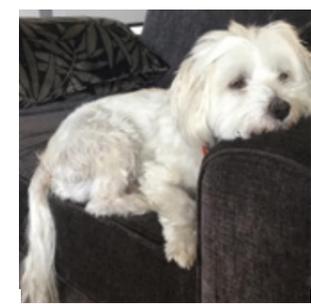
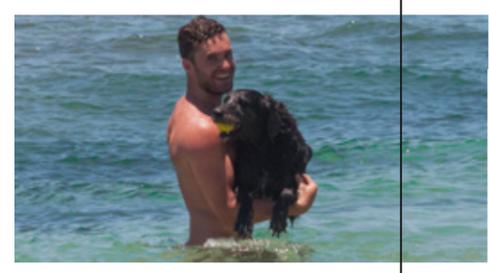
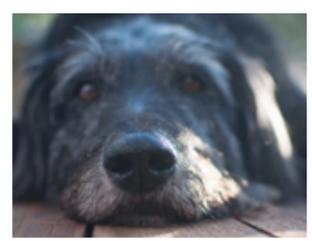
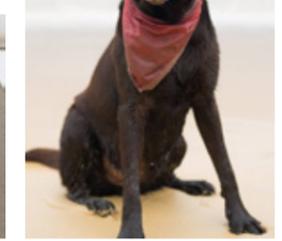
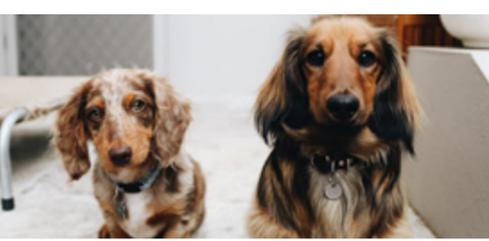
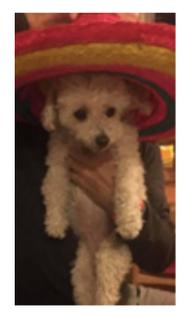
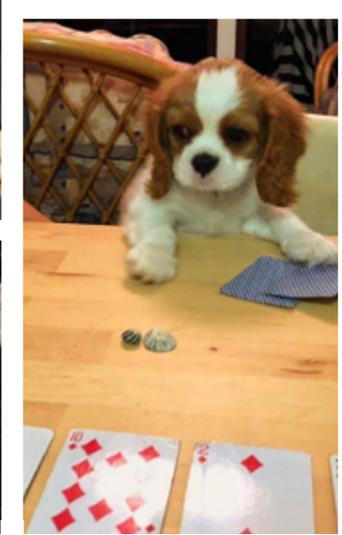
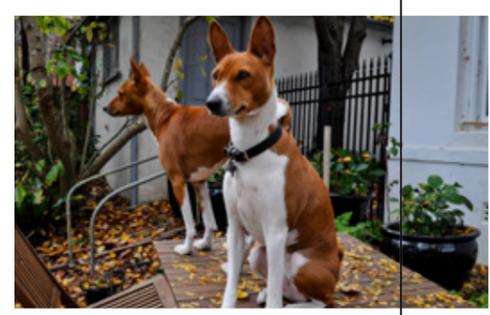
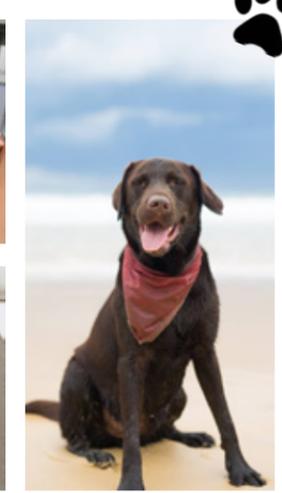
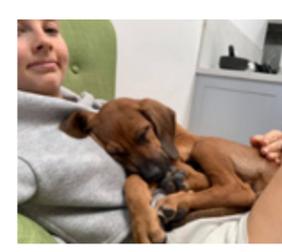
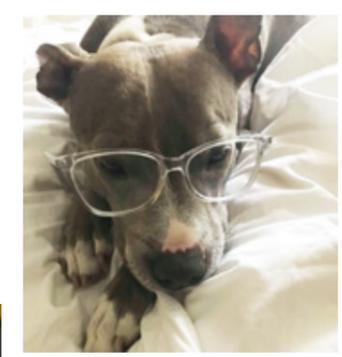
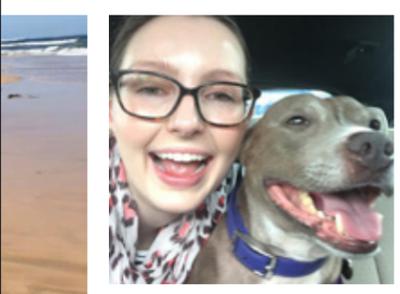
- 1 This is removed in a cholecystectomy
- 2 This instrument was invented in 1817 and is used to listen to the heart
- 3 Henry Gray gave his name to a famous book on _____
- 4 Alexander Fleming discovered the basis of this class of medications
- 5 During fertilisation a sperm and egg meet to form a _____
- 6 Microbiologist Robert Koch is best known for his research into which disease?
- 7 A key muscle involved in shoulder abduction
- 8 In the 19th century, germ theory replaced _____ theory as the prevailing explanation for disease
- 11 Normal inward curvature of the lumbar and cervical regions of the human spine
- 13 C3, 4, 5 keeps the _____ alive!

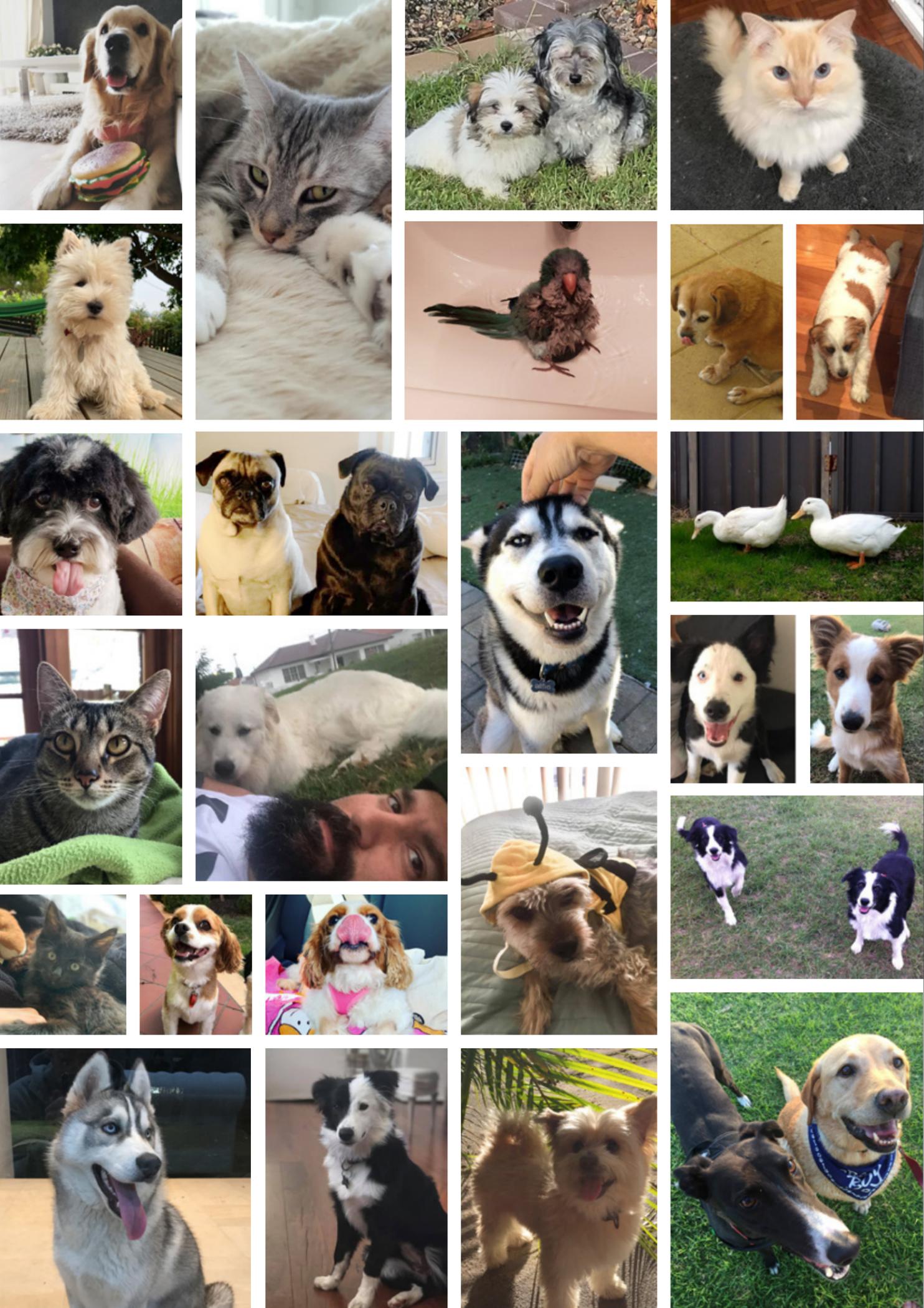
Sometimes nerves get the better of the most prepared medical student and it leads to something being said or done that is instantaneously regretted. Notre Dame students pride themselves on their professional demeanor and these examples are by no means intentional. What does show character is a student's ability to recover and continue on with the examination. So, to show that we are all mere humans, here is an example of some things that have been said or have happened during our not so greatest moments:

1. In my head: can't feel pulse, can't feel pulse... reports to examiner: "pulse is strong and regular!"
2. I was attempting to wash my hands at the history station. The bottle slipped and hand sanitiser went all over my light-coloured shirt, the blank writing paper and the table. The patient just laughed and handed me some tissues. I wasn't sure if I should use the tissues to clean the sanitiser or to cry into them
3. When reporting the history back to the Doctor, I couldn't calculate the smoking pack years and said "I'm sorry, math isn't my strong point", to which they agreed
4. I have always struggled with translating roman numerals and I thought that XII actually meant 7. So I took my time in the cranial examination doing nerves 1 to 7 and only after finishing the facial nerve did I ask the examiner if they wanted me to do the rest since I had 2 minutes left, to which I found out that XII is actually 12, not 7...
5. On general inspection I stated that the patient is jaundiced, only for them to reply "sorry, it's just my tan"
6. During an 8-minute history station, the patient told me he was in a massive rush and asked how long this would take... I replied "ummm... definitely no more than 8 minutes"
7. I introduced myself to the venepuncture dummy and shook his hand before proceeding to gain consent from him
8. I was clasping the pen so tight during my history station that I snapped the pen in half
9. After an unsuccessful attempt at venepuncture I said "you can't be good at everything"
10. When the buzzer went to signal the end of my history I jumped up too quickly and knocked the whole desk over, sending the hand sanitiser, pen, and paper flying in all different directions, scaring the patient and the examiner and sending my already raised anxiety level through the roof!
11. The patient introduced herself as Rosemary Riche, I then asked if I could call her 'Riche' instead of Rosemary
12. My patient had a mint in their mouth and when commenting to the examiner without thinking I said "no central cyanosis, good dentition, minty fresh breath"
13. On palpating the abdomen my very muscular patient (whom had a visible 6 pack), I commented.... "the patient has a very muscular abdomen, so not sure of what I feel is a possible mass or their impressive muscles!"
14. I was so nervous during my examination that I was visibly sweating. I finished my station with a minute to spare, so the examiner said "you can sit down for the remaining minute and there's tissues behind you if you need". I hope they were just referring to using the tissues for my perspiration, not that they thought I might need it to cry!
15. On performing a general examination of the patient, I stated to the examiner "the patient seems to be well, there's not obvious signs of anxiety or perspiration like I have..."
16. I was palpating the abdomen and saw the patient wince, so I asked if she had any pain to which she whispered "yeah I do, but it's not part of this exam, so let's just pretend that I don't"
17. I only realised with one minute to go that I also had to interpret the chest X-ray on the other side of the sheet and then had to speak triple speed to finish in time. I'm not even sure the examiner could understand what I said!
18. I had so much hand sanitiser on my hand that when I tried to take the cap off the pen, the pen flew across the room and landed under the bed, to which I had to crawl under in my dress and retrieve it so that I could write the history down
19. I commented on the man who has a very patchy/thin beard and said "there is a global patchiness of facial hair"



PETS OF NOTRE DAME





10 TIPS

TO ESCAPE THE MEDICINE BUBBLE

By Alister Turbayne

Sometimes it's hard to escape from our medical lives. We spend most of our time during the day at Uni, most of our close friends are also medical students and our time at home is spent studying or preparing learning objectives. While this is great, after all it is a "full time course", it's important to break away from the medicine 'bubble' and do the things that make us happy. Here are some tips to help you find some balance in your life. All are suggestions by the UNDS 2021 and 2022 cohorts on how they get away from it all.



1: Running Probably the most common recreational activity done by the Medical Students of Notre Dame, running offers multiple benefits to your health and wellbeing. Firstly, it's social and easy to do with friends. Nothing like a good jog and gossip. Secondly it's incredibly good for you both physically and mentally. Clear the mind and get the Cardio-respiratory fitness peaking! Favourite spots amongst ND students include Moore Park, Centennial Park, Rushcutters Bay and Mrs Macquarie's Chair.

2: Reading Reading is like meditation in its ability to draw focus away from the stresses of everyday life. We recommend finding a quiet spot with plenty of indirect sunlight, bonus points for being outside! Most popular books going around the Uni include: *This Is Going to Hurt* by Adam Kay (hilarious and heartbreaking at the same time), *When Breath Becomes Air* by Paul Kalanithi (hard hitting), *The Alchemist* by Paulo Coelho (adventure) and *Sapiens* by Yuval Noah Harari (a brief history of mankind).

3: Painting Popular amongst the artists within the cohort, painting is a very common escape that is super easy to take up. Watercolour is easy and cheap for beginners. Eckersley across from the Darlinghurst campus offers student discounts and it wouldn't cost more than \$50 to get everything you need including paints, brushes and paper. Watch the Youtube tutorials by Shibasaki to get you started.

4: Surfing Every Notre Dame year

group is stacked to the brim with lovers of the surf and sand. It's not uncommon for many to rise early and head for a surf before coming into Uni. Bondi and Manly are good for beginners so see if you can get a mate to teach you and learn this popular Australian past time. Great for fitness as well!

5: Poetry If painting isn't your cup of tea but you want to express yourself creatively give poetry a go. We have lots of great poets amongst our ranks (including published ones). Easy to get started as all you need is a pen and some paper. *Roses are Red, Violets are Blue, Start Poetry Because It's Good For You.*

6: Music When was the last time you laid down and did nothing but listen to some music? Music often becomes the background to a lot of other things we do (study, exercise, party) but sometimes it's worth letting music be at the forefront. Spotify offers a student discount of 50% to their subscriptions so it's only \$6 a month. Some people's favourite music at the moment includes John Meyer, Ocean Alley and Gang of Youths.

7: Gym/Yoga Often only thought of as a good way to get physically fit and make those huge gains, the gym is a great place to escape and practice mindfulness. Not only that, it builds confidence just as much as it builds muscle. Yoga is similar (with a focus on the mindfulness aspect) and is a great way to build physical strength (especially core). Keep your eye out

for the free wellbeing yoga sessions. If you want to join a gym, Notre Dame has a special deal with Fitness First Oxford St.

8: Netflix What was once thought as the only way get a tinder date, Netflix is actually a pretty good service for watching TV shows and movies. Nothing wrong with going home after a long day at Uni and relaxing with your favourite show. Not everything good for you has to require exercise or effort. Current favourites amongst the students include *Bodyguard*, *Brooklyn Nine-Nine* and *On My Block*.

9: Climbing Apparently climbing gives you bonus points for getting into medicine as it seems like every second person in the cohort scales cliff faces every weekend. Extremely good for developing strength (your forearms will never be the same), climbing is a great social activity to enjoy with your friends outside of medicine. Most indoor rock-climbing places offer student discounts, so it won't break the bank. Our students frequently visit *NOMAD Bouldering* in Annandale and *9 Degrees Bouldering* in Alexandria.

10: Family It's easy to forget the impact that our lives within medicine has on our families, so remember it's important to make time for those special people in our lives. Go see your mum and dad, catch up with your brother and sister, do the gardening with your grandparents and take your spouse out to dinner.

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