

KYPHOSIS

ISSUE #2 2015



MEDICAL ASSOCIATION OF
NOTRE DAME UNIVERSITY SYDNEY

EDITOR'S

WELCOME

It's a pleasure as editors to look at the incredible contributions to this humble magazine and realize with astonishment how people can balance the demands of graduate medicine with the many and varied extra-curriculars.

Enthusiasm, diligence, and passion are traits that can be called upon not only to fulfill our duty as better practitioners, but perhaps more importantly to develop us as better people, citizens who can reflect and report on their contribution to society and look back with a grin and a lifted chin.

This edition of Kyphosis is dedicated to those of us amongst us who fulfill these ideals. And as 2015 draws to a close, we would like to thank all those that made our publication possible.

Join us as we celebrate the efforts of the many talented individuals who make this university more than just a collection of bricks on a block in Darlinghurst.

Good luck to everyone in the upcoming exams, and happy holidaying. We've earned it!

Kerinya and Rory

THIS EDITION...

- PHILLIPINES TRIP
- HIGHLIGHTS FROM SANDUS
- AMSA CONVENTION 2015
- ROUNDS RURAL TRAUMA WEEK BARN DANCE
- WAKING UP IN WAGGA...





DEAN'S REPORT

PROFESSOR CHRISTINE
BENNETT

Welcome to the second edition for 2015 of *Kyphosis*, the voice of Notre Dame's medical student body, assembled by a dedicated and talented MANDUS team.

One semester in to 2015 and it seems as if things are 'ramping up' already for a busy end of year! I hope you are pleased and motivated after receiving your mid-year formative results.

It's been a busy year for the School so far. We have submitted the School's 2015 Progress Report this week to the Australian Medical Council (AMC) detailing the achievements of the past year and presenting our future plans for strengthening of the School's medical program. The report also outlined the School's proposed plans to move from our current Bachelor level medical program (MBBS) to a Doctor of Medicine (MD) program i.e. Masters Degree (Extended) in 2017, pending University approval. You have probably heard some murmurings about this potential change and we thank those students who have contributed to consultation forums. There is a lot of work yet to do, and the University has yet to renew and approve the proposal. We are keeping the MANDUS Executive up to date on progress and will consult further with student along the way.

Some highlights from the first semester include:

The School hosted events for some world renowned experts in their fields. Firstly, Professor Margaret Somerville, exploring the dangers of legalising euthanasia. Professor Somerville's compelling presentation emphasised her concern that requiring doctors to take deliberate steps with the intention of ending a patient's life would profoundly alter the nature of the medical profession and lead to a loss of community trust in physicians. Also, Professor Jonathan Silverman undertook a lecture and workshop on –'Teaching clinical communication – success story or doomed to failure?' It is great to be able to offer the opportunity for speakers of such world class for our staff and students to experience. Finally, the MANDUS event entitled 'Women in Medicine and Surgery', was extremely successful with capacity attendance. Well done to Helena, Isabella and others involved from MANDUS. More speaker events are planned for later in the year so watch this space.

One to note for your diary is the project initiated and supported by ROUNDS, our very hard working student-run Rural Health Organisation of the University of Notre Dame, Sydney who are fundraising for the Yungee Healing Place. ROUNDS is helping the Elders of Hope Vale to rebuild the Yungee



Healing Place which was destroyed by cyclone Ita in April last year. The Yungee Healing Place supports 'at risk' youth to improve their wellbeing and mental health. With the suicide rate among Indigenous children and teenagers in Queensland being 5 times that of their non-Indigenous peers, ROUNDS have taken a 'hands on' approach to dealing with this issue and is a very worthwhile cause for us all to support.



The School of Medicine's, Rural Clinical School in Wagga Wagga hosted 18 NSW Rural Resident Medical Officer Cadets to experience the lifestyle and career advantages that rural New South Wales offers. Notre Dame's Rural Clinical School Associate Dean, A/Prof Joe McGirr was delighted to have the opportunity to host this event in Wagga Wagga and showcase Notre Dame's commitment to medical training for a career in rural health care and research.

Our students, both past and present have been recognised with many awards and achievements.

Four of our medical students were recognised at the Sydney Campus Vice Chancellor's Awards Ceremony; Angela Galanopolous, Helena Obermair, Richard Pow and Samantha Ennis each received a Vice Chancellors Medal for students from the School of Medicine, Sydney with the highest average weighted percentage mark for eligible units in the previous academic year. Samantha Ennis also received the University Medal for 2014, a prestigious award for the student with the highest average weighted percentage mark using all grades from their Course and who graduated in the previous academic year. These impressive achievements recognise the hard work and talent of our students and the efforts of all our dedicated teaching staff.

Two medical students were actively involved in commemorating the 100th anniversary of the ANZAC land-

ings at Gallipoli from different perspectives. Final Year medical student, Joel Maamary was selected to attend the Annual Medicine Festival in Canakkale, on the invitation



of the Turkish Embassy extended through the Medical Deans of Australia and New Zealand. Known as 'Doctor's Day' the annual event commemorates the sacrifice made by the Turkish medical community during the Gallipoli Campaign or 'The War of Canakkale'. First Year medical student, Emily Neville travelled to Gallipoli as part of a contingent of 60 Australian Conservation Volunteers who provided logistical assistance and support at the ANZAC Day commemorative services. Emily laid a wreath on behalf of Notre Dame in memory of all doctors and nurses who died during that confrontation while trying to save and reduce the suffering of others.

After many years of competing, Charlotte Walters a final year medical student was successful in winning gold in the Open Women's Australian National Surfboat Championship at the Australian Surf Lifesaving Championships in Queensland. Congratulations to Charlotte and to James Molloy who competed in the Open Men's Surfboat Championship Final at the same event.

The best part of my working week is when I have the opportunity to chat with our students – even for a brief moment. So please say hello and remind me of your names- I am still trying to learn them all and your reminders do help.

My advice as we progress toward final examinations is to keep focussed and up to date, work together well in your groups, and ask your tutors or year co-ordinator if you have any concerns or need extra help. I hope you continue to have an enjoyable and productive year.

Professor Christine Bennett AO
Dean, School of Medicine, Sydney



President's Report

A wise man once said, "Time changes everything. That's what people say. It's not true. Doing things changes things. Not doing things leaves them exactly as they were". Ok, so maybe it was our favourite anti-hero Gregory House, and not entirely correct, but still he makes a good point. The first half of this year has seen students from med -4 actively getting involved and "doing things" with positive outcomes for all involved.

There has been a strong focus this year on expanding the variety of our events, to ensure that there is something for everyone. The Surgical Association (SANDUS), the Research Society and our Global Health group (Global HANDS) have all expanded and engaged students in their respective areas, with some inspiring evenings featuring outstanding speakers including Professors Gilian Triggs and Caroline Homer, A/Professor Munjed Al-Muderis and A/Professor Kerin Fielding. Our Academic Reps, Steve Hurley and Rebecca Burrridge have organised events focusing on career opportunities and "pioneers in medicine".

Our sports Reps Lucinda Clay and Gavin Levy have motivated more students to join the running club, and participate in the ND interfaculty sport event (ND Gift), where we won Medicine back the trophy. The ND team also competed against USyd Medicine in soccer, where the Notre Dame men tied 1-1, and the women won 1-0. Lucie and Gavin are presently busy organising the NSW inter-medical school sports day, which I encourage you all to be a part of!

Chris Wilson and Nakul Choudhry, our Wellbeing reps, in addition to the successful mentoring program, have introduced a mindfulness program and "Fruits and Tutes" to help students relax and get the most out of their learning.

Pre-clinical AMSA rep, Karthik Nathan and I represented Notre Dame at the recent AMSA council where we discussed relevant policies affecting medical students nationally. We sent a large delegation to the annual AMSA convention held in Melbourne. This was a terrific -packed week filled with academic talks and work





during the day and colourful socials at night. I can highly recommend that if you could not attend this year you seriously think about it for next year – it's not to be missed!

MANDUS Social Rep Courtney Robertson and her team (Dave Marshall and Niamh Ramsay) have organised a number of exciting, very well attended social events including the scrub crawl around Darlinghurst and regular drinks. The team along with Lu Barry and San-Rene Tan put a great deal of time and planning into this year's MedBall, which was a huge success. This yearly highlight provided the perfect mid year opportunity to put away the books and stethoscopes and enjoy a delightful and rather glamorous evening.

Much thanks are due to San-Rene Tan and Clara Leung who have proven both talented and successful in securing sponsorship funds for MANDUS. Without this we would not be able to run half of the above events. Similarly, Emily Qian has played an invaluable role as our IT rep, maintaining the website and acting as our unofficial photographer. Likewise, the work of Kerinya Pillai and Rory Marples in putting this and previous publications together is much appreciated. It is thanks to their efforts that we are able to tell you what a fabulous year it's been.

A recent highlight for me and many others was the "Women in Medicine and Surgery" evening put together by MANDUS secretary Helena Obermeier and attended by some 300 people. Dean Bennett facilitated the evening where Dr Gabrielle McMullin, Dr Nikki Stamp, Dr Sharon Miskell,

Professor Gabrielle Casper and Fiona Davies addressed a variety of issues and challenges confronting today's women doctors, particularly addressing the challenges they have personally faced and the rewards of their lives in medicine. I can't thank Helena enough for her wonderful effort in organising and coordinating this event.

Over the course of this year, it has been great seeing so many students not only get involved in organisational roles at Notre Dame, but also within the wider medical student community including AMSA, NSW Medical School Council and the Australian Medical Association.

Whilst we are now well into second semester, there are more engaging events coming up on the calendar including the Emergency Medicine night, the Vampire Cup, and more events from global HANDS and the Research and Surgical Societies. Not to be missed is SANDUS Anatomy Trivia Night, and the annual MockSAT to assist the Med1000s in preparing for their first exams.

Enjoy what is left of the year, and remember to make the most of it. If you want to see a change – do something to make that change. Participate, study hard, and good luck for your exam preparations!

I want to end this letter by thanking each and every person who has put in the time and effort to make something happen this year, in particular the MANDUS executive – Helena, Divya, Lisa and Todd.

Ms Bella Williams

PHILIPPINES TRIP 2015

From the 4th – 11th of July, twelve medical students had the opportunity to join Dr Charlotte Hesse on her biannual trip to the Philippines. The purpose of the trip was to provide healthcare to a displaced community in Calauan, Laguna.

Dr Hesse began her aid to this community in 2010, and in five short years it has grown exponentially. Aside providing medical care, the set-up now includes an eye clinic, a women's health clinic, a feeding program for malnourished children and a dentistry clinic that includes preventative dental care.

With these clinics being run both in July and November, the care aims to provide more than a band-aid solution to the health conditions suffered by community members.

Furthermore, the community now has its own well-resourced pharmacy, staffed by a locally trained community member who can monitor long-term health conditions diagnosed on the visits.

In addition to having a significant impact on the lives of those in the Calauan community, we medical students were given the unique opportunity to synthesise our medical knowledge with our clinical skills in an environment that contained cultural and language barriers.

The July trip was fortunate enough to have the assistance of MED1000 tutors Dr Milana Votrubic and Dr Seamus Duffy, who were available to oversee our patient consultations and teach us more hands-on knowledge than could ever be obtained in a classroom.

Other valuable travel companions included members of Barney's church, whose contribution in the success of these trips is essential.

After a phenomenal week of seeing everything from exotic skin rashes to major lacerations, the week ended on a great note, with the Philippines government extending their support to the program.

This financial aid will allow the team to improve resources, in the hope that future trips will be able to diagnose and treat major conditions that burden the community such as tuberculosis.

With the continual support of both Barney's and Notre Dame, the impact on the Calauan community can continue to grow.



Surgical Society

This year the Surgical Association of Notre Dame University Sydney (SANDUS) had its busiest yet. With a total of 6 events held throughout the year, the committee entertained and educated students from across the university on a variety of topics.

This past semester has flown by with 4 events, beginning with the Da Vinci Surgery night, where a select few of the cohort were given an opportunity to see the future of robotic surgery develop before their eyes and talk to surgeons currently pioneering techniques within the modality. Shortly after was the annual Royal Australasian College of Surgeons (RACS) Information Morning Tea, which saw a significant number of students attend and speak one on one with a variety of consultants. This event has already unfolded into theatre time and research projects for a number of students across all years.

With the annual Clinical Anatomy Trivia Night held recently, 20 teams battled it out for the Knowledge Crown. The second year team "You Sankar My Battleship" won the competition by only 2 points to an up and coming first year team. The event was a resounding success as an exciting and competitive form of revision, with many a folk requesting a bi-annual event in the future to help with exam preparation.

Helen Willcock continues to impress with her mentoring of SANDUS and the Golden Scalpel Games, whilst also acting as the leading suture skills tutor (not to mention her first year as a PBL tutor). We are all incredibly thankful for her continued support and look forward to working with her next year.

With that said, it has been an absolute honour to represent students this year, led by the diligent duo Michael Youssef (Chair) and Peter

Malek (Co-chair). As the old committee is ushered out, with many off to third year clinical placements, a new youthful look has gripped the board, ready for an even more invigorating 2016 schedule, led by Khalil Bazzi (Chair) and Adam Hutchinson (Co-chair).



In 2015, NSWMSC has significantly increased its influence as the peak representative body of NSW medical students.

The Executive has worked hard to contribute to the development of improved education, training and working conditions for medical students and junior doctors.

Some of our most significant achievements have been making submissions to the 2015 Medical Intern Review on behalf of NSW students, developing relationships with key stakeholders in NSW healthcare, including The Hon. Jillian Skinner, NSW Minister for Health and The Hon. Pru Goward, NSW Assistant Minister for Health, as well as publically advocating in the media to ensure that new government strategies to manage health issues consider the best interests of those who will be trained to implement them.

In 2016, NSWMSC looks to further it's policy positions on a number of key issues, and continue to facilitate new opportunities for NSW medical students to contribute to the health of the community.

Chris Lemon

NSWMSC Representative





GLOBAL HANDS

Global HANDS had a busy end to first semester. In May, we wrapped up our lecture series with a presentation on child mortality and maternal health from Professor Caroline Homer, Associate Head of the WHO Collaborating Centre for Nursing, Midwifery and Healthcare Development. That same month, we held a Birthing Kit Assembly Day and, with the help of twenty-five enthusiastic Med1000 and Med2000 volunteers, prepared 199 birthing kits for the Birthing Kit Foundation of Australia. In June, we hosted our end of semester Red Party, which, in addition to being a great night out, raised close to \$1500 for the fight against HIV and AIDS.

Issues in refugee and asylum seeker health have been a big focus for our team this year. In April, we welcomed Professor Gillian Triggs, President of the Australian Human Rights Commission, who engaged our students in a passionate discussion about the health impacts of child detention and the role of medical professionals in

helping to pursue change. In August, we held a Q&A panel with Doctors4Refugees and AMSA Global Health. That evening, we also heard from current Med1000 student Manu Ubutungane about his experiences as a refugee from Rwanda.

As the year begins to wind down, we want to send a big thank you to everyone for supporting our events, and hope that you've gotten something out of them. We also encourage any and all Med1000 students to get involved in the group next year!

Byron Chionh

AMSA CONVENTION 2015



The AMSA National Convention, also simply known as 'Convention', is the premier event for Australian medical students. It was organized by a dedicated team of student volunteers and was held in Melbourne this year.

This year I was proud to represent a fantastic delegation for the University of Notre Dame comprising of a total of around 40 students.

This year, the academic program really produced some inspirational speakers that helped us rediscover our passion for medicine and ignite some poignant discussion around many current issues in the medical field.

I think a highlight for us all was the panel on Sexual Harassment and Bullying in the workplace which is a very pertinent issue at the moment. Other memorable speakers were Dr. Brad McKay from Embarrassing Bodies and Beyond.

There were many opportunities during the afternoon breakout sessions to experience various areas of medicine that interest us, including workshops on mental health, sports medicine and procedures such as laparoscopy and venipuncture to fine-tune and learn new skills.

There were also opportunities for students to explore Melbourne visit the Eureka Tower and the Royal Australian College of Surgeons (RACS) for a tour.

A personal highlight for me this year, was the effort of our debating

team who made the University proud, special mentions must go to Sophie Dawson, Maggie Allwright and Em Neville for their performance.

The middle of the week provided the delegates with an opportunity to strut their skills out on the sporting field. Sports included Dodgeball (special mention to Todd Miller's bullet arm), Netball, Soccer and Quid-ditch.

In addition students got to participate in the Emergency Medical Challenge, which comprised a range of emergency scenarios and a team of delegates to manage the situations. This gave many of the pre-clinical students and chance to learn from the more experienced clinical students and a little bit of a glimpse of what's to come in the future.

The delegation this year was very cohesive and got to enjoy themselves in each of the nights with a jam-packed social schedule throughout the week. This involved various themed parties and fun with costumes and body paint to wrap up what was a truly amazing and inspiring week.

I was extremely proud to represent the University this year and think it was a very successful Convention.

Karthik Nathan





ROUNDS MED2000 Rural Trauma Week Barn Dance





Waking up in Wagga Wagga...

Your alarm goes off. It's 8 am. It's a Monday morning. And the single day equivalent of an entire week's worth of PBL, CDT and CCS starts in just 30 minutes. The panic sets in - a product of a lifetime of city living, and that perpetual cycle of lateness and unease in never knowing if you are going to make that 9.10 am deadline.

Stressed? Don't stress. The panic lifts with the foggy sleep as you remember that you live in Wagga now - and that you can see the School from our backyard.

After a brisk 30 second walk to the School (with coffee to go - thanks Sofia, the Nespresso machine does us all wonders) we are ready to begin the day. But not before being greeted by 'Mum' - officially known as Sharon Shaw, the School's Administrative Officer - who, like all Mums, spoils us rotten. Sometimes it's her kind words of "you'll be alright", and sometimes it's the fact that the biscuit jar is never empty. We video conference in with the Sydney School of Medicine, alongside our Melbourne comrades, and back to base has officially begun.

Our back to base learning is further supplemented while on rotation at the local hospital, Wagga Wagga Base Hospital - colloquially known as 'the Base', and again, a cool 5-minute walk up the road. We are also afforded regular bedside tutorials and lectures by the amazing

clinicians on hand here. The medicine in Wagga is fantastic, and the support given to us by the School and hospital staff have made the transition into clinical training not only manageable but thoroughly enjoyable.

Still, medicine is only half the story.

Wagga is an incredible place to live and embodies an entirely different pace of life to my previous experience (having grown up and lived in metropolitan Sydney all my life). Nothing here is more than a 10 minute drive away, and the concept of 'traffic' simply does not exist. With that said, it is exceedingly difficult, if not impossible, to ever have an excuse for being late - that's right Nimish, we all know you just slept in. The countryside is nothing short of beautiful, complimented by the local residents, who are incredibly welcoming and enthusiastic to our presence here. It has been nothing short of a pleasure to have spent the last 8 months here, and has made a world of difference to my learning and personal growth. I can see myself coming back to a place like Wagga, to raise my own family one day - and I think that sentiment in itself sums up exactly what kind of place Wagga is.

Aaron Rhodes



ROUNDS Yungee Healing Place Project

A team of six ROUNDS members will be travelling to Cape York in the mid-semester break, near a town called Hopevale to coordinate our Indigenous youth suicide prevention project, rebuilding Des Bowen's Place.

Des' place is about an hour out of town, and had two main functions. First and foremost it is where community Elders, led by Uncle Des Bowen, can bring at-risk youth to connect with country and culture.

It is a place away from alcohol, marijuana and now methamphetamine where youth can be engaged through experiential learning, their mindset can be shifted to improve their mental health and wellbeing. Secondly, it's a place where women suffering from domestic violence could seek refuge, away from the town and all of the associated problems such as alcohol, marijuana and amphetamines.

"The Healing Place gives an opportunity to youth to deviate from the path they are on, so they don't end up in a place where we visit them in the end" - Hopevale Elder Estelle Bowen 2015

Sadly, it was destroyed by Cyclone Ita in April 2014, and the community doesn't have the means to rebuild it on their own so has remained in a state of disrepair since - which is where our involvement starts.

We first began this project in February when ROUNDS partnered with Culture is Life, and it has grown considerably since then. We have a great number of corporate partners on board including Suncorp, Jetstar, Dulux, Rotary and also significant support from UNDS School of Medicine and the Rural Clinical School.

This has meant we are able to rebuild the healing place from the ground up, and ensure it is certified to the cyclone standard so it won't be as prone to damage over the wet season. We will have three teams of tradespeople, coordinated through three local construction companies rebuilding the healing place over three weeks. Each construction company has committed \$30,000 to cover costs of labour and materials, which means our donated

Whilst on Country, our team will be labouring for the tradespeople, alongside young men from in Hopevale. We will also spend some time with younger kids from in town, in a format similar to one of our Rural High School Visits which will be a whole lot of fun.

For more information about Indigenous youth suicide, the latest news and photos, have a look at our website <http://yungee.weebly.com>, and follow us on [facebook.com/yungeehealing](https://www.facebook.com/yungeehealing) Morgan Jones



For Your Future Wellbeing In Clinical Practice...

In our previous wellbeing article we introduced you to the ESSENCE program, essentially how to be well *now*.

Forecast your mind to the years of clinical training ahead.

Consider the weary medical student's mental landscape: a limited neuronal real estate, re-zoned for the construction of new facts, concepts & critical thinking on a low-lying plain of self-criticism, fear, doubt, prone to seasonal to-do-list floods. Sounds analogously like Brisbane in 2011, a natural disaster in the making.

Factor in a relentless downpour of humiliation teaching and bullying. According, to a recent SMH article on 16 August 2015, "Teaching by humiliation is rife in hospitals, leaving junior doctors disheartened"

Do you want to weather a deluge of humiliation for months on end?



"Wrong. And in the case of cardiac arrest, every second counts.

Who can tell me why? Clock's ticking."

"For over 25 years, research into the teaching of students and junior doctors has reported the presence of humiliation, intimidation, harassment and abuse, which undermine the teaching of professionalism" –BMJ (2015)

Humiliation and bullying can take its toll on the casualty, effectively making them feel mentally, emotionally and socially flattened.

"I understand they think it's good for character and learning, but it just demoralises you and makes you feel defeated and disheartened and not want to show up," -one student said

You've chosen & committed yourself to this challenging, exciting & dynamic vocation of medicine. Most of your waking life will be spent in this working environment, so in what ways can we tackle this dilemma?

How to manage the challenging clinical years....

Speak to a peer. If they don't know the answer either, then be

easy on yourself. Reframe your experience, worst thing is feeling like you've somehow deserved the humiliation.

Think about it rationally. Recognize the difference between a student's **exposure**, and your teacher's **expertise**. Likely a specialist in a single domain, whereas, you're learning for the first time multiple new concepts across multiple domains.

If you feel safe, have an **assertive** and **neutral dialogue**. When communicating your thoughts and feelings with the perpetrator, be open to taking action based on their feedback.

If you feel you are being bullied, **record the behavior/events** and ask your peers for support.

It's sensible to **seek professional help**. If it's having an ongoing negative impact don't be afraid to consult a psychologist.

Talk to your course coordinator or faculty member.

NHS' **mandated supervisor appraisals** are proving effective in addressing humiliation teaching and bullying in the UK. Support AMSA and the movement to mandate national level regulation of supervisor appraisals.

Explore whether reporting the bullying behavior will lead to a fair & peaceful resolution or an escalation of bullying behavior by the bully, HR & management.



Calot's Triangle hey! You must have gone to Notre Dame.

Well make the cut...that is if you're sure about the 20 anatomical variations!



D 1
O C 2
T O R 3
S D O Y 4
O U H A V 5
E S U F F I C 6
I E N T C O V 7
E R W I T H O U 8
M I P S M E M 9
B E R S H I P ? 10

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