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ISSUE #2



MEDICAL ASSOCIATION
UNIVERSITY OF NOTRE DAME

Good notes, good practice, good defence

The quick brown fox jumps over the lazy dog

The quide brown fox jumps over the lazy dog

The quick brown fox jumps over the lazy dog

THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG

The quick brown fox jumps over the lazy dog

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EDITOR'S WELCOME

CHRISTABEL ABALO AND
ANGELIQUE KUMAR
(LEFT TO RIGHT)

It's hard to believe that another academic year has gone by and that as the class of 2016 finish up, the 2017 MED1000 cohort will soon receive their offers. Thinking about this reminds me of my English HSC Area of Study journey. Although it was a difficult concept for my 17- year-old self to understand, these days I find it so relevant. Sometimes we are overly focused on the destination and forget to appreciate the roller-coaster process that is the journey. As the school year comes to an end and with exams pending, let's try and enjoy these days because one day we will graduate and look back on this journey.

Best of luck for exams!

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A Message From The Dean

Professor Christine Bennett AO
Dean, School of Medicine, Sydney

Semester 2 is well and truly underway. With the benefit of mid-year formative feedback, students across all years are knuckling down for the final stretch to the end of year exams.

Our now not so new MED1000 students have settled in. And everyone has enjoyed the annual Med Ball - a wonderful event bringing together the SoMS student community.

The transition to the MD in 2017 is progressing well. The Theme Leaders presented to the MED2000's in early June and will be presenting to the MED1000's in early September. I am very excited by the student groups that are forming and settling in with each Theme Leader, and the MD Projects proposed. We appreciate students' patience and understanding as we work through the practicality of introducing the new medical program.

In late July, we sent a progress report to the AMC and we await their response. Planning for the next year's AMC reaccreditation is well underway. The School's Comprehensive Report is due in February 2017 and the Student Report will also be required at that time. The AMC will visit the various sites of the School between 1-5 May 2017.

Thank you to Rebecca and the MANDUS team for their work in surveying students and preparing their Report over the coming months.

Semester 2 has a number of social and non-social events that are worthy of mention.

The 'Women in Medicine' event which was a huge success last year, enjoyed another impressive and inspiring line-up.

Open Day took place on Saturday, 27 August. Thank you to the students who volunteered.

Another exciting event for August will be with John Eales on 29th August. John is an inspirational speaker and will focus on the qualities of leadership. A night not to be missed for those rugby 'tragic's in our student body and alumni! A gold coin donation from attendees will be contributed to the Amanda McBride Memorial Fund.

One of my favourite events in the academic calendar is the presentation of awards to excellent Social Justice activities in year 2.

I look forward to hearing from students about their amazing stories and contributions to the community on 1st September in the Refectory with a BBQ lunch to follow.

This year the NSWMedSoc are preparing a skit for the inaugural Mental Health Fundraiser for Beyond Blue. As a medical student, I have fond memories of medical revues. Well done to the group and as they say in theatre 'break a leg' - but not literally!

For the first time this year, the School is introducing the IFOM Benchmarking MCQ test as a formative examination for the 2016 MED4000 cohort. The National Board of Medical Examiners in the USA has been delivering the International Foundations of Medicine (IFOM) since 2007. The exam consists of 160 MCQ items across all clinical disciplines assessing diagnosis, investigations and management of common and important diseases. In 2015, the IFOM Clinical Science Exam (CSE) was administered at 24 different institutions located in 13 countries, representing every region of the world. We are pleased to bring this opportunity to our final year students this year. It will provide them with useful formative feedback and the School will be provided with our School's performance in comparison to other Australian and overseas medical schools.

The Medical Students Workforce Survey (MSWS) is currently underway and every MED4000 student should have received a request from me to complete the survey. The collection of this data is important for monitoring the School against all other Australian medical schools. We will be saying farewell to our current MED4000 cohort on 21st September - their last back-to-base day. They will begin their exams in October and we wish them all well in their study preparation.

Congratulations and well done to the 8 members of the team that won the 2016 Golden Scalpel. The team have been practising in the evenings every week for 3 months. Their coach, Dr Carolyn Jameson from Auburn, also coached the USyd team who came second. Dr Jameson said our team were always the best and had a great team dynamic.

At the end of this month, Professor Margaret Somerville will join the School as Head of Bioethics. Professor Somerville had been Professor of Law, Professor in the Faculty of Medicine, and Founding Director of the Centre for Medicine, Ethics and Law at McGill University, Montreal, Canada, where she had taught since 1978. Professor Somerville is the author of many books, her latest being Bird on an Ethics Wire: Battles about Values in the Culture Wars. We are delighted and honoured that she is joining us at SoMS.

A reminder to all of you that St. Luke's Day is the 18th October. St Luke is the Patron Saint of Physicians and Surgeons and as we've done in past years, there will be a Mass followed by a BBQ in the courtyard at lunchtime that day. We will provide more information closer to the date but keep it in your diary.

This year will be the 10th anniversary of the establishment of the School of Medicine, Sydney in 2006. We have achieved a lot in that time and have many more goals to achieve.

The University received outstanding results in the Federal Government's recently updated Quality Indicators for Teaching and Learning (QILT) data earlier this year. The findings on the QILT website revealed that we have performed exceptionally well across a wide range of categories and put us as one of the top ranking universities in Australia. We hope you are as proud of these results as we are.

The selection process for students commencing in 2017 is in progress. We will be conducting interviews throughout the last week of September and I'm sure you all remember your experience well. Student volunteers will help us calm and support applicants on the day.

Finally, as we progress toward end-of-year examinations, my advice is to keep 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.

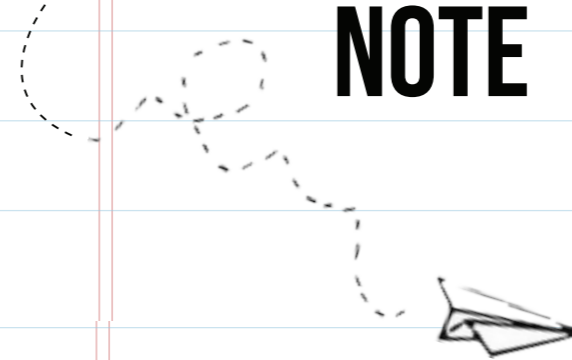
Enjoy the rest of your year and good luck!

REBECCA BURRIDGE
(BIX)

Student President



PRESIDENT'S NOTE



The sun is finally heating things up, exams are looming closer, PBLs are ticking over, and elections just around the corner all mean one thing. The year is coming to an end.

At this stage of the year, current feelings include a cocktail of panic, excitement, nervousness, and nostalgia. Panic for the amount work to be done in the coming weeks, excitement for the fun following exams and nostalgia as our time together as a cohort is coming to an end.

Almost two years ago, a sheepish little kiwi girl with a strange name moved to the big city. The friends she made and lessons learnt are lifelong and numerous. A rare opportunity presented itself, and she ran for MANDUS President. The year that has followed has been one that I will never forget. One cannot stress the importance of a great team, and I would like to thank every single member of the MANDUS Executive and the wider committee for their enthusiasm, commitment, sense of humour and patience while we figured out what we were doing.

As I look back I am particularly proud of the big issues we have tried to tackle head on. MANDUS has been involved with nationwide discussions on the internship crisis, harassment and bullying in hospitals and making our voices heard protesting the proposed Murray Darling Medical School.

Our successes are aplenty; on the sports fields, in the pool, on the table tennis courts, and on a very large boat. As we are an academic institution, you cannot ignore the hard work our class reps do to keep the pencils sharpened and learning potential fulfilled.

Some things we hoped to achieve have not eventuated, and I would encourage next years team to pick up the mantle. It is about time UNDS had a MedRevue, something I would have loved to bring together this year. We are still making steps to get the Clinical School students more involved and keeping in touch with our Alumni of the goings on in the real world.

To those who are thinking about running for a position on a committee next year, I have one piece of advice. GO FOR IT. Each position is what you make it, and Notre Dame wouldn't be what it is without committees like MANDUS, ROUNDS and GPSN creating a sense of community.

To everyone who was involved this year I would like to wish you another massive thank you, and I cannot wait to celebrate the end of a fantastic year with you all.

Good luck for exams, study hard. And don't forget to share some support around, it is a stressful time for all of us. And most importantly enjoy your well-deserved break post exams.




ROUNDS

It has been a busy year for ROUNDS with lots of baking, BBQ's and rural trips away! It all started with the Country Women's Association (CWA) Bake Off! Bakers from across Notre Dame put their muffins, cakes and slices to the test. In the end it was Will Arnott who claimed the title of Notre Dame's Best Baker 2016. CWA Judge Pat commented that his chocolate mousse cake was 'delectable' – Congratulations Will!

With the sugar rush over, ROUNDS turned our attention to the momentous year 2016 is for the Indigenous community. In honour of this we took

a number of students to Canberra for the Close The Gap Conference. Students spent the day listening to Indigenous speakers and were able to attend a workshop. As the night rolled around, so did the annual bush dance, which was embraced in a true ROUNDS style! This year ROUNDS also hosted an inspiring Indigenous Health night and a BBQ for Reconciliation Week's 25th year anniversary. ROUNDS would like to say a big thank you to everyone who attended!

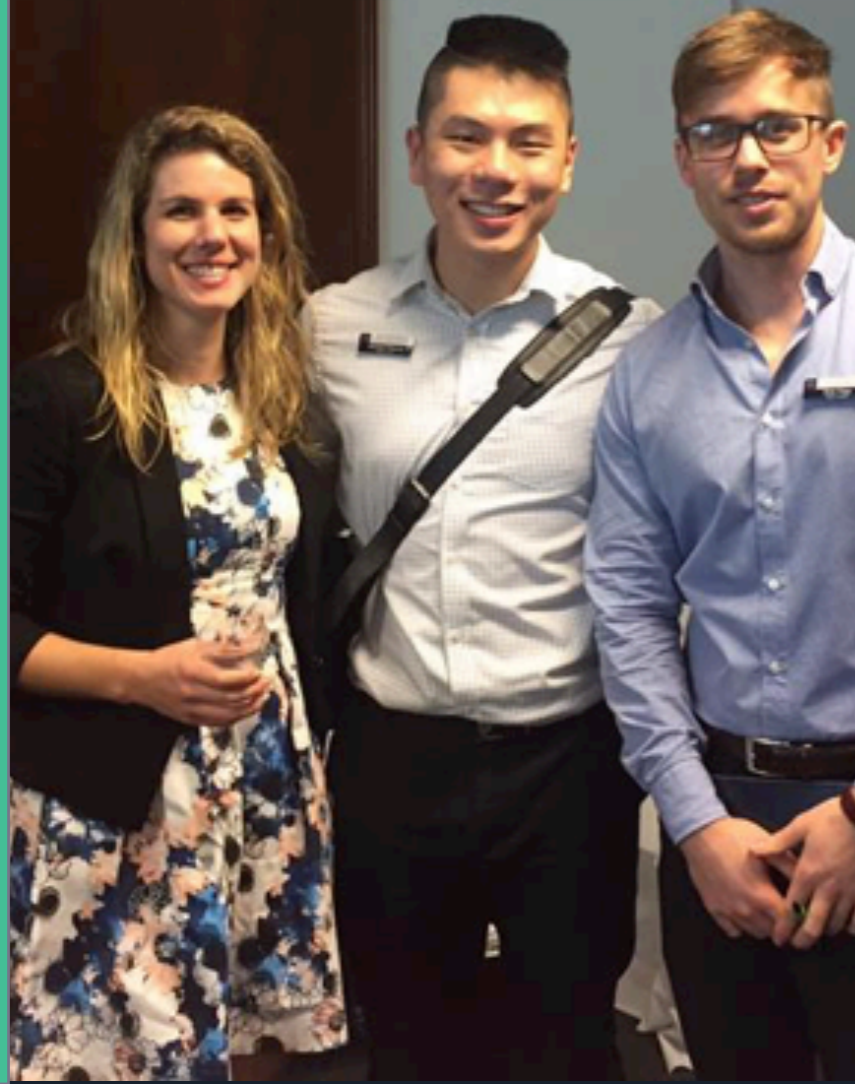
Gutsy Gus has also been busy this year with guest appearances at MedFest and the rural high school visits in Orange and Wagga Wagga. A MASSIVE thank you to the ROUNDS members who ran these visits! By the end, the kids had a good handle on the organs of the body, CPR and were even plastering our arms!

Even though Gutsy has officially retired for the year, ROUNDS are still not done. We are excited to announce that we will be holding our Culture is Life Cocktail party on the 16th of September and you are all invited! See you all there, Love ROUNDS Xoxo





medball 2016  16



The Surgical Society

This is the first year that Notre Dame has won the competition, but we are confident on retaining the title of champions next year!

The second quarter of the year got underway with the inaugural SANDUS Surgical Challenge, where pairs of MED1000 and MED2000 students underwent a series of OSCE style stations simulating a case of suspected appendicitis. Students took a patient history, performed a focused abdominal examination, completed some difficult anatomy questions and capped off the night with suturing. The MED1000 winning pair were Matt Verheyden and Liam Mason, while the MED2000 title was taken by power couple, Jem Neuman and GA Wertheimer. SANDUS also held the annual RACS Morning Tea at the RACS office on Kent Street. Students listened to presentations from surgical trainees

and fellows regarding the pathway to surgical training and life as a surgeon. Students then spent the rest of the morning speaking to the surgeons over a cup of coffee and great food. Notre Dame clinched a magnificent victory at this year's Student Golden Scalpel Games, edging out USYD by the finest of margins. Congratulations to the competing members Johnson Tang, James Bozzi, Bella Williams, Helena Obermair, Peter Malek, Michael Millett, and Elie Hammam. This is the first year that Notre Dame has won the competition, but we are confident on retaining the title of champions next year!

Khalil Bazzi
Chair

THE LIVED EXPERIENCE

BY SAMANTHA KURNIAWAN



Janette Hayward (left) and Michelle Adair, CEO of Cystic Fibrosis ACT & NSW (right)

In June, we joined forces with ROUNDS and MANDUS to raise some much needed funds for Cancer Council through Australia's Biggest Morning Tea. The outpouring of support from the med community, local businesses and the Kinghorn Cancer Centre was absolutely incredible, and with your help we raised \$1406.20. In the process, we also raised awareness about the critical role of GPs in supporting patients through cancer.

However, the highlight of our year so far in GPSN was our inaugural 'Cases with Faces' Patient-Led Grand Rounds event in July. As medical students, we spend so much time reading up, attending lectures (maybe) or watching Armando videos on all kinds of diseases, but what those mediums don't often capture is what it actually means to experience and to live with those medical conditions. Moreover, it's so easy to be detached from that lived experience in 1st or 2nd year while we're learning about these diseases in hypothetical PBL cases with limited patient contact through workshops.

On that note, I think those who attended our 'Cases with Faces' event will vehemently agree that it was a real revelation and eye-opener. We were privileged to have Janette, a genetic counsellor who lives with cystic fibrosis, and James, a 5th year engineering student who lives with type 1 diabetes mellitus, who generously gave us their time to teach us how they manage and live with their chronic conditions. Their stories were incredibly insightful, and conveyed more meaning than our textbooks ever could. Michelle Adair, CEO of Cystic Fibrosis ACT & NSW was also there to share with us the challenges of running a for-purpose organisation, as well as Dr. Charlotte Hesse and Dr. Georgia Rigas, who explored the management of CF and type 1 diabetes from a primary care perspective. For those who want to know more about what it is like to live with CF, I couldn't recommend Janette's blog more (<https://capturingcf.wordpress.com/>)

Look out for GPSN's final events of the year!

- RUOK Day – September 8th
- MOSCE – September 19th
- PPH/PPD Trivia Night – October 6th



Australia's
Biggest
Morning Tea In
The Courtyard

WHAT'S ON AROUND US



Thanks to donations last year, almost 700,000 children are protected from the sun while at school

In 2013-2014, GPs managed malignant neoplasms at a rate of 5.9 per 100 encounters

Cancer Awareness Campaign during Aus Biggest Morning Tea



PANDA



The Paediatric Association of Notre Dame Australia (PANDA) is off to a successful start! This year has seen the university's newest society host some incredible events, including the Paediatric Emergencies Grand Rounds, Teddy Bear Hospital and participation in the intercollegiate Paediatrics Research Cup.

The Paediatric Grand Rounds with Dr Arjun Rao, a paediatric emergency physician from Sydney Children's Hospital, gave the cohort a unique opportunity to problem solve and consider the varying acute presentations of the paediatric population. From anaphylaxis to meningitis, Dr Rao expertly addressed the realities of incorporating time sensitive assessments in children and inspired us with his passion for the field. This event was truly one to be remembered!

This was followed closely by the inaugural Teddy Bear Hospital for the University of Notre Dame Sydney in conjunction with St James Catholic Primary School. Sixteen MED1000 and MED2000 students joined in for a successful morning with 60 Year 1 and Year

2 kids. A fun, engaging morning of interactive activities about health, emergencies, first aid and nutrition was enjoyed by all. Due to popularity and its success, Teddy Bear Hospital will be an event that will continue to expand for PANDA with more schools and opportunities in the works for 2017.

Last, but certainly not least, was the invitation to participate in the Paediatric Research Cup alongside our fellow intercollegiate paediatric societies from UNSW and University of Sydney. UNDS was in proud representation by 4 of their very own students presenting their research in the field.

The growth of PANDA has been incredible! This new society has been meeting milestones and exceeding expectations thanks to the sound leadership of Akshay Flora (Chair), Shanice Sri (Vice-Chair), Bella Williams (Clinical Representative) and Claudia Hadlow (First Year Representative). This new society is certainly here to stay, looking forward to expanding its ranks and a jam-packed 2017!



Clinical Schools In Victoria

MELB ANDUS

Melbourne & Ballarat Clinic Schools

Eugene D'Souza

It has been a busy year at the Victorian Clinical Schools! Although we are all feeling the bitter cold that is the Melbourne winter, we are all eagerly awaiting the arrival of spring and the promise of a great summer ahead!

The MED3000s have all settled into Melbourne life and by all accounts are loving the feel of the new city. Like all MED3000s before them, the step up into clinical years brings with it many challenges, including adjusting to early starts and late finishes, life on the wards, trying not to contaminate yourself once scrubbed in and trying to figure out when to actually get any work done (those darned LOs!!!). Having only recently crossed the midpoint of this long year, I am sure they are happy to know that the summer holidays are not too far away!

The MED4000s have made the most of their Pre-internship (PRINT) year to hone in those clinical skills and ready themselves for real responsibility next year. Many of the Victorian MED4000s have made the most of their rotations to get a feel for the health networks they might want to work at in years to come. Now that internship offers are out in Victoria and New South Wales, I would like to congratulate

everyone on getting an internship! In Victoria, our UNDA students are well spread across most major metropolitan hospitals and also many great country health services. No matter where they will be next year, they will all be getting a quality internship where I am sure they will make their mark as excellent students of UNDA.

The MED4000 crew in Ballarat continue to make the most of their unique experiences in the rural clinical school by getting out and taking in all that rural health has to offer. This has involved participating in courses being held at the hospital and getting out on some great hikes with the Clinical Dean. The students from the Melbourne Clinical School who have had rural rotations in either Ballarat or Wagga Wagga have also all thoroughly enjoyed their rural stints as I am sure the Sydney based students have equally enjoyed their rural experiences.

With only two months until all MED4000 summative examinations are over the study hibernation period is beginning as we prepare for the final hurdle. MED3000s keep your chin up, take some time to smell the roses and make the most of the final months of the year!



Med 2000 Rural Trauma Week

Sports Report

“
Sports do not build character.
They reveal it.”
– John Wooden

Edward Lewis

Where does this humble Sports Rep begin? What a year it has been for the Team MANDUS juggernaut!

If we cast our minds back to Semester 1, the Darlinghurst Campus' biggest event, WimbleMed was a huge success. Tightly fought contests across the qualifying rounds culminated in an epic struggle for Pong supremacy before the annual Medfest evening, played in front of a packed crowd. Anna Phillips (MED2000) triumphed over Emma Thomas (MED1000) in the Women's during an epic three setter to take out the title. Phillips was said to be, "stoked with the result, I really got to her during the warm up". Thomas said she was already preparing for next year.

In the hotly contested men's competition, defending champion from 2015, James 'Jimbo' Williams (MED2000) posted monumental victory against a very gallant Haidar Al Saffar (MED1000). Al Saffar was humble in defeat stating, "he had my measure, I thought beating Paul Satouris in the semi would be enough. James' forehand was just too strong, much like his pregame handshake". Williams was nowhere to be found for his post match interview. Typical. Will he be back to defend the title next year?

We look forward to crowning our WimbleMed Doubles Champions in the near future...

Up next, AMSA Convention 2016 in Townsville provided the perfect opportunity for students to enjoy the Sports Day festivities. Notre Dame played brilliantly across the board in all sports. The highlight of the day for your scribe was making the semi-finals of Tug-o-war, eventually succumbing to the might of

James Cook University, who were eventual winners. Special mentions to Gabriel Inaki-Uhi Sanchez (MED1000) and Simran Singh (MED2000) who lead the charge with pure brute force. A massive congratulations must also be reserved for ND Sport celebrity, Emma Thomas (MED1000) for being crowned "Australia's Brawniest Med Student" for her amazing skill of planking (9 minutes!). That record will be hard to beat!

Unfortunately due to wet weather, our annual soccer game against the Sydney University Medical Faculty was cancelled. Investigations continue as to why this outcome occurred. Luckily for us, another double-header against USYD is occurring soon with our Touch/Rugby fixture in September.

In other sport news, I can report that Team MANDUS again performed brilliantly in the NSWMSC Sports Day. We took the bronze overall, but more importantly enjoyed ourselves and let the competitive juices flow. Congratulations to Kat Wright (MED1000) for winning the touch football 'Most Valuable Player' award. We will be looking for her to lead us to victory against USYD later in the year.

I'd like to thank everyone for their commitment to sport throughout the year. The job has been made easy by your enthusiasm and support of our events and I hope we can finish the year in a bang with a great Pong tournament and touch/rugby fixture!

Lastly, I want to say a big thank you to Tom O'Donnell (MED1000) for being my fellow Sports Rep this year. His support and initiative has been outstanding and I've thoroughly enjoyed working with him to bring a bit of fun to Darlinghurst Campus.



Wellbeing

Isabelle Woodruff (Med 2000)

Matt Verheyden (Med 1000)

As we approach the end of the year, there are so many exciting things to reflect on in the wellbeing world. As we know, medical school is a challenging experience, with students facing a combination of emotional and physical exhaustion associated with juggling their personal and professional lives. 2016 has seen the addition of several new events to the Wellbeing portfolio, all of which are aimed at reducing stress and enhancing happiness and wellbeing for students.

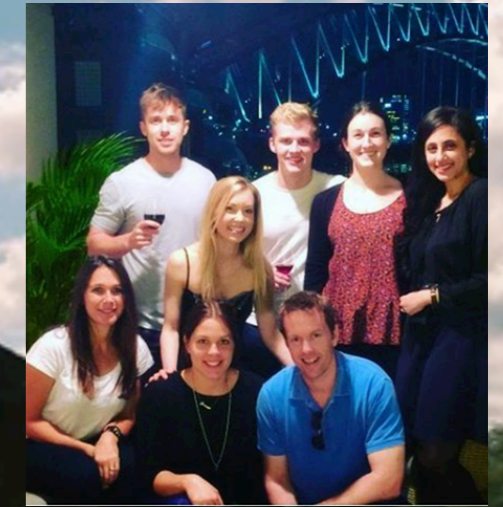
At the beginning of semester one, we continued the invaluable Mentoring Sessions, where MED2000 students shared advice on staying sane during medical school, study tips, answered questions regarding placements and generally settled the nerves of MED1000 students in four sessions over eight weeks. Overall, mentoring has been a fantastic way to welcome first year students to UNDS and help them transition into medical school.



“Not trying to improve yourself or get anywhere, but simply to realise where you already are”
– Jon Kabat Zinn.

food! Most importantly, we hope that by getting involved with Wellbeing Wednesday you recognise the value of taking time to look after yourself and your friends and that you will continue this throughout all phases of your life. Another new addition to the Wellbeing portfolio was the introduction of a series of mindfulness meditation sessions, which have proved to be extremely beneficial for those involved. The practice of mindfulness brings about astounding physical, psychological and behavioural changes by

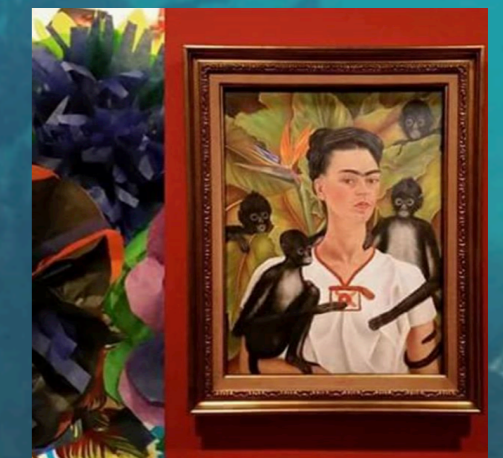
cultivating awareness of the unity of mind and body. These are validated by two decades of peer-reviewed research demonstrating an enhanced ability to cope with persistent pain; decreased anxiety, depression and hostility; more effective skills in managing stress; an increased ability to relax; greater energy and enthusiasm for life; and improved self-esteem. In these sessions we introduced the theoretical basis of mindfulness, how to implement it into our personal and professional



#wellbeing wednesday unds

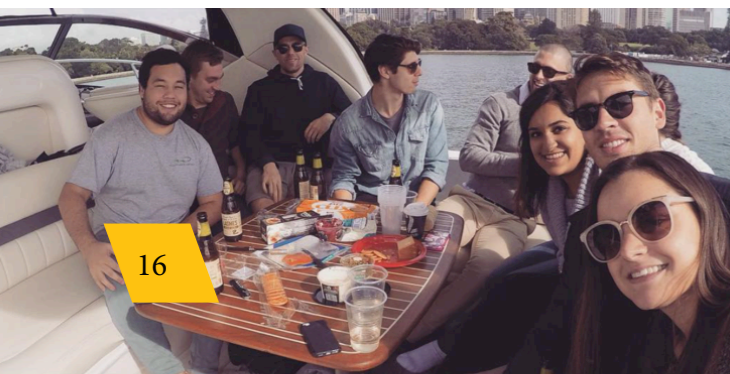


lives and practiced mindfulness with a short meditation. An overarching theme of the sessions was that the purpose of mindfulness is ‘not trying to improve yourself or get anywhere, but simply to realise where you already are’ – Jon Kabat Zinn. Thanks to all those who got involved in Wellbeing events in 2016 – we have loved being your Wellbeing Representatives and wish you a happy and peaceful 2017!



Our newest event this year was Wellbeing Wednesday, which has been a fantastic success since the last edition of Kyphosis. Each week we see students doing amazing things for their mental health through their posts on social media with the tag #wellbeingwednesdayunds. One lucky person with the most creative

post wins a free ice-cream voucher, generously donated by Gelato Messina. So far we have seen people going to the beach, grabbing coffee with friends, exploring Sydney, hitting up museums and art galleries, catching up with family, going surfing or shopping, doing exercise, chilling out watching movies and eating lots of delicious



**GET HEALTHY
GET FIT**

SUDOKU

MEDIUM DIFFICULTY

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Dermatological Terms Find-A-Word

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c v u w t b w x h v t b s x h c a h j n l r a l u c i t e r o s i o n r h h f f
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d h m e p r h c b r j a f w d q r w f i d f k r p l d v u k y v o u n t f t h s f
r n q s v h t d j n w r h m e q e r b n d c w f d k o n d q s n s y z e a j v x
b g t l r b t i j y l p u j j m r k l u d z b k e m x a g p a p u l e v r k e h
m g m z v i f b w r b d c w b p q q x w p p n t w j u g s t a l n l g k e u t o
f i g n y o q p g g y z o b t c u x v c n w q u i b k u e j x i p a c t k w e m
p s q e c n v j t d g h p f m l u t u a t c l i i d a q l v c j t t b h q g j f
o m v t p x h i b b o s q k m j r p j m n z p u n e q g x c y h a e p w z u v j
f y w c u g e t j d u g y h z y l j c s y x v s q q j g s t i q v u m u f n u n
a c c r u q m x c t h h t q g r y g x p w r d j j a e l x d q x d y b i a x j x
x s y s j d o h n k z n n n m r j b s u z z z b g b l y u b z c n r w p w i a t
u o k s p e r t k h y j j a c c w v b d z y o o k a v p f e w e k c y v f o y s
a d p y f c h f o s s p t n k n c e p j m m l t u k j m j n q s r z l c l e u o
v b c x b q t d c o z p r g z q o x l k c a a y y g h o d c y g f i c u z g y n
a p t x w i v z f z a e l z j o j j y x i v a n g w k x n f g w i p r z b r e x
h c u m l g y r m r d v a f g l m d w v s n y i p c o l h d j q h p p a b t a m
u q q z h f y f k m f i o z g a i k f y p q r g u y f j k k y c v q h b c s k a
p j h z d o o d b y i f z c j z h m k g n d x t c c w q o q x y o f u m m d b v
i d t v n k s y i r y g i u g n f k c l r v s f u j p l p q b g g k l e m a h
l x r c z j g q q z u c l g c y x g k p n y w o o d p u b g o e d o h l l r f e
y f s g y v j h j h a n h z t x p t o m e p q u z b p x t r i j p n s p e k u k
s w g x x r z l h q z d n k m g n v k d z g z i f i m t d y q m n k w k l x v j

abscess
annular
arcuate
atrophy
bullae
burrow
carbuncle
circumate
confluent
crust
cyst
ecchymoses
erosionexan-
thematous

excoriations
fissure
furuncle
granulomatous
horn
hyperkeratosis
keloid
keratotic
lichenified
macule
maculopapular
nodulepanniculitis
papule
papulosquamous

petechiae
plaque
psoriaform
purpura
pustule
reticular
scales
sclerosis
serpinginous
sinuspongiosis
striae
targetoid
telangiectasia
ulcer