



The Auricle

Volume 1, Issue 4

February 2010

Events for Your Diary



Tuesday 4th May 2010 – Global Health Short Course: Medicine and Surgery with the ICRC in the theatre of war.

Monday 12th - Thursday 15 May 2010 – MedRevue

Friday 28th May – Rural Stream Applications due for second year.

From Your President

James McCracken



Welcome to the April edition of the Auricle.

And just like that it's nearly May. The trees on the bike path are changing colour, you find yourself putting on the electric blanket and lighting the pilot light on the heater.

But most importantly, it's time for ANUMSS Med Revue! The Phantom of the Operating Theatre promises to showcase our talented colleagues' creative and artistic talent. Make sure you get along to the Belconnen Theatre on 12 – 15th May to see what I'm sure will be a memorable show.

The upcoming month will see the launch of the hotly anticipated ANUMSS Wellbeing Handbook. Health and wellbeing are paramount, not only to our patients but also to ourselves. The handbook is a manifesto of health and wellbeing resources around Canberra and the ACT. Kudos to Erin O'Reilly for her hard work and efforts in putting this resource together for the student body.

April also saw the departure of Tim Lovell from MedSoc. Tim has been a loyal servant to MedSoc for the past two and a half years. I thank him for his time and his tireless efforts that he has contributed. However, Tim's departure has opened up the opportunity for someone to step into the role of Vice President. Nominations are now open and close shortly.

In other MedSoc committee news, a new position has been created that of Academic Event Rep. The role of the AER is to organise and coordinate academic events such as When I Grow Up, the inaugural ANUMSS Trauma Symposium and inaugural ANUMSS Academic Oration. This position also offers a student the opportunity to gain experience being involved on the MedSoc committee. Nominations are also open for the Academic Event Representative.

Until next month,
James.

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Letters to the Editor

Greetings Auricle readers.

By reading this fine publication as a form of self directed learning you identify yourselves as that special type of medical student who cares about the world around him and the bigger things in life. Therefore you might be the type of student sophisticated enough to support Australia's current constitutional monarchy.

It is easy to join the bandwagon, an Australian for head of state etc (not that the PM or Governor General count it seems). However the constitutional Monarchy has temporal advantages. The current separations of powers has worked very well for 100 years – any look around the globe sees how well Australia's government functions - and some sort of Presidential model will disrupt this. Our English heritage (politically linked through the Queen) benefits us with common law that underpins many of Australia's basic freedoms. As an aside, once the Governor General is appointed (by the PM) the Queen can only intervene on the invitation of the Australian government. She really is a powerless figurehead, which may well be preferable to a powerful President.

There are other advantages too. It enshrines the historical link to the country that founded ours – not all Australians would see this as important but some do. The change would cost money both to decide upon and implement. The uncertainty of what might replace it should be a worry. I'm hope that any republic would be better designed than the USA, where a rich guy in a two person race + people he just decides to appoint to their departments runs the show, but the unknown is exactly that. Furthermore what's not to like about the royal family, just look at the Queen, the harmless old lady that she is, Prince William who seems a nice guy as well, and Prince Charles... OK next paragraph.

Seriously though Australia is a democracy (something else inherited from Britain) and ultimately the people should decide – and they did quite convincingly in a 1999 referendum. I doubt this is the last we will see of the Republic issue in Australia, but would hope that this democratic action would be recognized by the intellectual elite who used Kevin Rudd's ascension to call for another referendum.

So, I understand many do not share my views and would be very interested in hearing replies in this



Blood.....BLOOD!



Don't like needles? Neither do I... But this July & August the Australian Red Cross (ARC) in conjunction with the Australian Medical Students Association (AMSA) are calling upon medical students and their friends & families alike to roll up their sleeves and donate blood to those that are in need. The inaugural Vampire Cup stands to be awarded to **the best bloody medical school** that records the greatest donations over this period so don't be shy and let that blood flow. Each week Australia needs over 26,000 donations just to meet the demands of people like you and me that need these donations just to see out the day. In fact we all have a 1 in 3 chance of requiring a blood donation at some point in our lives. Count David (1st year), Count Sameer (2nd year) and Count (3rd year) **want your blood** so come see them if you are interested in signing up!

Sameer Mathur (2nd year bloodsucker)

EnSIGN News:



With the advent of the Global Health Short Course, we have brought in a great amount of interest within and outside the medical school. It culminated in our most recent speaker, Tracey Roberson - who brought a very honest, interactive and at times brutal view on the challenges faced by health care workers. I'm sure those that attended will certainly not forget what they have taken away from it – such as the idea that doctors can be careless – such as blanket prescriptions of erythromycin and furosemide to all patients, regardless of their conditions, or doing anything to avoid being killed in a gunfight and being alone.

With that, he has become a leader in the control of landmines and other weapons of war, and as the Adviser on Armed Violence to the ICRC in Geneva, he has been instrumental in controlling the use of explosive conventional weapons worldwide. Well published and author of many surgical texts, we're privileged to have a live Q&A with him and Dr. Marco Baldan (Dentistry, Medicine), the current head of surgery at the ICRC from 5pm May 4th, where not only students will get to ask questions, but also learn from these eminent surgeons



Coming up this month we will be finishing off the Short Course, with a DVD showing followed by a live teleconference with the feature focus of the documentary – Dr. Robin Coupland. A Cambridge University trained surgeon, he has first hand experience of the horrors of war, working from the Afghan Civil War to Yemen and Cambodia.

Andrew Nguyen, EnSIGN President

Out and about at Medsoc Mixer!

On a beautiful sunny afternoon on Friday 19th March, the BBQ was lit and sausages were cooked for the annual MedSoc Mixer. The afternoon kicked off brilliantly and special thanks must be given to Sarah Golding, Pete Ricardo and Bell Allan for their help cooking sausages, preparing watermelon and FAIRY BREAD - the amazing food made for the late arrival of the jumping castle!

Those who stuck out the wait for the generator to be collected from Tuggeranong were eventually rewarded with a huge jumping castle and LOTS of fun and games - apparently jumping castles are enough fun to make everyone resort to their 5 year old selves! At sunset the jumping castle was packed up and people moved on to Mooseheads where the party kicked on into the wee hours of the morning! Three dollar drinks and dance podiums brought all four years together for a night of mingling and mayhem. Thanks to all those involved in helping on the night, and to Mooseheads for an AWESOME drinks package



**“It always seems impossible until it’s done”
(Nelson Mandela)**



You may have figured out by now that medical school isn't exactly what you thought it would be - and that's ok! There is no right or wrong way to approach medical school, and there is certainly no formula for success. For some medical school will be an opportunity for endless social networking; for others it will pose a significant challenge to long standing beliefs and attitudes. There will be those who contemplate deferral, those who contemplate starting a family, and those who find a niche in neurosurgery, obstetrics or general practice. No matter where you end up at the end of your first year, you will always be considered a valued member of the ANU Medical School community. It is important to remember that it is your unique background and character that will make you an excellent doctor. For those who are feeling a little rattled, don't worry this feeling will pass. In the events that these reassurances aren't convincing, here are a few survival tips to help see you through the year:

- Don't leave your study until the last minute. You may have heard this in the past, but there is no other degree where this statement is so true! Start getting your notes together as soon as you can (i.e. after each lecture), and leave at least 4 weeks to prepare for any exam.
- Do not compare yourself to others. There will always be people around you at medical school who seem to know everything. Don't be intimidated – instead ask these people loads of questions and take the opportunity to learn all you can.

- Be wary of overeating or resorting to enormous amounts of caffeine when you are feeling tired or stressed. This is a cycle that once started is very difficult to break. Remember – the best way to combat fatigue is to get plenty of exercise and to eat a balanced diet.
- Sleep, sleep, sleep. Do not allow yourself to become sleep deprived. Not only will this affect your ability to study, but also makes it harder to emotionally cope with the pressures of medical school.
- Be cautious of Grey's Anatomy-like relationships. You will be spending the next four years with the members of your year group, and things can get a little awkward if relationships end badly.
- Make an effort to maintain old friendships outside of medicine. In your downtime it's great to escape the pressures of medical school with old friends who don't want to talk about your upcoming exams or yet another random disease you have diagnosed
- Make friends with later year students. Share laughs, study notes and exam tips with those in the know.
- Continue to pursue your hobbies. These are an important part of your life, and shouldn't be sacrificed all in the name of study.
- Get hold of the ANUMSS Wellbeing Handbook, and find yourself a general practitioner in the Canberra region.

Good luck with your first year of medicine. Remember first year is tough, but it is also one of the most exhilarating and rewarding years of your medical career.

Erin O'Reilly



A FEW WORDS FROM ARMS...

G'day all,

On Friday 16th of April we had the AGM for the ANU Rural Medical Society at All Bar Nun. Sam Gubicak and Bud Nanayakkara, as the outgoing Co-Presidents, handed over to the new committee, which I announce to you now.

2010-2011 ARMS Committee

Executive:

President: Tom Gleeson (Y3)

Vice-President: David Phillips (Y2)

Treasurer: Martin Dempsey (Y3)

Secretary: Melinda Swan (Y2)

NRHSN Senior: Agnes Luty (Y3)

General Committee:

NRHSN Junior: Budhima Nanayakkara (Y2)

Rural High School Visit Coordinator: Julia Whitby (Y2)

Social Coordinator: Madhawa De Silva (Y1)

Y1 Representative: Helmut Yu (Y1)

Y2 Representative: Sarah Simpson (Y2)

Y3 Representative: <<vacant>>

Y4 Representative: Laura Heal (Y4)

Indigenous Affairs Liaison Officer: Nushin Ahmed (Y2)

IT Officer: Phoebe Moore (Y2)

Publicity Officer: Anusha Saxena (Y1)

Sponsorship & Scholarship Liaison Officer: Kyra Clifton (Y1)

As you can see, the Committee is largely made up of second and third years, which suggests that both junior and senior medical students are keen to be involved in the rural health activities of ARMS. I am proud to report that compared to many other university rural health clubs, ours seems to be one of the best organised, most involved, and most enthusiastic of all!

Already this year we have had at least sixty different students involved in activities such as the Rural Show Visits Programme, visiting towns such as Crookwell, Delegate, Dalgety, Cooma, Taralga, Binalong, Bombala, Goulburn and Yass. This is not to mention the more than forty students who volunteered to help with the health checks at the Royal Canberra Show in February. The Rural High School Mentoring Programme has been back to Cooma again this year and many students have been involved with this too.

The highlight of the semester though has been the National Rural Leadership Development Seminar, jointly organised by the National Rural Health Students Network (NRHSN) and the Australian Medical Students Association (AMSA). This took place in Wollongong from 8-10 April and was attended by delegates from rural health clubs and medsocs across the country.

This year we intend to become more involved in advocacy for rural health issues. We have been out and about stalking, cornering, and ear-bashing everyone from local MPs such as Steve Whan (Member for Monaro, Minister for Primary Industries, Minister for Emergency Services, and Minister for Rural Affairs) to Nicola Roxon (Minister for Health and Ageing) and even the Prime Minister himself, Kevin Rudd. Medsoc will soon be organising the annual visit to Parliament House, and I encourage ARMS members to come along.

The next big event which we are preparing for is the National University Rural Health Conference (NURHC) which will take place in Alice Springs in mid-July. ARMS intends to send as many delegates as can be funded and we have two abstracts submitted which will hopefully be accepted for oral presentations. We hope to announce the NURHC delegates within the next few weeks.

Tom Gleeson

President, ANU Rural Medical Society



MedReview: **Phantom of the Operating Theatre**



The Daily A

Wednesday, 12th May 2057

Phantom Strikes Again!

Screams rang out across The Canberra Hospital earlier today as a routine pap smear went horribly wrong, leaving one local Canberran with tabasco sauce in places it should not be. Mrs Miggins, 64, of Manuka, said "it was the most surprising test I have ever had".

It appears that this "freak accident" was the result of KY Jelly being inexplicably substituted with the extra hot chilli sauce, in a move that will surely spark renewed talk of the mysterious Test User.

Want to know more?
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The ACT Medical Women's Society is offering their Annual Essay Prize for Women's and Children's Health. The prize is \$300, conditions outlined below, so get your thinking caps on! Remember population health assignments often relate to child health, so why not get some kudos and financial recognition for your great work!

The MWS would also like to thank all the speakers at the two events held this month, the Annual Presentation Dinner and the Juggle. These events owe their success to the following generous women who shared their time and experience for the benefit of their student colleagues:

Dr Jennie Bromley, GP
Dr Rebecca McCormack, O & G Registrar
Dr Jacqi Moss, GP Registrar
Dr Libby Hillman, Gastroenterologist
Dr Kate Drummond, Dermatologist
Dr Ella Stack, former Lord Mayor of Darwin
Dr Tracey Lu, Chinese pathologist
Dr Carola Vinusa, Researcher at JCSM
Dr Sarah Shepherd, Intern.

**AUSTRALIAN NATIONAL UNIVERSITY
MEDICAL SCHOOL**

**WOMEN'S AND CHILDREN'S HEALTH ESSAY
PRIZE OPEN TO ALL YEARS**

1. There shall be a prize for award by Council each year which shall be known as the ANU Medical School Women's and Children's Health Essay Prize.
2. The prize shall have the value of \$300.
3. The prize is for award each year to the student who in that year:
 - (i) was enrolled in any year of the Bachelor of Medicine Bachelor of Surgery Program; and

- (ii) submitted, by the due date, a piece of work related to Women's and/or Children's Health which is judged to be the most outstanding by the Selection Committee. The piece of work will reflect a comprehensive understanding of the importance of women and children's health
4. The piece of work should be no more than 1000 words long and may have already been assessed or may have been expressly prepared for consideration for the prize.
5. Each year the due date will be promulgated on MedOnline.
6. The prize will be determined by a Selection Committee drawn from members of the Medical Women's Society of ACT and Region.
7. The prize shall not be shared.
8. If, in any year, no submitted piece of work is assessed by the Dean of the Medical School acting on the advice of the Selection Committee as sufficiently outstanding and reflecting comprehensive understanding of the importance of women and children's health, the prize shall not be awarded in that year.

The Medical Women's Society of ACT and Region is offering a prize in order to increase awareness in medical students of the importance of the health and welfare of women and children. Applications are welcome from **male and female students**

Applications for the Bush Bursary/CWA Scholarship are closing soon!

The Bush Bursary/CWA Scholarship offers medical students studying in NSW/ACT the opportunity to experience rural medicine and lifestyle. Bush Bursary/CWA Scholarship Recipients receive \$3000 and in return spend two weeks in a rural location.

Applications close on **Monday the 3rd of May at 5pm**. ANU Medical Students in their 2nd year of study are eligible to apply.

For further information about the Bush Bursary/CWA Scholarship please go to www.nswrdn.com.au or contact students@nswrdn.com.au

Applications may be submitted by mail, fax or email (please email above for word version of the application)

Also due to changes in the allocation of interns to NSW, the eligibility criteria for the NSW Rural Resident Medical Officer Cadetship has also changed

ANU Medical Students in their 2nd year of study are eligible to apply if they have completed Year 12 in NSW

Further information available at www.nswrdn.com.au or email - students@nswrdn.com.au

Contributing to the Auricle

Communications & Publications Officer

If you have an opinion piece that you would like to submit for publication in the next edition of The Auricle, a Letter to The Editor, or an article about your Elective experiences or The John Flynn Scholarship program or perhaps an event that you would like to publicise please email Aodhamair Lenagh-Maguire at u4229908@anu.edu.au with details. ■

*Deadline for Submissions For The Next Edition
of the Auricle is ...*

Thursday 13th May, 2010.

When I grow up...



When I Grow Up is a series of lectures from our clinicians in the field that aim to provide insight into their careers and how they got to be where they are. Each lecture will have beer and some nibbles provided and will feature a different clinician from varying specialties each time. The ANUMSS would also like to thank the Australian Defence Force for their sponsorship of this event. Without them, we wouldn't have beer OR nibbles. So cheers.

Keep your eye out for future *When I Grow Up* lectures in the coming months!

The first *When I Grow Up* Lecture was held on Thursday the 15th of April at the Canberra Hospital Auditorium. It featured a talk from Prof. Frank Bowden who spoke to a large audience on the winding career path that took him to where he is now. I think if anything can be learnt from Frank, it's that you can plan all you like, but it doesn't take much for you to end up in a completely different place doing something completely unforeseen. Like teaching medicine at the ANU (anyone planning on this one?). A big thank you to Frank for putting his journey out there for us to get some perspective on life after med school.



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ANU MEDREVUE
PRESENTS



The PHANTOM
of the
OPERATING
THEATRE



BELCONNEN THEATRE

MAY 12, 13, 14 & 15, 2010

TICKETS: ANUMSS MEMBERS \$20, NON-MEMBERS: \$25

EMAIL FOR TICKETS: anumedrevue@gmail.com

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CAFE HOZ





