



# The Auricle



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### **From Your President**

Congratulations on finishing the academic year. I hope that your exams went well and I trust that

you're now enjoying a well earned break.

Recently, the AMA in conjunction with the NZMA, AMSA, NZMSA & MDANZ released a set of guidelines regarding doctors and medical students conduct on social networking websites. We often neglect the privilege that our position brings, and the potential to unintentionally breach our obligations when online. They're included in this edition of The Auricle.

This is also the most recent edition of The Auricle since our prestigious fourth years graduated in style. Congratulations to those of you whose unique contributions were awarded on the night; congratulations to David Corbet on winning the AMSA National Medical Student of the year award, Steve Peterson on winning the AMA Leadership Prize, Alicia Paul on winning the Graham Paul prize.

Being the final edition of the Auricle, I'd like to take the opportunity to thank those of you that have contributed to The Auricle this year. Thank you also to our regular readers.

I'd like to wish you all a safe and happy Christmas, and my best wishes for the New Year.

Signing off,

**James McCracken**

## A year in review

1100 emails, 13 MedSoc meetings, 6 interstate flights, many 'other' meetings and phone calls later, our MedSoc term has come to an end.

Let me start by thanking everyone for giving me the pleasure of leading this great MedSoc committee of 2010. It's been a big year of many successes.

We continued many of the great MedSoc traditions including O-week, Scrub Crawl, the 'MadMed' Winter Formal, the Trivia Night and the Research Project night, to name but a few. However, we also implemented a few new initiatives and hopefully began some new traditions.

We published a Student Wellbeing Guide, hosted a Wellbeing Retreat and organized a Surgical Symposium.

We also had a very successful year financially. This afforded us the great opportunity to financially support and sponsor the ANU Med Revue and to be a Gold Sponsor of the ANU Medical School Graduation Ball. Importantly, it also allowed us to support many grass roots med student initiatives, such as the Pink Morning Tea and the Fiji Village Project.

Then there are also the unglamorous, behind the scenes stuff involved in leading the MedSoc committee. Many emails, meetings, advocacy issues, AMSA meetings (with a mandatory 5am start and 3 nights in a grotty backpackers), and after hours phone calls and discussions. However, I'd do it all again in a heartbeat (regular, or irregular).

I'd like to thank the committee for all their efforts this year, many people worked tirelessly to give us the great year that we had. I'd like to thank the Executive for support

throughout the year. And of course, my lovely wife, Laura.

I wish the Incoming Committee all the very best. I know that they will continue the great work of the MedSoc. I'm very fortunate to be staying on, as the 4<sup>th</sup> year Academic Representative and I'm looking forward to working with Mark, Stuart and the team.

I hope you have a wonderful break, full of Christmas cheer. I'm off to bonny Scotland for my elective. I look forward to seeing you next year.

**James McCracken**

## Grad Ball 2010

Congratulations to all our deserving and inspirational graduates of 2010! The following is a wrap-up of the speeches and prizes at the Graduation Ball, for those unable to attend. Many thanks to Luke Manestar and Professor David Hardman for allowing their speeches to be reproduced here.

### **GRADUATION SPEECH – Professor David Hardman**

I am delighted to be asked to give this year's graduation address. How things have changed! Four years ago the difference between a neurologist and a neurosurgeon may have been, for you, an unknown. Your understanding of immunology blood tests may still be a little vague. Four years ago, the link between the primitive and the orthopaedic surgeon was yet to be clearly formed.

In four short years you have learned another language and new concepts. Words like ischaemia, metastasis, speckled DNA, and script concordance are now sprinkled in your daily conversation.

Congratulations- you are now doctors, on the doorway of an exciting professional world. In this world there are many niches in which you can lead your professional lives. Your task for the next couple of years will be to identify the location of your own niche.

Now, that you have finished your studies, a process Aristotle referred to as 'an education for one's place in the world' you can now focus on work life balance. This delightful phase does not refer to sliding out of work at 430pm to sit on a bike in the gym in an attempt to find balance. Rather the concept is part of the perennial concern raised by CP Snow in the 1957 Reith Lecture. CP Snow was warning of the two cultures- the divide between the sciences and the arts. This divide inhibited dialogue, thwarted ideas and hindered the development of society.

I put to you that the balance that is required is what is needed to straddle between the two cultures. You will need the sciences for your work, but you will need the arts for your patients, your family, and for yourselves.

The first sentence of Aristotle's *Metaphysics* makes a famous assertion, "All humans hunger for knowledge". The sciences will feed part of this hunger, but a balanced diet must include the arts. - Literature, music, the fine arts.

Literature can teach many concepts: Read the *Iliad*, and realise that Macheaon, the Greek surgeon, was the guide and teacher of the first physician, Hippocrates. In the *Odyssey* admire the shrewdness of Odysseus, when his wife, who he has not seen for twenty years, asked, in an attempt to confirm his identity, 'what is the secret of our wedding bed'. Dante's *Divine Comedy* will show you how to be a mentor, Dostoevsky's *Crime and Punishment* will explain the danger of intellectual arrogance and conviction. Kafka's *Metamorphosis* will teach you how to experience empathy, while his novel *The Trial* spells out the need for all administrative processes to follow the established laws of natural justice.

These concepts are echoed in music. The affirmation of Don Giovanni, in Mozart's Opera, of his humanism, in the imminent face of damnation, will strengthen you for even the most difficult ward round.

Artists can show you the humanity of the world. Do you see the human condition through the eyes of Caravaggio, Kandinsky, Lucian Freud, or Damian Hirst?

Best of all is live life. Gain memories for these form your experiences. Organise these experiences and you will develop wisdom. Sleep in a tent, and drink water from a mountain stream; stay at Georges V in Paris, and drink Montrachet at the Alain Ducass restaurant. All of these things are worth doing.

As you explore further, in your attempts to find and sustain balance, continue to come back to medicine and enjoy the science, the patients, and your colleagues.

This journey towards work life balance needs to be guided by your enthusiasm for both life and purpose. Enthusiasm is a great word {*GK en / Theos*} this god within is your own muse-listening to its voice to go forward is what we know as enthusiasm. Listen to that voice. If you can hear that voice you will find the professional niche you are looking for.

At last year's dinner Guan Chong referred to Robert Frost's 1916 poem *The Road Not Taken*  
"Two roads diverged in a wood,  
and I-  
I took the one less travelled by  
And that made all the difference".

But you will remember the poet stated, earlier in the poem," Oh, I kept the first for another day". For the last four years you have travelled on one path, but in an attempt to achieve work life balance remember Robert Frost's advice: "Oh I kept the first for another day". - That other day has arrived!

It is a privilege to be a teacher and a mentor. On behalf of all the staff I want to say thank you for that privilege, and we all hope your futures are bright and filled with purpose and reward.

## **GRADUATION SPEECH –**

### **Luke Manestar**

Good evening, ladies, gentleman and fellow ac/dc fans. I would first like to thank the Graduation Ball committee for organising a fantastic night. Well done. Our gratitude should also be extended to the sponsors of the graduation ball for supporting this superb occasion.

When it was announced that Professor Hardman was to deliver the staff speech for tonight it reminded me of a story that illustrates what a varied bunch of people that make up the medical

profession and the class of 2010 is no exception.

I remember discussing with Prof the dramatic overtures of Mozart's Requiem. Little did he realise that the extent of my cultural knowledge is remembering the second verse of Khe Sahn.

Our year derives from a variety of backgrounds with a range of life experience. We are hip hop and modern dancers, sopranos and tenors. We are graduates of Oxford University and Narrabundah college. We are soccer, hockey and BUTT players. We are podiatrists, lawyers and heavy lifting technicians. We are South Africans, Cubans, Norwegian and even South Australians. And from this immense array of backgrounds and experience we commenced this adventure together.

The journey began for the class of 2010 nearly four years ago. It has involved twists and turns, tears and laughter, origami frogs and singed pubic hair. One of our first experiences was PBLs or as I like to refer to them as free food Friday.

The food in the first tutorial was a couple of rice crackers and a two

day old black and gold hummus this progressed as the years went past to baked croissants, friands and homemade curries. I reckon, by 2020 the PBL trigger will come with a wine list.

PBLs provided a new and challenging learning experience. We learnt to work collaboratively, think broadly about a multitude of subjects and also how to remove the hyperlinks from Wikipedia. In lectures we discussed the big issues, such as the dominance of health care by pharmaceutical companies, we were enlightened on the downfall of Snoopy's arch enemy, the Red Baron and we also had the occasional anatomy lecture.

One of the highlights of these lectures was an impassioned speech at the 2<sup>nd</sup> year exam feedback session. This speech made Obama's, a more perfect union seem like the weather report. Yes We Can, Bosco.

Another formative experience was medical exams and the groans of many a medical student can still be heard echoing around Melville Hall. Strangely one of the best radiology

tutorials was also an OSCE station, that's a new take on self directed learning. But my favourite moment from examinations was the delight of a bored OSCE examiner and the bowel loosening moment for the student when these simple words were asked: Are you sure about that?

Outside of the medical school the class of 2010 have strutted their stuff. The talent displayed in the med revues was awe inspiring. Seeing Miss Wise belting out an aria from Rigoletto in 2008 was one of the highlights and most unexpected experiences of the last four years. Then there was Karaoke-gate of 2007. Who would have thought Dusty Springfield could incite that much passion?

We had an insider's tour of parliament house where we met federal health ministers; we attended health reform conferences and had end of year trips to stunning rural retreats. And the common denominator to these events and many more was one man and those shorts. When the news was coming out that Delhi was having issues trying to coordinate the Commonwealth

Games, I had the solution. Steve. But seriously, thanks to Steve and all the other students that devoted their time and energy to organise events.

Another achievement is Adapt an ANU alumni philanthropic trust set up by some of the 2010 graduates that will provide support to health related charities now and into the future. Throughout the years there were many more achievements and events: Fiji Village assistance program, bush dances, photo exhibitions ski trips, rural weeks where students would visit Cooma, Young and Chateaux de Hoy and Paul at Mossy point, and who could forget end of exam parties at Moose, were many a stomach was rolled.

Now I would like to take this opportunity to thank a couple of groups of people that have helped us along on this journey. The first is the clinicians, medical school staff and lecturers. Prof. Bowden has stated that most clinicians will be consumers of knowledge and a small proportion of us will create knowledge. I agree with this statement but also believe that one of the roles of a good doctor is to

pass on their knowledge to students. Thanks to all the clinicians that shared their wealth of knowledge, time and patience and in doing so inspired us.

The second group of people that have been critical to our development as young doctors is the patients. My favourite statement throughout my clinical years, usually said by a diminutive grandmother is, "Well you have to learn don't you love?" This eagerness to assist our development was tested at times especially when a medical student holding a glimmering cannula approached looking about as confident as Tony Abbott at a broadband conference. We shared the birth of your children and the death of your loved ones. Thank you for sharing the innermost details of your life to assist us to become good practitioners. It is a privilege and humbling experience.

The last group that I would like to pay tribute to is our family and friends. They have been bored to near catatonia by our passionate arguments about the validity of the script concordance test as an assessment tool. They have

undergone more clinical examinations than any person with a chronic illness. I would especially like to thank my wife who took her dedication to my learning to a new level by delivering this morning, the morning of my Obstetrics' exam. Our friends and family have supported us emotionally, financially and have been our rocks during stressful times. Thank you. Without you we would not have made it.

We began this journey with a goal to become competent junior doctors. We have shared times of adversity and jubilation. Through this common experience we have far surpassed this initial goal, we have become lifelong mates.

As we move on to the next chapter we can continue to learn from the wisdom of others like Ralph Waldo Emerson who told us: "Do not go where the path may lead; go instead where there is no path and leave a trail". Keep living the dream. Congratulations class of 2010.

## Prize Presentations

### **1. Australian Medical Students' Association National Student Award 2010**

In recognition of significant contribution by a medical student to the local community and the wider nation.

Presenter: Ross Roberts Thompson

Winner: David Corbet

### **2. Louis Szabo "Silver Probe" Award**

To promote knowledge of and interest in anatomy.

Glass trophy; no certificate; Louis will have the prize cheque with him.

Presenter: Louis Szabo

Winner: Caroline Bissex

### **3. ACT Division of GP Excellence in GP Prize**

The Excellence in General Practice Prize is sponsored by the ACT Division of General Practice. Up to three prizes to the value of \$500 each will be awarded to students who in their third year general practice attachments demonstrated exceptional interest, aptitude and commitment to general practice. The ACT Division of General Practice has instituted this prize to help motivated, highly performing medical students to consider general practice as a long term career choice.

Presenters: Dr Rashmi Sharma, President ACT Division of GP, and  
Professor Marjan Kljakovic

Winners: Sumit Chadha  
Leanne Currie  
Bosco Wu

### **4. Southern General Practice Network Rural Health Prize**

The Rural General Practice Prize of \$1,000 is sponsored by the Southern General Practice Network and awarded annually to a third year medical student who has demonstrated exceptional interest, aptitude and commitment to rural general practice.

Presenter: Dr Hamish Steiner

Joint winners (\$500 each): Daniel MacKay, Luke Manestar

### **5. Rural Health Prize**

The Rural Health Prize is donated by Capital Pathology to highlight the importance of high quality rural medical education in the ACT and surrounding

areas. The \$500 prize is awarded annually to a final year student who has demonstrated exceptional commitment to gaining experience in rural health care.

Presenter: Dr Ian Clark, Capital Pathology

Winner: David Corbet

## **6. Indigenous Health Prize**

The Indigenous Health Prize is sponsored by CoastCityCountryTraining in order to promote the knowledge of, and interest in, Indigenous health. The annual prize of \$1,000 is based on the submission of a 2,000 word essay demonstrating knowledge of Indigenous health and how this has informed their clinical practice and cultural competence with an emphasis on their personal reflection in these areas.

Presenters: Dr Katrina Anderson and Ms Gaye Doolan

Joint winners (\$500 each): Monica Mylek, Peter Sturgess

## **7. Leadership Prize**

The Medical School Leadership Prize is sponsored by the ACT Branch of the Australian Medical Association and awarded annually to a final year student, who in the opinion of his/her peers, senior Faculty staff and the President of the AMA ACT has shown outstanding leadership. The Leadership Prize is \$500 and reminds students of the central role doctors can play in health leadership. **David** – if you call all of those shortlisted to the stage to receive a certificate, Iain will then announce the winner.

Shortlisted: David Corbet

Nadia Coscini

Sarah Golding

Alicia Paul

Steve Peterson

Presenter: Dr Iain Dunlop

Winner: Stephen Petersen

## **8. Mary Potter Award for Excellence**

The Mary Potter Award for Excellence is established in recognition of an outstanding medical student who has completed at least one rotation at Calvary Hospital during their period of study and who demonstrates excellent clinical skills as well as an exemplary commitment to the Calvary core values of hospitality, healing, stewardship, and respect. The prize is a medical book and/or medical equipment to the total value of \$500.

Shortlisted: Elizabeth Amyes

promoting excellence in all endeavours amongst medical students. From 2007 this prize of \$1,000 is awarded to the student who demonstrates outstanding performance over the medical program.

Presenter: Prof Nick Glasgow

Shortlisted: Caroline Bissex  
Melissa Craft  
Justin Dickie  
Daniel Fry  
Julia Hoy  
Teresa Louie  
Alicia Paul  
Amie Rieseberg  
Ashish Srinivasan  
Uma Visser

Winner: Alicia Paul

# Summer Safety!



As a well deserved summer holiday falls upon us, it is important to pack the holidays with fun, but also i to be safe in the summer sunshine! Many Aussie's are injured in the sea, and scorched by the sun every year. As if you don't know already, I thought I would throw in few summer safety tips I have read recently...

1. Examine the water before you jump in - remember look feel move! Look for objects in the water, look at the flow and current of the water



2. Learn what a rip is and how to spot one in the water (keep an eye out for a smoother, sometimes discoloured area in the water amongst the waves and avoid these areas)

3. If you are caught in a rip the best thing you can do is relax (easier said than done) and try not to swim directly against it. Swim parallel to the beach and let the waves carry you back in if possible, if you are in a patrolled area remember to put up your arm as soon as you feel like you need help.

4. Where you can, always swim between the flags



5. Don't drink excessive amounts of alcohol and then swim (no matter how tempting the naked water dash may be)

6. Be sunsafe! You all know how to do this one.





# Summer food lovin'!

Recipe:

Mushroom and Tomato Fritata

## Ingredients (serves 2)

- 30g unsalted butter
- 200g Swiss brown mushrooms, thickly sliced
- 2 vine-ripened tomatoes, cut into wedges
- 4 eggs
- 75g mature cheddar, coarsely grated
- 1/2 cup flat-leaf parsley leaves

## Method

1. Preheat the grill to high.
2. Melt 20g of the butter in a non-stick frypan over medium heat. Add the sliced mushrooms and tomato wedges, and cook, stirring, for 3-4 minutes until tomato is just softened.
3. Lightly beat eggs with 1 tablespoon water in a large bowl. Stir in cheese, parsley, and the mushroom and tomato mixture. Season with salt and pepper.
4. Melt remaining butter in the frypan over medium-low heat. Add the egg mixture, stir briefly, then cook for 5-6 minutes until golden underneath and nearly set. Place pan under hot grill for 3-4 minutes or until just set and top is golden. Slide onto a board, cut in half.



### Easy Cocktail Recipes:

**Pina Colada** –an easy recipe for the coconut lover

- 2 parts Light Rum
- 4 parts Pineapple Juice
- 2 parts Coconut Cream

Mix all ingredients and enjoy - it's that easy! If you can't find coconut cream, a mixture of coconut milk and condensed milk has a similar effect.



**Sangria** –This drink (or 'wine punch') is delicious and simple to create and enjoy.

- 1 Bottle Red Wine (Cabernet, Merlot, Shiraz)
  - 1 Lemon (sliced) and 1 Orange (sliced)
  - 2 tbsp. of Superfine Sugar
  - 1 – 2 oz. of Brandy
- 2 cups Club Soda

Mix all but the soda in a pitcher and chill overnight (be sure to squeeze lemon and orange juice inside before adding wedges). Just before serving add the club soda and enjoy.

**Mimosa** – a classic drink that will be enjoyed by all.

- 1 part Orange Juice (freshly squeezed or processed)
- 1 part Champagne (or any sparkling wine)

Mix the two ingredients and serve in a chilled champagne glass.

**The Designated Appletini** – a non-alcoholic apple martini, a delicious and safety conscious blend!

- 2 oz apple juice (fresh if you can)
- 1/2 oz simple sugar syrup
- 1/4 oz lemon juice
- granulated sugar and apple slice for garnish

Mix apple juice, syrup and lemon juice in a cocktail shaker filled with ice, give it a good shake and strain into a chilled martini glass. Garnish and enjoy!

From:

<http://www.cocktailrecipes.com.au/EasyCocktailRecipes>



# RAW: A Canadian Perspective

On Friday 1<sup>st</sup> October, four ARMS members (Melinda Swan, Erica Halligan, Adam Keighley, and myself) drove north to the small town of Dunedoo. Here we joined with over a hundred allied health students from various Australian universities for Rural Appreciation Weekend (RAW).

## **What is RAW?**

RAW is a weekend of camping and inter-professional development in which students from numerous health care disciplines including medicine, nursing, occupational and physiotherapy, radiography, and nutrition spend an intimate long weekend together learning about rural and Indigenous health and culture while developing strong team working and communication skills.

RAW takes place on the Nott family farm, 15km outside of Dunedoo and was started in 2007 by Shannon Nott, a University of New

South Wales medical student. RAW has been gaining in popularity since it's conception, attracting health students from an increasing number of universities.

## **Why is RAW important?**

Australia faces a serious health workforce shortage in rural and remote areas. Approximately  $\frac{1}{3}$  of Australia's population lives in rural and remote areas. Of these, roughly 4000 individuals die each year from problems that could have been prevented with better access to health care. This weekend promotes rural lifestyle to allied health students by actively involving them in rural life and familiarising them with the health issues specific to rural inhabitants.

## **The Experience**

We arrived at the farm late Friday afternoon and after setting up camp and meeting some students from other universities, we all drove to the local bowls club for dinner with some of the Dunedoo locals, where we received a warm welcome from the mayor (who passed up on "science in the pub" to dine with us). After dinner it was back to the farm for a night of socialising

around what was by far the largest campfire I have ever seen.

The following morning was kicked off with a welcome to the land from two local Indigenous men, who then gave us a lesson in Indigenous dancing, culture, and their traditional medicines. We all came away from this session with a much improved appreciation for Indigenous culture and their way of life. The highlight for me however, was being taught to throw a boomerang, something I have wanted to do since moving to this country.

The rest of the day was spent learning about various other aspects of country life. We were shown some of the snakes in this country that can kill humans (which are numerous!) and how to avoid being bitten, as well as the relevant first aid. We also received a very thorough farm tour, which involved observing both a sheep and a cow castration. This really demonstrated the tyranny of distance faced by farmers. Australian farms are huge, often several thousand acres, as opposed to the several hundred

acres they are back home, and farm work is dangerous. You can probably imagine the danger involved in cutting off a cow's testicles without the use of anaesthetic, even with the use of restraints. This danger, coupled with the long distance an injured farmer might have to travel for help exemplifies one of the difficulties faced by farmers. That afternoon we made our way back into town where there was a parade commemorating the Centenary of the Dunedoo Railway.

The locals in the parade instantly recognised us as "the doctors" and several of them made a point of stopping mid-parade and asking us to come back and look after their health after finishing our studies. That night, back at the farm we all got dressed in country attire for a RAW bush ball. Dinner was one of the best feeds that I've had in this country. Two pigs were freshly slaughtered for us and spit roasted along with a couple legs of lamb.

And of course, no Australian experience would be complete without a couple kegs of Toohey's. Dinner was followed by an

exhausting night of dancing and networking, meeting students from all over Australia.

Sunday morning was filled with seminars on rural and Indigenous health issues from various speakers. The Indigenous talk was particularly good because it taught us a great deal about the racism that still exists in Australia and the difficulties faced by Indigenous Australians. We concluded with a baking lesson around the camp fire. The afternoon was filled with team building exercises. This included a task in which the group had to herd sheep, which is surprisingly difficult. Dinner that night was an equally good feed as the night before and was followed by rural Australian trivia. My team somehow managed to overcome the obvious handicap of including a Canadian and win.

Overall RAW was a great experience. We were immersed in rural Australian life for a weekend and learned a great deal about rural Australia and the difficulties faced by rural Australians but also gained a greater respect for rural and Indigenous Australians and for

other health professionals. I feel that I benefited greatly from this experience and highly recommend that more students attend RAW '11 next year.

**Jonathan Storrar**  
**Yr 2 student**

