

The Armadillo

Issue

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....But first a word from our UNEMSA president and self proclaimed sick lad Ellie Smith



Firstly, a massive welcome to the new first years, and also to all of you returning! To those of you who are new, I hope you will soon feel part of the 'med family' here, and what better way to do this than to get involved with UNEMSA!

We've already had a few really fun events- First Incision at Boolloominah and Ocamp! We've also just launched a mentoring program for first years, to help in adapting to life as a med student. Thanks to all of our amazing mentors for signing up, it just goes to show how awesome UNE kids are, that just under half of second year signed up to help out. There are also a lot more fun activities to look forward to- Futures in Medicine and MedWeek – to name a couple. These are all incredible opportunities to relax, bond, and learn together, so I look forward to seeing you all at these upcoming events! If you are thinking about attending a conference or you have research to present, be sure to apply for the UNEMSA Conference grants! They can be worth

up to \$500 to cover your travel and accommodation costs, and applying is pretty easy. Check out the documents at <http://www.unemsa.org/important-files/> for more information.

UNEMSA also has a role in advocating for student issues. Last year we surveyed first and second year about the format of exam feedback, a joint initiative with UoN. This year we'll continue advocating for your ideas and criticisms- just talk to your year reps! And on that subject congratulations to Stephanie and Tayfun, our new first year reps!

Before I finish, I'd like to thank you all for being such an amazing 'med family'. I am super excited to spend another year with you all, and I am also incredibly honoured to represent you.

Cheers, Ellie Smith

First Incision

As always First Incision kicked off UNEMSA's calendar. With the first years "beginning" their night in P1 with talks from GP Synergy, MIPS and MDA National while politely stocking up on the free merchandise. With great weather, all our SIGS set up shop in the courtyard allowing first years to sign up and learn about the work they do.

The migration to Booloominbah then began, with the night attracting over 170



students from across all 5 years from Armidale and our clinical schools. As always the queue at the bar became the focal point as everyone arrived, while great music (credit to Jessey B) and food ensured the night was a fun one. While it ended for some... there was of course Second Incision to round off the night.

Henry Davies, UNEMSA social rep

Med Week

April 13th - April 19th

UNEMSA's next major social event will be Med Week. Because students of the medical program work on semesters and not trimesters (thank the heavens) there exists a week in which we are the ONLY. PEOPLE. ON. CAMPUS. And we intend to make the most of it.

Events held throughout the week will include the traditional ABC@EPC party and the much anticipated Pub Crawl. But if you or anyone you know have any ideas for a day/night event don't hesitate to message our social rep on Facebook or at social.unemsa@gmail.com.

And as the icing on the cake this fun packed week starts as soon as 1st and 2nd years get back from holidays, helping you briefly forget about the horrors of doc.com and ease your way back into your tough workloads.





Sports Report

Welcome to Armidale and UNE! I hope you're all Lemon fresh for 2015 and keen to play some sports not involving slamming your head against a copy of Murtagh's or Tortora. We've got a pretty full calendar this year, with plenty to keep you occupied whether it's on the sporting field or simply to relax you so you don't lose your mind during exams. Our volleyball team has won the first two games of the season, so we're looking well to dig set and spike ourselves to an A grade championship.

Basketball starts on the 7th of April. If you're keen to play just like the 'UNEMSA Basketball' page on Facebook and hopefully we'll get both male and female teams in this season. Unfortunately if you're in first year you'll have anatomy on basketball nights, so you'll still be "getting buckets for days", but just not filling them with the same brown leather.

The UNEMSA cricket team had a great season finishing sixth on the ladder with two wins under our belt

against our bloodthirsty rivals Armidale City Gold, shoutout to Tim Krepp for opening the batting on our last day, making 144 not out. Well done Tim and we wish you all the best in your cricketing career.

The UNEMSA Adventuring Club is also organising a camping trip out to the gorge later in the semester, so like the page on Facebook to find new information about rock-climbing, camping, kayaking and more.

Also keep your ears and eyes open for information on Soccer, Body balance, Mixed Netty and meditation that will all be starting very soon! Talk to your friendly neighbourhood sports and wellbeing officer if you have any questions about sports, queries about med or requests for UNEMSA merch (Hopefully we'll be getting some speed dealer sunglasses in by the end of the semester). Information about specific clubs will be posted on their specific pages (i.e. UNEMSA Soccer), to find these, look on the 'University of New England Medical Society' page for links.

Lloyd Cresswell
Sports and Wellbeing Officer

Academic Report

This year marked the start of our Academic Mentoring Program; a new initiative designed to help first years adjust to the difficulties and demands of a medical degree. The program got off to a great start with an astonishing sign-up of 38 2nd/ 3rd year students all keen to become mentors and have the opportunity of meeting the first years of 2015.

With the help of some O'week advertisement, lecture bashing and many posts to Facebook, the UNEMSA website and app, we managed to get an incredible 55 first years to sign up to the program. The first mentoring session was held on Friday the 6th March and a remarkable 30 first years turned up to receive some valuable advice and learn some tricks of the trade. This was made all the more remarkable when you consider that it was held before the major social event that was First Incision.

I'm sorry for holding the first session on the same day as First Incision. This will not happen in the future. I promise to make sure that the incredible social nights will not have the distraction of a preceding Accy event ever again. With that in mind the next session should be coming up around a week from now and I promise there'll be lollies!!

Also don't forget to mark you calendars for the following upcoming academic events:

1st and 2nd year Pass sessions: Last 2 weeks of March

Futures in Med: 16th April

I'm also calling on all 1st and 2nd year students interested in helping out for PASS sessions to let me know at academic@unemsa.org

Stormie de Groot, UNEMSA Academic Convenor

REGISTRATION

9PM AEDST
8.30PM ACDT
8PM AEST
6PM AWST

24TH MARCH



AMSA NATIONAL CONVENTION
MELBOURNE
JULY 5-12 2015
MELBOURNE CONVENTION & EXHIBITION CENTRE



The Australasian Students' Surgical Conference (ASSC) is now calling for research abstracts!

The ASSC is the leading surgical conference for medical students and aims to provide delegates from Australia and New Zealand with a unique opportunity to be educated about and inspired to

pursue a surgical career through a series of lectures, workshops and research presentations.

Research is an important component of the Australasian Students' Surgical Conference 2015. We aim to give delegates a platform through which they can present their research, either through podium presentations or posters.

The best presentation, selected by our panel of judges, will be eligible for a prize. Further details can be found at assc2015perth.com/research. For further general ASSC information follow the following links:

facebook.com/ASSurgicalconference
assc2015perth.com

A Toast

To Alex Duller



I first heard the name Alex Duller in the middle of O-week. I was sitting in a UNEMSA meeting when Henry told me a horrible tale. Newcastle, like a Jehovah's Witness who'd discovered email had asked some of OUR Freshers to come to the other side. And worse still, many had converted. I know not the names of these traitors, nor do i care. To me only one name matters. Alex Rio Duller. The boy who stayed. This man, neigh this legend had the balls to look Newcastle right in the eye and say "no." In what I'm sure was a very politely worded email.

But who is Alex Duller? At first he seems an enigma. His profile picture says serious, but his cover photo screams sick lad. His acceptance of my friend request allowed me to further investigate. With some intense detective work/scrolling I learned he has an excellent sense of humour, as evidence by the picture on the right. And also as evidence by the picture he too suffers at the hands of the fickle game that is Facebook likes.

To you Alex and all other first years here at UNE, I

hope the last few weeks and your recent experiences at O-camp have confirmed that you are well and truly at the best campus. It's no secret that most of you, including myself, in our collective ignorance put Newcastle as our first preference. I hope that you have all come to realise that as a current fourth year told me, "it's the best decision you never made." However Alex Rio Duller you will have the even greater joy of knowing that it was the best decision you DID make. And for that I raise my glass to you sir. I look forward to meeting you and pray to god you're not a dick.

Arran Lemon, UNEMSA Publications and Promotions Officer

G P S Y N E R G Y

advancing medical training

UNEMSA Funding

Did you know that UNEMSA has an allocated pool of funding for students who attend conferences? If you're heading out of Armidale to present a research paper, upgrade your skills at a leadership conference, or represent UNEMSA at AMSA or AMSA Global Health Council then you might be eligible for a UNEMSA grant! In October last year we had four successful applicants (see right) and you can read about one of their experiences on the following page.

I want to encourage everyone to jump at opportunities to find out more about medicine and medical student societies outside of Armidale. There is so much going on at a state, national and international level that you can be a part of! It's a great way to build skills in leadership, management, and research, and I can guarantee that you'll meet some incredible people. UNEMSA wants to make sure that these opportunities are available to everyone, which is why we want to help take the edge off the cost to students.

If you're interested in applying for funding, fill out an application form and send it to me at vpe@unemsa.org

Adelaide Pratt, UNEMSA Vice President External

Textbook Exchange: A new UNEMSA service

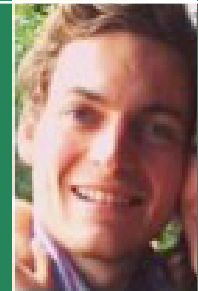
Our fantastic website officer Conor Moylan has added a Textbook Exchange section to the UNEMSA website. This page allows students to sell their old textbooks or search for a better deal on textbooks they've already been looking for. If your interested follow the link down below to find textbooks already put up for sale as well as guidelines for those wishing to sell something themselves.

unemsa.org/textbook-exchange



David Townsend - 5th year

Presented a workshop at the World Organisation of Family Doctors Asia Pacific (WONCA) Conference in Kuching Borneo



Linus Armstrong - 5th year

Presented his BMedSci research project at the World Congress on Cancer of the Skin in September 2014 in Edinburgh, Scotland



Anirudh Krishnamohan - 5th year

Ani presented his research paper at the Society for Paediatric Anaesthesia in New Zealand and Australia 2014 Conference in October 2014 in Hobart, Tasmania



Jaffly Chen - 2nd year

Attended the National Leadership Development Seminar (NLDS) in September 2014 in Canberra

UNEMSA Funding: What it can let you do

In October last year, I attended the Society for Paediatric Anaesthesia in New Zealand and Australia's (SPANZA) 2014 Conference 'Gem of Wisdom', in Hobart. During the summer break between 2013 and 2014, I spent 2 months working at Childrens Hospital at Westmead on a research project in anaesthetics. This was all made possible through a Sydney Medical School Summer Research Scholarship. I decided to submit an abstract of my research to present at the conference, and was lucky enough to be accepted for an oral presentation.

Although the conference ran for four days, I was only able to attend for the Saturday and Sunday, as I was in the middle of a busy 4th year Women's and Children's Health (WACH) rotation. The conference attracted general and paediatric anaesthetists from all over Australia and New Zealand, with a few international guest speakers from other countries such as Sweden and the USA. The format of the conference consisted of daytime seminars and

workshops focused around various aspects of paediatric anaesthesia and a variety of social events in the evenings.

Sunday morning was devoted to the four oral presentations, of which mine was one. Each oral presentation was based on new research in a specific sub-field of paediatric anaesthesia (mine was in objective monitoring), and usually went for about 15 minutes. I was honoured to be awarded the \$250 prize for Best Oral Presentation.

I encourage all students to attend conferences whenever they get the opportunity. It can be a great way to further your learning and expose yourself to new ideas and research currently happening across all medical fields. It is also an amazing feeling and experience to be able to present your own novel research to a hall full of experts, and be able to teach them a thing or two.

I would like to provide a huge thanks to UNEMSA for kindly providing me with funding, so that I could attend the conference.

Anirudh Krishnamohan



Med Review Casting Call



WE WANT YOU!

The New Year promises us many things. The fleeting joy of another bar tab. The mind numbing tedium of more patient safety lectures. And of course, a new Med Revue!! Med review is a sketch comedy show that has a strong tradition amongst all medical schools, UNE being no exception. It involves the combination of singing and dancing as well as on stage skits and humorous videos. Last years “Back to the Suture” got rave reviews and was thoroughly enjoyed by everyone involved. However to make this years review the best it can be WE NEED YOU! We’re calling on Freshers and Med Veterans alike to make this years review better than ever. We need actors, dancers, singers, cameramen, editors, writers and sound people to bring this beautiful mix of comedy, stupidity and occasional nudity together.

But before you scroll down or change tabs let me address a common misconception many have about Med Review. The need for talent. I know not where this myth originated or why people think it so because if you search “UNE med review” on Youtube you’ll clearly see a complete absence of talent in any form. To be a part of this brilliant production you’ll

only require enthusiasm and a willingness to laugh (although decreased sensitivity to shame will come in handy).

In conclusion Med Review is a fantastic way to have fun and make friends in and outside your year group. And as icing on the cake, all proceeds go to the Royal Flying Doctors Service. Last year we raised over \$1700 dollars and had an absolute blast doing it. There are many other opportunities within UNEMSA to do charity work but I guarantee you that none are as fun or rewarding as this.

If you have any questions contact our director at medrevue@unemsa.org or myself at alemon3@myune.edu.au.

Regards Arran Lemon, Med Review writer

“My uterus is none of your business”

By Ellie Smith

In light of the recent conversation in the wider media about sexism in medicine, I wanted to continue the discussion on the topic of gender equality in medicine here. I have come to realise that despite only being a medical student, I've already noticed how my gender has the potential to impact on my opportunities. I'm hoping to contextualise the stories in the media within the space of the University of New England and encourage people to speak out about discrimination in all its forms.

When I was 12 I broke my wrist and as a result spent a few days visiting the hospital, and I absolutely loved it. From this (and binge watching Scrubs) I decided that medicine was for me. That was fine for a few years, until people started asking me what kind of doctor I'd like to be. After a bit of research, and the proud declaration that I could handle any blood and gore the world would throw at me, I decided that surgery would suit me just fine. At the time I didn't know about the low rate of women in the specialty.

As soon as I mentioned surgery, even at 16 or 17, the first thing out of most people's mouths is a judgemental 'oh, but don't you want a family?' This response was, and is, still so common that I've been trying out different responses to see what people say. Sometimes I say yes, and the answer is almost invariably 'well, surgery really isn't family friendly.' Other times I say 'I'm 21, ask me in 10 years.' Then I went all out last year and said 'no.' I'll be darned if all five doctors standing around the table didn't stop what they were doing to stare at me dumbfounded. It's a paradox

if there ever was one. The only way people take your surgical ambitions seriously is to say you don't want kids. But then, am I really a woman if I don't want children?

By the time I got to medical school I had already started to doubt myself. Like Dylan Moran says, 'people will kill you over time, and how they'll kill you is with tiny, harmless phrases like "be realistic."' I decided to just put my head down and work hard, and hopefully it would work out for the best. That's why I was particularly devastated when the news last week screamed sexism in medicine, especially surgery.

A senior surgeon, Dr Gabrielle McMullin, made comments this month that it is better for a trainee's career to 'comply with requests' for sexual favours than it is to report harassment. It has ignited huge controversy and prompted an internal review at the Royal Australian College of Surgeons. It has also started a conversation about something that's been going on for years. Research out of the US found that 92.5% of female doctors had experienced, witnessed or heard stories of gender discrimination in medical school. (1) Health care and social assistance has the biggest gendered wage gap of any Australian industry, at 30.7%. Yet organisations in the industry aren't investigating why. Less than a quarter of organisations in the industry have ever undertaken gender pay gap analyses. (2) This is coming from an industry that is only five years away from gender parity (1:1 males and females in the workforce). (3)

It's undeniable that female medical students at UNE are killing it on the leadership front. I'm the

fifth female president of UNEM-SA, with two females acting as VPs, Adelaide Pratt and Melanie Nardi. Of the five 'medical' or related societies, four have female leaders, and the majority of the committee members are females in these same four societies. The only committee with more males and a male president is, as you might have guessed, the UNE Surgical Society. To be fair, three of their past four secretaries have been blonde women, and the one exemption is Pat Felton, who does have notably feminine eyelashes.¹

So what happens to this desire to lead once we graduate? Based on the above statistics, women are clearly driven to fill leadership positions, yet 80% of medical college presidents are men. While med school admissions have been tipped in favour of females for some years now, only 9% of surgeons are female. (4) Advice from senior female surgeons often encourages women to work hard so their competency can't be questioned. So again, women are expected to excel above and beyond the standards expected of men, just for a seat at the table.

Even in medical school women have to battle harder just to be taken seriously. Sexism comes in the form of subtle jabs and jokes, or as Laura Bates calls it 'Everyday Sexism.' It's in the benign things like patients assuming you are the nurse and your male colleague is the medical student. Or it's the specialist who repeatedly introduces you to patients as the 'gorgeous young ladies studying medicine.' It can even be teachers who routinely favour male students because they're more likely to become surgeons. It begins as

professors chuckling heartily at how impassioned some of these 'young ladies' are about blatantly sexist remarks but it ends in a 30% pay difference.

There is one great thing about this subtle sexism. It's not always a big deal to call it out. Male or female, if one of your colleagues makes a sexist (or racist, or homophobic) joke, don't laugh. If the silence isn't deafening enough, tell them that you don't think that discrimination is funny. Politely correct the 'darlings' or 'sweethearts' with your actual name. Every. Damn. Time.

So on that note, I'm saying to hell with it. I'm a feminist who is proud to be feminine. I'm a feminist who loves Grey's Anatomy AND Taylor Swift. I love wearing dresses to clinical, so I'm going to wear dresses to clinical. Being girly shouldn't be synonymous with being incompetent. Why does the fact that you see my figure mean that I'm unprofessional. What on earth about my body tells you if I'm good at medicine or not? In fact, being a girl should tell you that as a UNE student, I'm more likely to have held a leadership role than my male counterparts. I want to be a surgeon and what I plan to do with my uterus is none of your damn business.

Go forth my friends, we've come a long way but there's still a way to go.

These articles are interesting and helped to shape my opinions:

- anu.edu.au/news/all-news/yes-sexism-is-rife-in-surgery-%E2%80%93-and-its-time-to-do-something-about-it
- amsa.org.au/amsa-blog/20141109-medicine-is-not-immune-to-gender-in-equality/
- ashleighblogspot.com.au

(follow her on twitter while you're at it, her personal bio describes her as a Taylor Swift groupie. Safe to say she's my new favourite person)

¹ Now, before you get upset at me making a light-hearted jab at a man being feminine in an article essentially about feminism, ask yourself, why is it funny for a man to be like a woman? To throw, run, laugh, or act-like a 'girl' is almost always an insult. Our society so heavily favours the masculine that it's funny for a man to lower himself to a feminine quality. In turn, this is harmful for all of those people who would like to express their gender identity outside of our rigid gender norms.

References:

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2. Workplace gender equality agency. Gender pay gap statistics [Internet]. 2014 p. 1-12. Available from: https://www.wgea.gov.au/sites/default/files/Gender_Pay_Gap_factsheet.pdf
3. Schurer S, Kuehnle D, Scott A, Chai Cheng T. One man's blessing, another woman's curse? Family factors and the gender earnings gap of doctors. Melbourne institute of applied economic and social research. 2012. Available from: <http://ftp.iza.org/dp7017.pdf>
4. Australian Institute of Health and Welfare. Medical workforce: 2012 [Internet]. 2012 p. 47. Available from: <http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=60129546076>

To Jonah Taylor:

I love your smile and luscious hair,

The way it curls, near everywhere

The sapphire blue that are your eyes,

Were the first of you I did descry

And from that trembling moment since,

Each time we meet, my heart does
wince.

Your exquisite soul is plain to me,

I ache for you, how can't you see.

The stormy depths that are my love,

It soars as high as the flying dove.

And on its way, from me to you,

I whisper forth, do please be true.

To the words we whispered in the dark,

That night you took me in the park.

You make me yearn to lose my
head,

I'll settle for just an ear instead.

You wrestle well, and choke just
right,

I love it when you clasp me tight.

The way you look in leather and
chains,

Bereft of you, my life is pain.

Jonah. Boner.

- *Anonymous*

The Cochlear Chronicles: A UNEMSA initiative

Any Sydney-sider worth his salt knows about the "Overheard" section of the mX; a portion of an otherwise rubbish newspaper in which people send in the stupid and/or funny things they've overheard as they go about their day. Our website officer Conor Moylan wishes to create something similar for UNE med: The Cochlear Chronicles. So between now and our next issue either email me something stupid you or a friend said at publications@unemsa.org or send an anonymous text to 0403 297 675. The best submissions will be put in the next issue of the Armadillo.

Arran Lemon, UNEMSA Publications
and Promotions Officer



MIGA

The Medical Insurance Group

UNESS

University of New England Surgical Society

• The University of New England Surgical Society (UNESS) is a student interest group for those students with an interest in surgery as a career.

This Year:

- o Suturing workshops
- o Laparoscopy simulation
- o Case presentations
- o Surgical pathway explained

Join the Facebook page or sign up at an event!

<https://www.facebook.com/groups/271791509522197/>





mipps

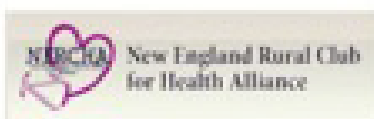


NERCHA kicked off 2015 with a successful stall at lifesaver day. Our executive members provided information on rural health to new students and answered questions on what NERCHA was all about. Co-chair Jazz Ashhurst gave an inspiring speech on the John Flynn placement program, and her experiences in rural Australia. NERCHA also made an appearance at First Incision with the lovely

Amelia Fitzgerald (B Sci, B Med (III)) manning a stall and recruiting new members. Barefoot bowls at the Servies has been the highlight of the year thus far, with a great turn out from the new first years. Honourable mention goes out to Mitch “the Flipper” Hickson for his awe-inspiring selection of bowls. Thanks to all who have attended NERCHA events so far, we look forward to seeing you at our other events throughout the year!

Max Margalit,
Media, Website & Promotions Officer NERCHA

SEE YOU AT OUR UPCOMING INDIGENOUS HEALTH NIGHT WITH GPSN





our biggest event of the year “Trivia Night”, where teams from all years face off in their finest garb. Last year featured the “Clitoral Pursuit”, “Pirates of the Perineum” and “Hogwarts School of Witchcraft and Quizzardry (you’re a quizzard Harry)”. So if you want to partake in these fabulous events or get involved make sure you sign up to GPSN!

Sign up via: <http://www.gpsn.org.au/>

And while you’re at it, don’t forget to hit us up on Facebook at <https://www.facebook.com/groups/gpsn.une/>

XOXO, the GPSN team

General practice offers the perfect balance between work and home life and GPSN allows you to experience it through a student network (see what we did there...).

But more importantly, we actually organise some O.K. events. Like the First Incision photo booth, which captured everything you were too inebriated to remember. But we have even bigger events coming up semester. These include “Close the Gap” and



Passionate about global health? Like baked goods? Want to have an all round good time? Then get ready to help ASPIRE raise money and awareness for global health issues this year! Here are some of the events we have lined up for 2015!

Armidale Students Promoting International Rights and Equality

Red Party - The biggest party of the year, raising money and awareness for HIV/AIDS



Maternal Health Weekend - Birthing kit Assembly Day and Maternal Skills Day, raising money for the Barbara May Foundation



Plus:

Code Green events - Raising awareness of climate change and the impact it has on health

Crossing borders events - Raising awareness for the health and rights of refugees and asylum seekers

International Speakers Night - A chance to hear the perspectives of doctors and students who’ve worked overseas

Like us on facebook

And now for some art

UNEMSA would now like to recognise some of the creative talents amongst us. The following pieces have been put together by some of UNE med's best and brightest over the course of this semester.



O-Sleep - Alice Stuart (originally posted by Sam Mackay) Estimated value: \$70



Geraud Fear - Monica Tay

And to finish, a collection of works entitled “Lemon throughout History” by Mikey Ryan and Maxwell Margalit, with contributions from Jessey Blake and Phil St Flour



Estimated value: Priceless