

The Armadillo

The University of New England Medical Student's Association Newsletter



President's Report

By Sally Ryan, UNEMSA President 2012/13

To start off with I'd like to welcome in the new committee. Already I've seen a lot of enthusiasm and great new ideas, so I'm proud to say that everyone has really taken to their roles. I'm looking forward to working with you all, and with the support of such an excellent team I can definitely foresee big things ahead!

This term has seen a lot of new events. I'm impressed that our Special Interest Groups, in particular UNESS and ASPIRE, have really come into their own. We had a massive weekend of skills days with UNESS focusing on laparoscopic simulation and surgical training pathways, and ASPIRE teaching us about managing complications in maternal health and giving us a more global perspective. Not only were we all able to gain some hands on experience, but we came away with a better understanding of life after med school, and the different opportunities that are available.

Med Revue was a huge success, bigger and better than before! Lazenby Hall was filled with a mixture of students, staff, GPs and college kids, and the cast definitely had the entire audience in hysterics. The vibrant costumes, awesome dance moves, and a few surprising cameos were all very entertaining.

We've had to say a sad farewell to our 3rd years, as they head off on HES adventures all around the world. We wish you the best of luck, and you guys will definitely be missed.

Remember that UNEMSA is here to represent you guys, so we are always keen for any feedback, strong opinions, or new initiatives that you'd like to see happen.



Sally ready for action at paintball

HES Elective Night

By Sung Ju Baek, Academic Convenor 2012

This event began with a fundraising dinner prepared by our global health group ASPIRE and the chance to sign up with our medical indemnity sponsors.

Then we had two student speakers who each shared stories about their exciting HES adventures. Our third speaker was Dr. Nojournian (right) who gave us an incredible presentation about his time working for MSF. The presentations were highly informative, inspirational and entertaining! I received many positive comments from the student body so thank you to everyone who helped make this event a huge success.



Hospital Facilities, Nepal

Second Year Bowling

By Jessica Tay, 2nd year representative 2012



On Friday 27th July 2012 (coincidentally Lifeline's Stress Down Day!), a bunch of second year med students went out for a night of relaxation, bonding and bowling at Armidale Sport and Rec Centre.

The great variability in bowling skill level within our year quickly became evident as some hurled their balls consistently into the gutter, while others with the magic touch seemed to score only strikes and spares – not that it mattered. Much fun was had by all (especially as the night began to wind down and a dance floor emerged out of nowhere) and, of course, everyone was a winner. Looking forward to seeing what social events the incoming year reps will bring to the table!

Hunger for a Cause

By Jono Stacey, 2nd year

In August Harriet and I participated in the 40 Hour Famine.

It was a gruelling 40 hours but we survived and feel very proud of our efforts. The 40 hours was made less pleasant by the fact that I was working for 20 of those hours and my mum had forgotten I was fasting and made an enormous meal that I could only smell and admire from a distance.

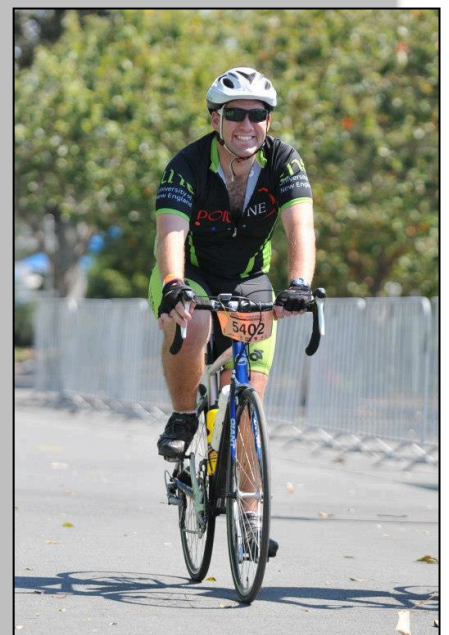
We celebrated by organising a BBQ fundraiser afterwards so we could feast and put back on any weight we may have lost. All the food and drinks at the BBQ were kindly donated by local business allowing us to raise even more funds.

By doing the 40 Hour Famine, we raised community awareness and much needed funds for projects that help hungry kids and families around the world.

This year, projects in Ethiopia, East Timor, Nepal, India, Laos, Tanzania and Kenya will help families gain better access to food and clean water, give people the chance to increase their incomes through training and microfinance, and help farmers get the tools and training they need to grow more food. Funds raised in the 40 Hour Famine also help World Vision respond to emergencies around the world.

This year we raised over seven hundred dollars for World Vision.

I would like to thank Moxon's Bakery and The Meating Place for their donations.



Jono, cycling for MS

ASPIRE Report

By Bec Williams, Aspire President



It has been an action packed time for ASPIRE, where we managed to squeeze some global health awareness into nearly every second week of term 3 from our events and anatomy weekend food fundraisers!

We started out with birthing kits morning tea held in July, where a group of 80 students and members of Zonta International packed over 400 birthing kits in just 40 minutes! *Student services* and *Moxon's Bakery* supplied us with an ample spread for morning tea that was much appreciated by all, especially after a mammoth birthing kit effort. The morning was finished with a viewing of the documentary *A Walk to Remember*, a film about fistula hospitals in Ethiopia, which reminded us why we held the morning in the first place. The film brought a tear to more than one eye. The whole morning was a great success, so a big thank you to all those busy packers that got involved.

Next on our agenda was ASPIRE's first ever International Speaker Night. Dr Robin Diebold (Armidale orthoped), Professor Helen Ware (President of Armidale Sanctuary refugee support group) and Dr Bruce Hayes (physician currently practising in Nepal) all spoke in P1 about their own experiences with global health inequality. An interesting mix of feel good, horror and amusing stories emerged from all the speakers involved. It was inspirational to have these individuals come and speak about their endeavours and what value it personally held. It certainly got you thinking about the possibilities for the future in global health.

Following on from birthing kits, a maternal skills day was organised in the sim labs of the Rural Health building with the help of Dr Nihad Abu-Asab, Dr Rod Martin and five of the clinical JMP students currently studying at Armidale Hospital. The day was started with a short discussion on maternal health on the global stage. Soon after which, students were able to participate in the management of three simulations; post-partum haemorrhage; neonatal resuscitation and shoulder dystocia.



All situations had an appropriate mannequin, which made the simulation a valuable learning experience. A volunteer who was in her first trimester of pregnancy permitted an ultrasound to be performed in front of the group, so we were also able to have a basic understanding of neonatal ultrasound techniques! The day was an enormous success so a big thank you to all those involved that took the time out to help ASPIRE run the event!

On the 5th of August was everybody's favourite haem coloured event at the 'Stro. It is of course Red Party which is ASPIRE's biggest event of the year, in support of AIDS awareness. This year was no exception, with the 'Stro reaching capacity with a line out the door until 12am! This year was even bigger than the last, with a photo booth from *HappyBooth! Tamworth* to add some extra crimson goodness to the night. As our biggest fundraiser of the year, we raised a hefty sum to pass on to our aid project Maternity Africa. Congratulations to the winners of the raffle that was held on the night and a really big thank you to our raffle sponsors!

Just before we headed off for a much deserved break in September, ASPIRE underwent it's annual upheaval in the form of the AGM. Your shiny new executive team members are:

President: Rebecca Williams

Vice President: Madelyn Gramlick

Secretary: Amy Ferguson

Treasurer: Jake Funnell

AGH Rep: Stephanie Gorham

Promotions Officer: Kylie Zhong

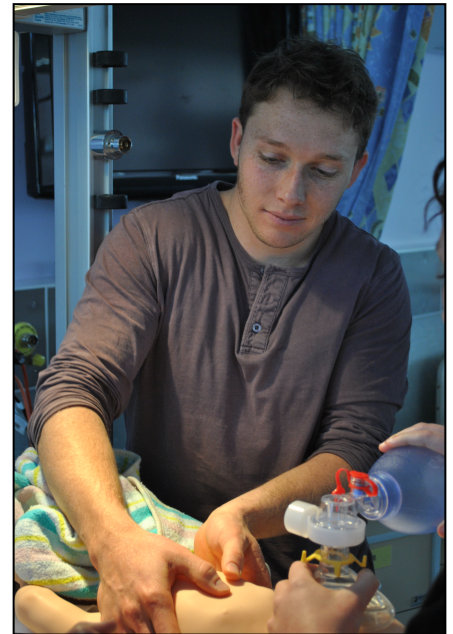
Sponsorship Officer: Jonathon Stacey

Big congrats to the new team and a massive thank you to the old executive who did a wonderful job!

We have come nearly to an end of the ASPIRE year, but please keep an eye, ear, and nose out for us next year, it's surely only going to get better and more global!

Also, if you find yourself pining for a global health fix, like us on facebook at

<http://www.facebook.com/ASPIREUNE>, or contact us for more information at sec.aspire@gmail.com.



UNESS Surgical Skills Day

By Sally Sinclair, UNESS Executive Officer

The UNESS Surgical Skills day provided students with the opportunity to explore the surgical specialties of General Surgery, Paediatric Surgery and Orthopaedic Surgery. We had two lectures one on the “Surgical Management of Rotator Cuff and Hip Joint Injuries” and an “Introduction to Laparoscopy” and five practical stations in which groups were rotated through. The practical stations included; laparoscopy skills, suturing skills, two case presentations on general surgery and one presentation on paediatric surgery.

We ran a timed competition at the end of each laparoscopy session for each group and the fastest finalists competed against the General Surgeon registrars and each other at the close of the event. Prizes were awarded to the fastest students and it was excellent to see the student skills developing over the course of the day. Students enjoyed gaining experience of using the laparoscopy equipment and continuing to practice their suturing skills.

2013 is looking to be shaping up to be another exciting year for UNESS, keep an eye on our facebook page and website www.uness.org for upcoming events and to register as a member!



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AMSA Vampire Cup

By Kylie Zhong, AMSA Representative

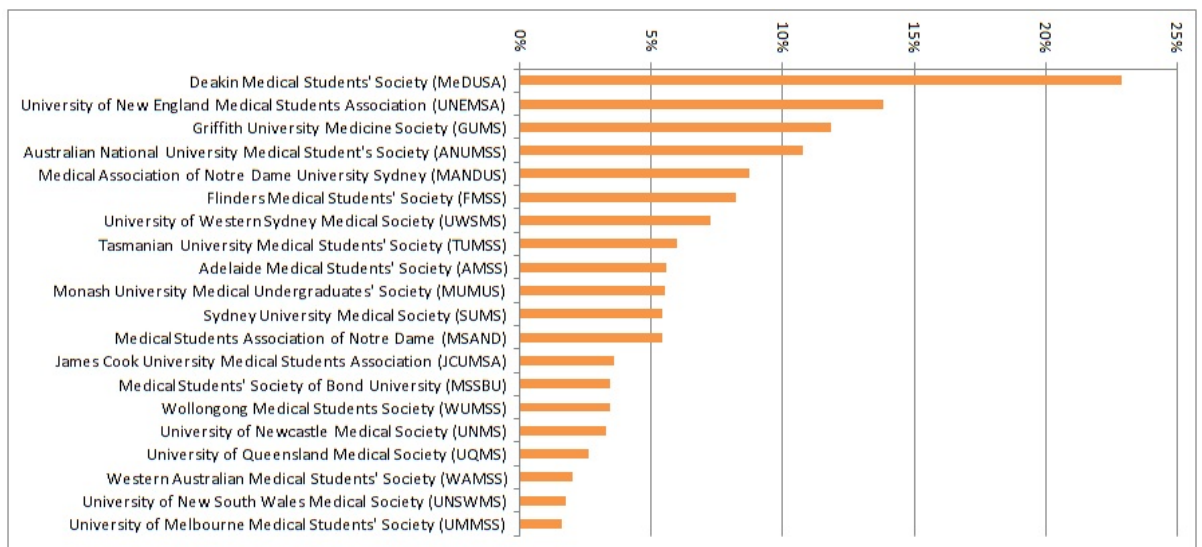


The AMSA National Blood Drive ended on Friday 31 August with the University of New England Medical Students Association taking out **SECOND PLACE** with 14% of students donating during the drive. Deakin University came 1st with 23% of students, winning the prestigious Vampire Cup for the 2nd year in a row. Griffith University (12% of students donating) and Australian National University (11% of students donating) followed closely.

Congratulations UNEMSA – students who donated, students who attended with their friends as moral support, and Anne-Marie Guider for co-ordinating a very successful Blood Drive.

Medical students at all universities got on board and a total of 846 medical students donated during the drive, so again, a huge thank you to everyone who got amongst it and made the 2012 AMSA National Blood Drive another success.

Let's bring home the Vampire Cup next year!





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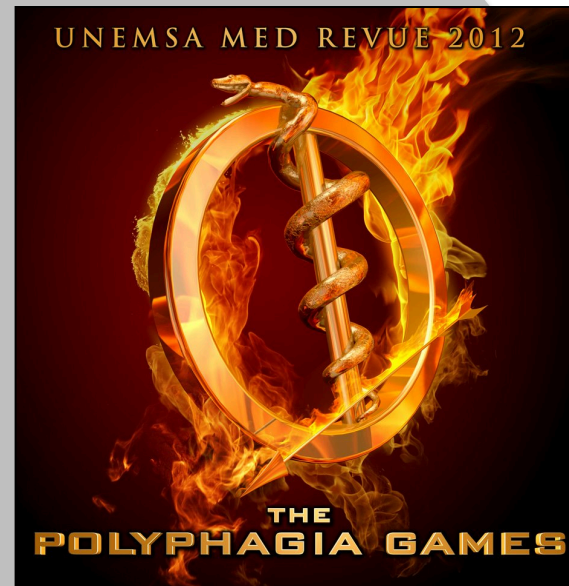
Med Revue

By Eli Stalidzans, Med Revue Director, 2012

This year's Med Revue was, primarily, a showcase of our singing, dancing, and acting skills (or lack thereof). This is largely in contrast to the 2011 show in which most of the content was focused on video work. This year we took a different direction.

Throughout the course of developing the ideas for the show, I was fairly consistent on wanting some kind of over-arching plot, which was a point of contention between me and others on the production team. However, I was adamant that I wanted this, and I think in the end it was a very positive thing. The idea of "The Hunger Games" was brought up at a meeting earlier in the year, and I think it kind of stuck with everyone. It was a fairly perfect set up; the colleges at UNE lent themselves perfectly to the idea of "districts" as per the movie. So after much enthusiasm and encouragement, we settled on the story of "The Hunger Games" to be the dominant theme of the show.

The ideas were great and our ambitions were extraordinarily high for this year's show. However, due to vastly poor organisational skills on my part and a case of "too little too late" of strong leadership, the show itself left a lot to be desired. Although much of the on stage work, in my opinion, was quite spectacular. In the beginning we did set ourselves that focus of much more quality group stage work. However, the technical problems and lack of completed videos cast a somewhat dimming shadow on the show. An optimist would say it was brilliant, because aspects of it were. However, a pessimist would say that it was horrible and completely unprofessional, because aspects of it were. I think that that is what this kind of show is about though; making mistakes, learning and having a good laugh with good friends. We are not professional performers and we are especially not professional lighting, sound and video technicians.



It was amazing fun writing all of the scripts and preparing all of the med kids for acting, singing, and dancing extravaganzas. The whole Med Revue process definitely reignites a very salient part of me. Without it this year would have been almost unbearable. I think that many med kids find Med Revue as a very therapeutic and important part of their lives here at UNE, and I am very glad that I took such a pivotal role in that this year.

Probably early next year there will be a viewing of the entire show in P1 (including all videos not completed for the night, and all on stage performances as they were filmed on the night). Dave Townsend is working hard on editing videos together while he is on his HES placement (what a man!) for them to be ready for next year. I am extremely excited for this, as I think this event will be a *true* reflection of the incredible amount of time, effort and patience that went into this year's show. Also, the outstanding idiocy and enthusiasm filmed for many of the videos will be on full display, so I *thoroughly* encourage everyone to come to that next year.





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Communities and Charities

By Maddie Gramlick, Communities and Charities Officer

The recent August elections saw the introduction of a new position to UNEMSA: Community & Charities Officer. This position is intended to create more opportunities for UNE med students to get involved with different charity events, and the Armidale community.



The first and final event planned for 2012 is the Relay for Life on October 27, where a team of first and second years will keep somebody walking around the Armidale showgrounds track at all times for 24 hours. This event is the Cancer Council's biggest fundraiser, with relays happening at 150 towns across the country.

At this stage, 2013 remains unwritten, and will depend largely on what people are interested in getting involved in! Ideas so far have included City2Surf, Movember, Clean Up Australia Day, and Teddy Bear Hospital to name just a few.

If you would like to see a particular event or project brought on to the agenda for 2013, I would love to hear about it. Otherwise, keep your ear to the ground and get involved as things roll out in 2013!



NSW MSC Sports Day

By Sally Ryan, UNEMSA President

Sports Day was a great success, with med schools from all over NSW taking each other on in netball, touch and soccer. JMP came in 3rd place, making it to the semis for every sport. We provided some fierce competition, and did ourselves proud.

It was great to see everyone getting in to it, and in true JMP style we were definitely the loudest and most spirited of all the med schools. We dominated the push up competition getting up to 55 in a row, however I think some more intensive training is required for the boat race next year.

The Olympic Glory Afterparty was awesome, with lots of celebratory shots being handed out, it was the perfect opportunity to meet and mingle with med students from different unis. We crashed at USyd on the most comfortable beanbags I have ever experienced, and even had bacon and eggs waiting for us in the morning. Thanks so much to those from UNE who made the roadtrip down, and I hope to see more of you there next year!



