

# the ARMADILLO

*The University of New England Medical  
Students Association Newsletter*



BROUGHT TO YOU BY:



## *President's Welcome*

TERM 2 HAS BEEN ABSOLUTELY HUGE FOR UNEMSA, WITH COMMITTEE WORKING BEHIND THE SCENES OF ALL THE EVENTS THAT YOU HAVE ENJOYED

Med Week, Body Balance classes, Med Ball, Practice OSCE Day, Doctors vs. Students Cricket, Futures in Med, and everything in between. On behalf of all our members, I'd like to say a big thank you to all of the UNEMSA Committee for all their efforts in making sure that all those activities have run successfully. And on behalf of the Committee, thanks to all those who have attended and made their efforts worthwhile!

UNEMSA made the decision this term to aim for more feedback and consultation, with our 1st and 2nd year reps holding the first of what I hope will be many focus groups to discuss feedback prior to reporting to the JMP Medical Students' Consultative Committee (MSCC) on issues affecting us in our studies.

April also saw the Australian Medical Council calling on UNEMSA and UNMS for our student report for JMP Medical School Accreditation, where we utilised the joint submission as an opportunity to communicate all important feedback about the JMP course to the AMC.

We have also been spending time attempting to liaise with UNE regarding the SSAF for our 4th and 5th year students. As I communicated in my emails to all of you, our efforts have so far

proved unsuccessful, but I thank Prof. Ian Symonds (Dean of the JMP) for his support and advocacy to the UNE Board on behalf of us. The SSAF is an issue that we will continue to work on until a satisfactory outcome can be achieved for our clinical year students.

In between all of this, I have sat on all the usual JMP meetings, including Clinical Skills Working Party, Curriculum Renewal Steering Group, MSCC, JMP Committee, as well as AMA(NSW) Student Representative Meetings. The cohort-wide survey that UNEMSA and UNMS conducted last year continues to be a reliable and useful source to draw feedback from, but as always I appreciate hearing new thoughts and concerns via you Year Reps, so keep it coming!

So now I'm more than halfway through my term as President and it is with sadness that I realise I don't have that long left in UNEMSA. Thanks to all of you, and especially UNEMSA Committee for making my job constantly entertaining, challenging and enjoyable.

Until next time,

**Georgia**



JMP

PAINTBALL

Saturday 13th of

October

Echidna Gully Armidale

**...followed by a PUBCRAWL**

**Email RSVP to [social@unemsa.org](mailto:social@unemsa.org) by  
Friday 21st of September**



# GPSN OSCE day



## GPSN had a busy start to the first term and second term wasn't too different.

After our introduction for the year, GPSN ran a joint event with UNEMSA, the OSCE Preparation Day.

On the 19th of May, GPSN and UNEMSA put together an event that allowed practice, learning and preparation for the third year OSCE exams. With over 50 third year participants, 50 volunteer student patients from years 1 and 2, and 12 student mentors from 4th and 5th year, the day was a huge success!

Using similar marking criteria to that of the actual JMP exams, third years practiced their skills on 3 simulated stations, ranging from Neurology, Cardiology, Gastroenterology and Respiratory.

After Dr Guppy gave the mentors a quick introduction, GPSN had the BBQ going and gave out GP OSCE goodie bags. Huge thanks goes to the GPSN Team for helping out on the day with preparation and volunteering as patients.

Coming up for GPSN UNE includes a GP Synergy Tamworth Trivia Night and Careers Night.

Keep an eye out for GPSN competitions and opportunities on the GPSN website, [gpsn.org.au](http://gpsn.org.au)

**Anne-Marie Guider**  
GPSN Ambassador



# Support

## from day one

Choosing a Medical Defence Organisation that best fits *you* is important to ensure support and expert medico-legal advice during clinical placements, electives and career transitions.

- ✓ Free student Membership & medical indemnity policy
- ✓ Free *Student eNews* subscription
- ✓ Free *Professionalism & You* workshops
- ✓ Free Electives Club Membership
- ✓ Free networking opportunities & events
- ✓ Doctors for doctors since 1925

**Apply online and get instant confirmation  
or call 1800 011 255 today!**

  [www.mdanational.com.au](http://www.mdanational.com.au)

Insurance products are underwritten by MDA National Insurance Pty Ltd (MDA National Insurance) ABN 560 582 714 17 AFS Licence No. 238073, a wholly owned subsidiary of The Medical Defence Association of Western Australia (Incorporated) ARBN 055 801 771, trading as MDA National, incorporated in Western Australia. The liability of Members is limited. With limited exceptions our policies are available only to MDA National Members. Before making decision to buy or hold any products issued by MDA National Insurance, please consider your circumstances, read the Product Disclosure Statement and Policy wording available at [www.mdanational.com.au](http://www.mdanational.com.au) STU221



## On the 11th of May the New England Rural Health Club for Health Alliance (NERCHA) held its first Rural Health Evening

This event has never been run before and was an outstanding success. The event hoped to encourage current UNE health students to live and work in rural or remote areas upon completion of their degrees. With an attendance of over 75 guests the evening involved a range of health disciplines including social work, medicine, pharmacy, psychology, bio-medicine and nursing.

Four guest speakers from the local community shared their insights into working in a regional location.

Dr Michelle Guppy described her experiences working in Queensland as a junior doctor. Samantha Johnson (Physiotherapist) and Fiona Blevins (Occupational Therapist) at Armidale Hospital compiled a fabulous video. It involved a large range of hospital staff and provided valuable insights into the benefits and sometimes challenging aspect of living and working in Armidale. Finally, Dr Rod Martin opened up sharing some of the more personal and family considerations when deciding to work rurally. He also described his journey from being a member of his university rural health club and his consequent path to being a

leading General Practitioner in Armidale.

Kelly Eitzen (3rd Year Medical Student) encouraged junior medical students to apply for the John Flynn Scholarship Program by recounting her experiences in the beautiful location of Agnes Waters in Queensland. Rose Ellis from the NSW Rural Doctors Network was also there to promote the Country Women's Association Bush Bursary, Cotton Industry Scholarship and Rural Cadetship programs. Current cadets Nicholas Evans (4th Year Medical Student) and Heather Allard (4th Year Medical Student) also provided a personal recount of the benefits of such cadetships.

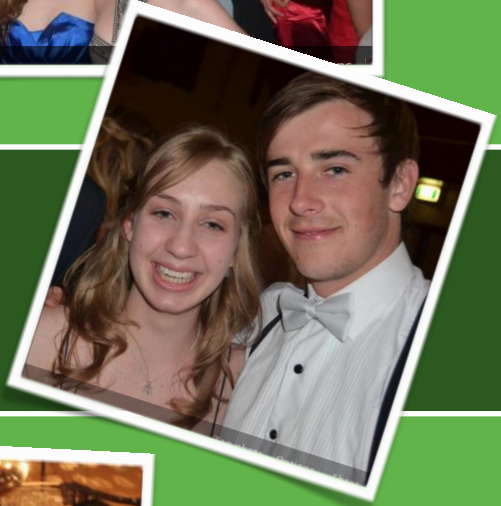
With live music provided by Angus Hardy, this was a night not to be missed and is sure to become an annual event for NERCHA. If you wish to be involved in NERCHA please get in contact with me (Erin Pither) your Medical Portfolio Holder. The NERCHA Annual General Meeting is coming up on the 31st of August at the Whitebull, anyone interested in positions or becoming involved please come along!

**Erin Pither**

# NERCHA

*Rural Health Evening*





# MEDICINE CHARITY BALL

*Masquerade*





## A huge THANK YOU to everyone who attended the 4th Annual Medicine Charity “Masquerade” Ball for 2012.

This year was the biggest Charity Ball UNEMSA has held with 250 guests in attendance. The night was filled with fantastic food, wine, performances, extravagant and sometimes humorous masks, and of course fundraising, for the Armidale District Rural and Referral Hospital. By the end of the night we raised \$10,066.49, which will go directly to the Hospital. Exactly how we will dedicate this is currently being decided, so we will hopefully be able to inform everyone about how the money is being used in the next edition of the Armadillo.

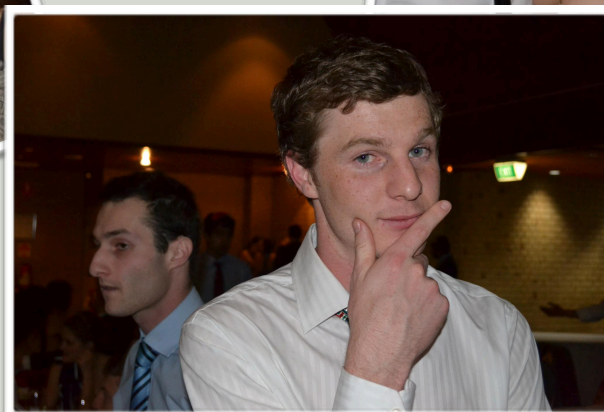
All of UNEMSA would like to say a big, BIG thank you to all the businesses that kindly donated to the raffle and silent auction items on the night. Without these

generous donations the night would not have been anywhere near as successful! Therefore, I would like to say a big thank you to everyone who attended the night, and to the donors, for your generosity.

Please keep your eyes and ears open for the next event from Social, which will be the JMP Paintball, being held at Echidna Gully just outside of Armidale – check out the ad in this edition! This is one of the very few events in the year that bring both Armidale and Newcastle together, so we hope to see you there!

**Jacob Hampton**  
Social Convener

# SOCIAL





## UNEMSA members have continued to be very actively involved in sporting events this term.

The inaugural UNEMSA vs Armidale Hospital Cricket Day was a fantastic success. The initiative aims to strengthen the bonds between local health professionals and UNE Medical Students. It is my hope that by generating a sense of community, students will be encouraged to pursue future careers in Armidale or other similar rural areas.

Armidale Hospital demonstrated that the value of experience outweighs youthful energy by securing a win in the last over of the match. UNEMSA batted first obtaining a solid 103 runs. Stand out batters were Shaun Jones and Raam Gangisetty while Greg Flynn took a great catch for the Hospital team. After a charity BBQ lunch the doctors rose to the task of chasing down the students. Stand out performances were from Greg Flynn and Dr Lath who both generously retired after five overs at the crease. Coming down to the final over Angela Miller hit a brilliant four to seal the match and crown the Armidale Hospital team victors for 2012 by a narrow five runs.

Exceptionally generous donations from local business enabled a BBQ raising \$254 which will be donated directly to Armidale Hospital combined with funds raised from the Annual Charity Ball. We look forward to watching this event grow in the coming years and expand to involve the greater Armidale community.

Aside from the Cricket Match, UNEMSA has continued fortnightly Body Balance sessions with consistently good attendance. We were also shortlisted for the AMSA Wellbeing Cup at AMSA Council in July.

**Erin Pither**



# SPORTS

## *Unemsa Sports Day*





WIN a \$1,000



Gift Voucher

2 to be won

*'Live it up'*

with MIGA

MIGA's Medical Student Protection Package provides FREE protection and support throughout your years of study.

Join online at [www.miga.com.au](http://www.miga.com.au)

**MIGA**  
The Medical Insurance Group

Always on your side

\*Full terms and conditions available at [www.miga.com.au](http://www.miga.com.au). Authorised under NSW Permit No. LTPM/12/00492, ACT Permit No. TP 12/02450. The promotion commences on 1 August 2012 and ends on 21 December 2012. The draw will take place at 10.00am (CDT) on 22 January 2013 at the address of the promoter.

Insurance policies available through MIGA are issued by Medical Insurance Australia Pty Ltd. MIGA has not taken into account your personal objectives or situation. Before you make any decisions about our policies, please read our Product Disclosure Statement and consider your own needs. Call MIGA for a copy or visit our website. © MIGA June 2012

# UNESS

## *Surgical Skills Day*



## 2012 was a significant year for UNE's medical school with the inaugural year of the University of New England Surgical Society.

With almost all other medical schools in Australia providing a society committed solely to the field of surgery it was thought that it was time medical students at UNE had the same opportunities to practice and learn more about this potential career path.

And so, it lead on to the 12th of May 2012 with UNESS's first full day event. With all the available spots for the sessions filled, this day provided students with an understanding of the basic foundation of surgery as a career, such as the pathway to surgery after medical school and instructions from a surgical scrub nurse on theatre etiquette. Student feedback showed that it was extremely valuable hearing tips and techniques to start building and getting ahead on their career while still at medical school.

Suturing skills were the focal practical component of the day with students being able to practice their suturing techniques on pig trotters and jelly-filled gloves. The suturing competition proved to be a hit with, each supervisor picking a contestant to compete to be crowned suture king or queen. Rachel Seaniger proved to have the nimblest fingers and took home a prize of personalized embroidered scrubs.

UNESS's aim is to provide student exposure to the nine surgical specialties and we were lucky to have Professor McKeown lecture about 'Common Problems in Cardiothoracic Surgery', presenting interesting case

presentations with details on the appropriate surgical interventions. The day ended with a talk from Doctor Nick Martin on Surgery in the Battlefield. This talk covered how trauma surgery differs from surgery in a civilian setting and major surgical innovations in recent years. Students enjoyed the opportunity to ask questions and hear personal experiences from the battlefield.

Overall, it proved to be a very enjoyable day with excellent feedback about what students want to be exposed to and be able to practice before moving into the clinical environment. We would like to thank everyone who signed up to be a member and supported UNESS's first year.

Our next day event is planned for the 1st of September 2012. This will be a jam-packed FREE day, filled with opportunities to practice surgical skills such as laparoscopy and further suturing practice. Additionally, we have visiting surgeons to discuss orthopedic, pediatric and general surgery. Registration will open on 17th of August, so keep your eyes open for a registration email for members, and those who aren't a member, can sign-up at our website, [uness.org](http://uness.org)

**Sally Sinclair** and the UNESS Team



# SURGICAL SKILLS DAY





club mips

# it's your choice

## MIPS member benefits

Club MIPS rewards our loyal members everyday



MIPS Members' Medical Indemnity Insurance, Practice Entity Insurance and Personal Accident insurance



ELSEVIER



MIPS Protections for non-medical indemnity matters relating to professional practice



24/7 Medico-legal advice and a range of clinical risk management initiatives



visit our website for more benefits



UNEMSA MED REVUE 2012



THE  
**POLYPHAGIA GAMES**

FRIDAY SEPTEMBER 7  
LAZENBY HALL, UNE  
TICKETS \$10 FROM  
CAMPUS ESSENTIALS  
OR UNEMSA.ORG

SUPPORTING



ROYAL FLYING DOCTOR SERVICE  
OF AUSTRALIA

PRESENTED BY





# YEAR REPS

## Year 1

Those of us in the Fifth Fleet are currently sailing full steam ahead.

Term 2 was spent in anatomy and studying for our first real exams – but the thought of a free Thursday morning was enough to keep us going! By the time the end of semester came around, we were very ready for a break.

The beginning of this semester has seen us become increasingly busy (but hooray for the free Thursday!) We've jumped straight into lectures – mostly poo-based – and are still attend anatomy labs and weekends. We've had histology lab sessions (so much purple), and abdominal skills sessions. Many of us are spending our free time harassing the nurses for a patient to interview and all the while participating in college NERF war (far too many NERF guns brought to PBL), joining in with Med Revue, or enjoying the nice cold Armidale weather.

We've almost come to the end of our anatomy journey, though some of us may still be none the wiser. We've had some fantastic anatomy myths crop up: "If you get your belly button pierced... a baby can pull it out from the inside!!" – this myth has thankfully been BUSTED! We've also discovered a few pathophysiologicals of our own – "I don't think my gracilis works..." Let us just assure you though, it hasn't been all play in the anatomy lab, we are studying hard for our looming exam!

That's enough from us for now! Enjoy your semester

**Chyna, Harry & Georgie**



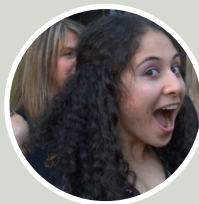
## Year 2

Flash back to enjoying the festivities of Med Week; battling our way through cardiology, respiratory medicine and haematology; dancing the night away at Med Ball; and enduring the shock and horror of having OSCEs – to say that Year 2 has had a packed second half of the semester would be a major understatement. And we're all looking forward to a just-as-busy second semester, tackling neurology, psychiatry and endocrinology (and even more OSCEs!), not to mention all the UNEMSA events coming up in the near future (which several members of UNE's fourth fleet are involved in organising, we'd like to add). In case you needed reminding, there's the birthing kit morning tea, NSWMS Sports Day, Red Party, Med Revue and JMP paintball on the horizon, just to name a few. We can't wait!

And to our dear second years, congratulations on making it through the course so far! As always, don't hesitate to contact us if you encounter any problems, need any help, have any feedback, or have an epiphany and come up with any brilliant ideas or suggestions as there's always room for improvement.

Here's to having an idiosyncrasy-free rest of the year!

**Roxanne & Jessica**



## Year 3

The Third Fleet has reached half way! Congratulations to everyone for passing their exams (has anyone found out what photons and Grays are yet?) and for making it through the excruciating OSCEs... we can now begin the countdown to the end of our time in Armidale.

Term 2 saw us undertake round 2 of GP placements which from all reports were an excellent opportunity to gain more practical experience in the areas of patient counselling, prescription filling, RTA forms, and the ever-popular suturing. Anecdotes were flying thick and fast but a personal favourite came from Sam Phillips (male variety): "I was about to do a physical examination on a patient, so I squirted what I thought was antibacterial on my hands. It seemed to be taking ages to rub in... I looked at the bottle... it was lube."

As we knuckle down for what will be our last term in Armidale, we will leave you with these wise words (which might give hope to all you first and second years):

*"I can see the vulva; it's even and moving..."* –Yamini Yadav while examining Pete Ryan's throat

*"I can feel the breath sounds ..."* –Griggles (who else?)

*"Good Morning, my name is Liz. I'm a first year medical student..."* –rest assured Liz Correy has actually passed.

**Dave & Lucy**

