

# THE ARMADILLO



The University of New  
England Medical  
Students Association  
Newsletter

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# MED WEEK

This year, as the rest of the university went for holidays, us med kids obviously did something better... MED WEEK. Filled with sport, trivia, parties, and most importantly lots of food (what better than hungover pbl), it was a week full of fun and interyear mingling.

Med week kicked off on Tuesday night with trivia. It involved lots of food, some pretty easy questions and ones that made no sense (thanks to deep for not proofreading) and the marshmallows chubby bunny game which was won by the great William Gunning, the highlight was definitely the med pick up lines for our first year keshan (who was very flattered).

Interyear sports was next! Some strong netball competition was in place after a good snag feed for energy. The winners of the night (drum roll please) areeeee the ... YEAR 3S!! However we would like to mention the year 2s did have one less team (poor effort year 2s).

Bowl and skating night on Thursday was quite an intimate experience with a turnout of 6 due to poor exam timing (directed at year 2's, the other years have no excuse).

Next was Friday nights graffiti pub crawl. Wearing our clean white shirts, it all began at the Kilda. Going through to white bull and finally Newy, it was definitely one of the highlights of med week.

Scavenger hunt was next in our med week schedule. Beginning at the duck pond, the teams raced to win the precious Pablo's Restaurant



Vouchers (Thank you Pablo's for providing the goods). The challenges may or may not have been slightly embarrassing in nature, which still didn't stop the med kids from going around town doing flash mobs and taking patient history in checkouts of Coles.

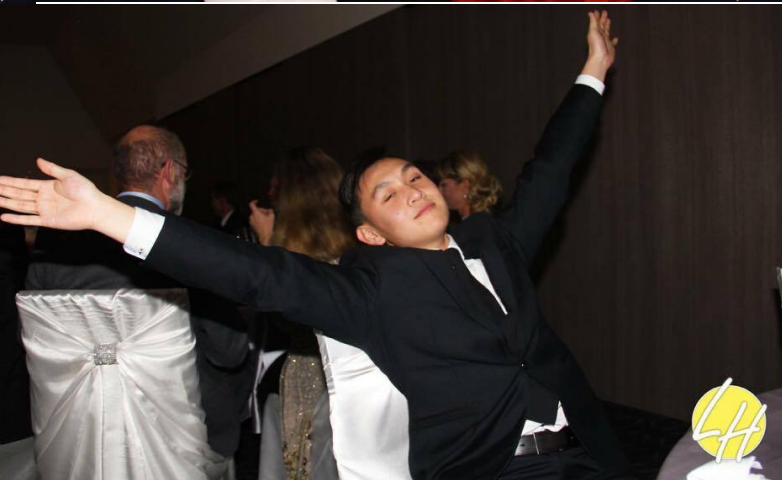
To end med week (and really destroy our livers if we hadn't already), it was the golf pros and tennis bros EPC party! It was a night filled with music, dancing and trying not to get lost in EPC. It was definitely a great wrap to the wonderful week prior and we would like to thank everyone who played a part in making it come together.

# MED BALL

Medball was held on the 13th of May at the Armidale City Bowling Club and \$1500 was raised for the Royal Flying Doctors!

It was an exceptional night filled with some great performances by Brendan, Koshy, Steven and Natasha. Many also demonstrated their skills on the dance floor and made us all question their choice to pursue medicine in the first place.

While some nights were cut short due to excellent demonstrations of responsible service of alcohol everyone had an brilliant time so a massive thank you to our social convenors Brendan and Deep for organizing and to everyone who came along!





# NERCHA

## RURAL HIGH SCHOOL VISITS

On the 27th and 28th of July, 11 medical students headed up to Byron to visit 3 rural high schools and teach some year 11 and 12 students about some of the pathways they can take in rural health following school. We also had a great time checking out the nightlife, beaches, shops and food Byron has to offer.

A big thanks to Jane Kelly for organising the trip!

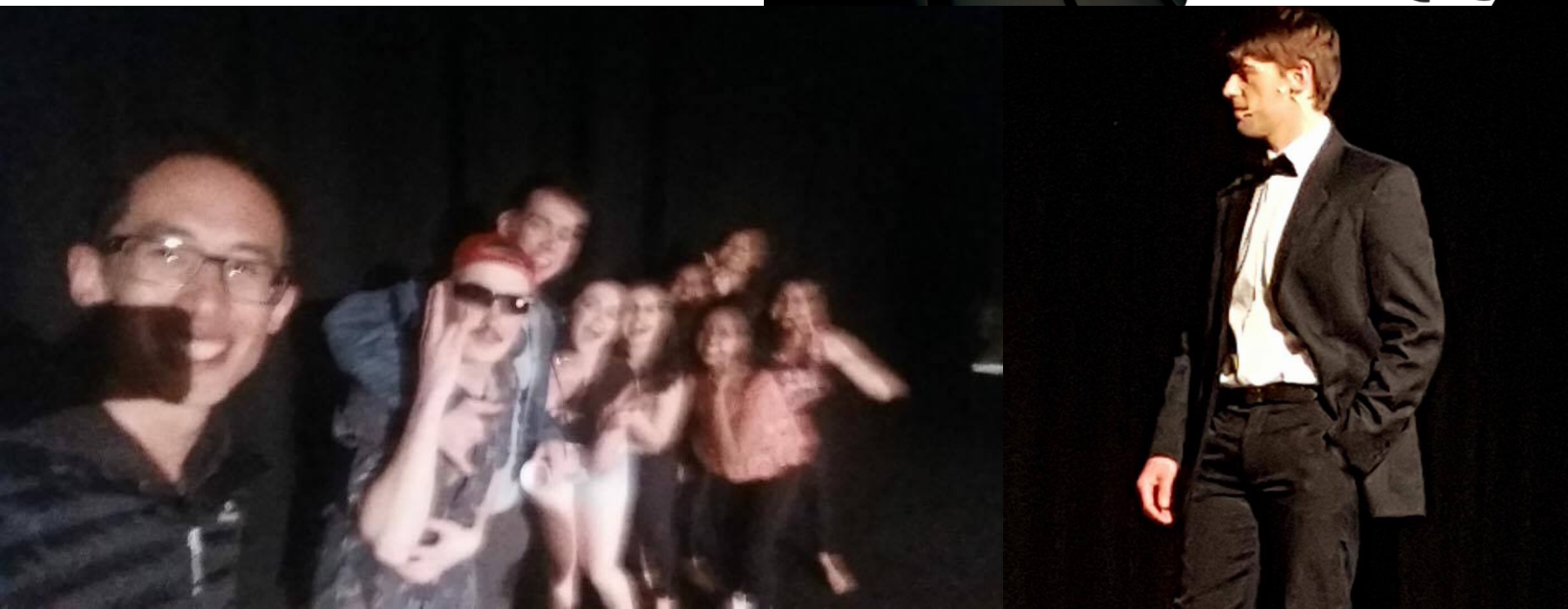
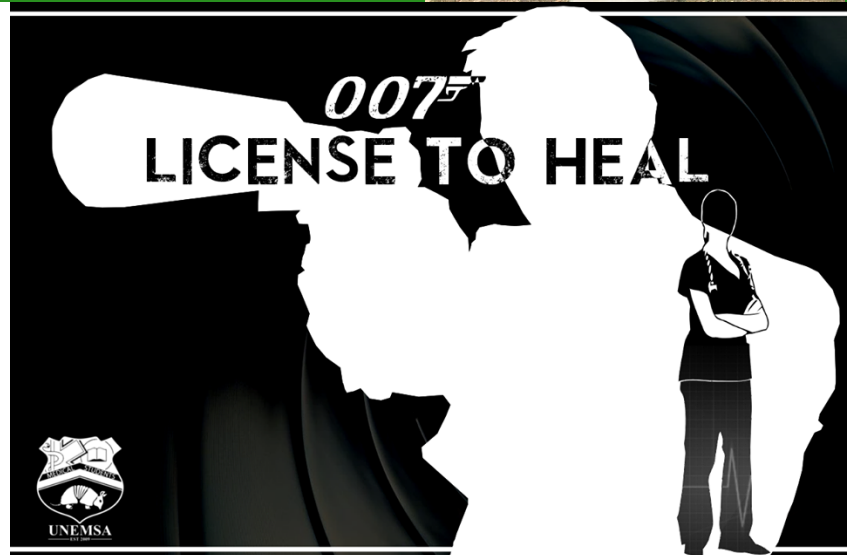
The NERCHA AGM is on Friday 11th of August so if you're interested in rural health and getting involved in NERCHA come along!



# MED REVUE

A massive thank you to Sophia Fitt our Med Revue Coordinator for the mammoth amount of work she put into this year's Med Revue. It was a phenomenal show and a great night was had by all!

Another big thanks to all others that were involved in the production!







# REFUGEE HEALTH NIGHT

ASPIRE UNE (Armidale Students Promoting International Rights and Equality) launched into 2017 this year, backed by a passionate new executive team led by co-presidents Jananee Myooran and Cia Östman. Kicking off with its debut event, ASPIRE held its successful "Refugee Health Night", which aimed to raise awareness amongst the university student population of the refugee and asylum seeker situation.

The night, which gathered dozens of participants, featured a screening of the eye-opening, award-winning film "Chasing Asylum" (subtitled 'The film the Australian Government doesn't want you to see'). The documentary shone a confronting spotlight onto the plight of the refugees and asylum seekers on Nauru and Manus Island, revealing the atrocities which they endured (and continue to endure) in their indefinitely and endless detention, along with the controversial policies of the Australian Government that confine them there.

Whilst the immensely confronting film spoke volumes about the Manus and Nauru Island detention centres, the highlight of the night was, by far, our special guest speaker: Phil Donnan - a former manager at the detention centres during the film.

Phil proceeded to facilitate a Q&A session following the film, answering each of the many questions from the audience with thought-provoking insightful replies. While many would agree that watching the film, on its own, was an eye-opening experience in itself, having Phil subsequently share his first-hand insight from the very context of the film afterwards brought the experience to an entirely new level. It is without doubt that his reply to every student's questions were what truly anchored the message of the film into a solid, confronting reality.

BY STEVEN CHUNG  
(CROSSING BORDERS  
PROJECT COORDINATOR)





# Maternal Health Weekend

Once again this year, we ran Maternal Health Weekend (20th -21st of May 2017) which consisted of Maternal and Child Clinical Skills Day and Birthing Kit Assembly Day. The Maternal and Child Skills day, held at the Tablelands Clinical School on the 20th of May, provided a hands-on learning experience for UNE medical students from years 1, 2 and 3 in regards to the complexities of maternal and child health. The day consisted of 4 stations, each tackling one of the many difficulties that can present before, during and after a birth. A massive thank you to Dr. Elizabeth Cotterell, Dr. Cheryl McIntyre, Steph Gorham, Daniel D'sa, Navid Luiz, Patrick O'Connell and Miriam Zweck who volunteered their time to run the stations and share their knowledge.

On Sunday, the 21st of May 2017, UNE students and staff as well as members of the community volunteered their time to put together 1400 birthing kits for Aspire's Birthing Kit Assembly Day. These kits were sent out by Birthing Kits Foundation Australia to their field partners in Nigeria, Uganda, Tanzania, Kenya, Ghana, Somalia and Papua New Guinea, regions where maternal and infant morbidity and mortality is high, to provide a cleaner and safer birthing environment for mothers and babies.



Thank you to everyone who came to the assembly day and worked tirelessly to put together the kits, those who donated to the Birthing Kit Drive, those who sponsored us (Zonta Club of Armidale Inc.), the hotels who donated soap to us and all others who lended their support to make this day possible and so incredible

BY CINDY CHEN (MATERNAL AND CHILD HEALTH PROJECT COORDINATOR)

## UPCOMING EVENTS!

August 9 - Global Health Speaker Night

August 18-22 - GHC Adelaide

August 28 - September 1 - Red Week

August 31 - Red Party

Also, our next two meetings are on July 31 and August 14. Come along and join in the discussion about global health!



# AMSA

- A** Awesome sauce it's AMSA!!!
- M** Medical students have a lot of opinions and want to change a lot of things, that's why we have council!!! At council in March we talked about things nearly as red hot as Ben's moustache, such as climate change, blood donations and foreign aid. You should totes come to the next council!!! Council: policies by day, parties by night. It'll be in your semester break and in Sydney (stay tuned for this awesum opportunity)
- S** Sydvention was awesome!
- A** And that's why AMSA rox xoxo

## CONVENTION

40 UNE rangers headed down to Sydney for convention from July 2nd to July 8th for 5 spectacular social nights, 4 days of speakers and 1 sports day. An amazing time was had by all!



**YOU HAVE THE SUPERPOWER WE NEED.**  
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**WHAT IS IT?:** AMSA's annual blood drive, the Vampire Cup is a contest between all the medical schools in Australia and New Zealand.

**HOW DO WE WIN?:** The aim is to get the largest proportion of medical students (plus families, friends and staff) to donate blood via the Australian Red Cross.

So book in your appointments, donate some blood and make sure to post a picture and tag it with #UNEbloodyLegends for a chance to win prizes!



# RSNA CONFERENCE WILL RIDLEY

At the end of November last year, I attended the annual RSNA (Radiological Society of North America) meeting in Chicago, Illinois – the largest conference of its kind, with over 100,000 attendees. It was massive. To put the scale of this conference into perspective, the convention centre felt like an international-scale airport, holding over 5 times the population of Armidale under one roof. There was an opening ceremony with awards (Oscar-esque?), and a daily newspaper and bulletin written solely for the conference.

In addition to attending, I had the privilege to submit an electronic exhibit that I was involved in: 'A Zoography for the Radiologist: Animal Signs in Radiology'. Across intense learning, celebrating when people were actively viewing (and taking photos of!) our exhibit, and struggling to maintain my snap-streaks (shout out to Mr Treasurer Leo for #reaching100), I had the time to put together some of my musings about the changing medical field, and the value of research.

## **Musings**

Inevitably, the imminent digitisation of the medical industry will completely reform clinical practice as we know it (or don't know it, as we are still pre-clin). Radiology is experiencing the first onset, and other medical specialties will predictably face similar problems 15-20 years later, following the application of rapid advances in technology into the clinical field such as electronic health records. This internal change is comparable to taxis and Uber (or not, as we don't have Uber in Farmidale). The only difference is that in trying to protect our field, a medico saying, "if you don't do this, you will die", may provoke a different reaction to a cabbie saying something similar...

Interns and residents now spend 50% of their time behind computers, instead of on the wards [unreferenced]. This change means that if a nurse wants to speak to a doctor, or if the patient's family wants to speak to a doctor, they are much less accessible. It is this changing dynamic of the medical field that is shifting away from the infamous 'patient-centred care' taught in 1st year. So what does this mean for us? We need to remember that an integral part of medicine is the art of communication, and not just the science of investigation.

Of the 1,867 education exhibits, at the end of the conference we were honoured to be chosen as 1 of 28 for a Magna Cum Laude award - and no, it is not pronounced like that... So I have been asked to briefly talk about research for this article, in return for my UNEMSA funding (don't forget to apply if you are doing something like this!). There are obvious discussions around competition and degrees (shoutout to BMed) that everyone is aware of in an obsession for publications (special thanks to UNEMSA for my publication in the highly esteemed New England Journal – i.e. the Armadillo). Instead, most people ask how they can get involved in research, and that is exactly it. Ask. You will be surprised as to how many people are willing to help you, and for you to help them, if you show your enthusiasm.

Meanwhile, as the creeping transformation of medicine happens all around us, we merely have to focus within our degree, with the demise of the BMed at the hands of the MD.





# BEST OF P1







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