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THE MEDICAL STUDENT SURVIVAL GUIDE

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TO THE CLASS OF 2018,

Congratulations, and welcome to the Deakin School of Medicine!

By now, you've completed a degree in a variety of fields, sat the arduous GAMSAT at least once (maybe multiple times), and successfully impressed at least a handful of interviewers. That must seem so long ago now...



You're in.
You're here.
What now?

Over the next four years, you will experience a time unlike any other. You will make friends you will have for a lifetime, and you will do things you only ever-dreamed possible.

While the journey is intense and often very structured, the path you take is entirely in your hands. MeDUSA, your medical student society, is the student body designed to help you along this journey offering an array of opportunities to get involved with surgical skills training, refugee health, and clinical leadership.

Along with our friends NOMAD (rural health), GPSN (general practice) and UHAD (public health), there is always something happening within the Deakin School of Medicine to keep you interested and keep you informed.

MeDUSA also aims to advocate for all students in order to improve your time at Deakin University. In addition, we all put on some fairly killer social events including Medcamp, Medball and the pinnacle event of the competitive nature of medical students: the Preclinical Cup.

This survival guide will give you the basics about how to survive life at medical school. It's been made with the love and knowledge of those that come before you. Read it and treasure it. But know that this survival guide is only a taste of what is to come.

I encourage you to get involved early in as many clubs as you choose. Stay informed and stay connected. And grasp every opportunity that is placed in front of you.

On behalf of MeDUSA, the four graduating cohorts that have come before you, and the other 550 odd medical students at Deakin University, I welcome you to the Bachelor of Medicine Bachelor of Surgery.

Cheers,
Robbie Mann, MeDUSA President 2015
Honours in 2015, 4th Year in 2016

EDITORS WELCOME

Welcome to the annual edition of the Survival Guide! Designed by medical students, for medical students, I hope you find this resource useful as you progress across your years of medical school.



As my journey as a medical student comes to an end, I can honestly say that my time at Deakin has been the best four years of my life. While others might think that medical school is all about anatomy and pathology, poking and prodding patients, and learning to cope with blood, guts and pilonidal cysts, it is so much more than that. You will learn just as much about yourself as a person than you will learn about the human body and all of its intricacies. You will also meet amazing, inspirational people who will be your friends for life- look after each other.

So be brave, be adventurous, push yourself to get out of your comfort zone, and above all else, make sure you make the most of this experience. This is just the beginning of your career, and I look forward to seeing you on the wards in a few years!

Good luck!

Madeleine Jones
4th Year Medical Student
2014 Publications Chair, 2015 Secretary



My first day in Immerse- what an eye opener!

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WWW.MEDUSA.ORG.AU



HOW TO STUDY:

THE CHALLENGES OF STUDYING MEDICINE

By Ben Condon, 2nd Year Medical Student

With a hearty combination of excitement, nervousness and trepidation, you find yourself "in" at last! So what happens next? What does "studying medicine" look like?

Medicine is like a Tour de France. It's like no other race, it's long and filled with huge mountain stages, and the rest days are few and far between. Learning to "embrace the grind" is crucial in surviving each stage, and having a great team around you is the cornerstone of a successful campaign.

You will feel overwhelmed. There will be a point where you feel like it all is too much. It's at this point that I would encourage you to talk to someone, be it your peers, mentors or tutors. I can guarantee you two things: you are not the only one feeling this way, and things will get better! The key to overcoming this ever-present feeling of being overwhelmed is to start "grinding away" at it. Soon enough you will find your legs and adjust to the tempo of med school.

As well as adjusting to your new routine, many of you will also be living in a new area and perhaps living out of home for the first time. Allow yourself the time to adjust while you get settled in. I have also been told that learning how to use a washing machine is a great form of procrastination!

Probably the biggest challenge you will face is finding and maintaining a balance in your life. Very quickly medicine can take over your life, and it's so important to be able to recognise this and make changes. Personally, I used surfing and cycling as my physical and mental outlet, making time for one every day. There are countless gyms close to uni, great walking/running tracks along the coast or around campus and many yoga and pilates studios around, so choose your poison and make the time everyday! It not only will go a long way to keeping you healthy, but it will also prevent burnout. Making sure you eat and sleep enough are also musts! This is a marathon, so its key you look after yourself as best as you can. Initially I found this really difficult, as I felt guilty leaving my desk with so much work and study still to do, but be comfortable in leaving the work for an hour, or until tomorrow, because you could study 24/7 and still not have enough hours in the day to cover everything!

Finally, your biggest allies will be your classmates. Help those around you, and ask each other plenty of questions! Building great relationships will make the year so much more enjoyable, and it will also enable you to study more efficiently. Your classmates are also feeling the same pressures you are, and talking to them about the stresses of #MedLyfe or life generally will go a long way to getting you through the year! Its 33% easier riding in a group compared to riding solo (and this applies to med school as well as cycling!)

For anymore pearls of wisdom, chat to the second years.. we are all more than willing to help!

Good luck, look after each other, and have lots of fun along the way!

HOW TO STUDY:

HOW TO STUDY!

By Stuart Howard. 7th Year Medical Student

Congrats on making it in to the course! You will enjoy this year but it will probably take you some time to settle in to a study routine. Trial and error is the only way to know what works best for you. Have a dedicated study space, minimise distractions, set yourself milestones, work at a time of day that suits you and get your head out of the books every now and then. But I won't tell you how to suck eggs.

KHI will make up the bulk of your study, particularly for those coming from a non-science background. The content is vast and at times very fast-paced. The weekly learning objectives will become your lifesaver and help you pick out the key examinable content to focus on. As tempting as it is to want to cram everything in the week before exams, PBL's will keep you on track and guide you with what you need to know. Take the time to know the PBL content and you will benefit greatly from the knowledge and experience shared between your peers in each session.

Human Biology is a broad unit and covers many different topics, so don't get bogged down in the infinite details just yet (there will be plenty of time for that later in the year!). Textbooks are fantastic starting points early in the course. Online tools like Up-to-Date and BMJ Best Practice provide a wealth of knowledge but appreciate that the level of detail you need is generally reflected in the lecture notes. Understanding concepts will benefit you far more than rote learning here and constructing mind maps can be very effective in condensing your knowledge. As time consuming as it is, re-listening to lectures online can also be extremely useful in clarifying those concepts you missed whilst dozing off on a Monday afternoon.

DP is very clinically orientated and there is no question that this study is best done in groups. When it comes time to practice history taking and examinations, draw upon your family and friends to be your guinea pigs and provide you with constructive feedback.

The phrase 'little and often' is one that you will hear time and time again and it absolutely rings true for PHM and ELPD. As tempting as it is to focus on the sciency stuff, try to dedicate a few hours each week to compiling your notes for these topics. For ELPD in particular, many people benefit from working in groups and sharing notes to use for the open-book exams, but find what works for you.

Above all, remember that we're all in the same boat. Don't be afraid to seek guidance in what you don't know and reach out to help those around you.

Good luck!



HOW TO STUDY: RESOURCES TO GET YOU THROUGH

By Nufail Khan, 2nd Year Medical Student & MeDUSA Preclinical President

With no background in physiology and anatomy, one of the biggest challenges I faced was to find and use the most appropriate resources for my learning throughout the first year. But I hope the tips and suggestions that arose from my struggles, will be able of benefit to you.

The first thing I should highlight is to understand that you do not need to buy all (if any) of the books DUSA has on its list (<http://dusabookshop.com.au>). The second major point is that the resources your cohort use will differ from person to person. This simply highlights the course you are in. That is, a postgraduate course full of people with varying experience, understanding and background. The third point is to be aware of the resources a lecturer uses to form their slides.

Semester 1:

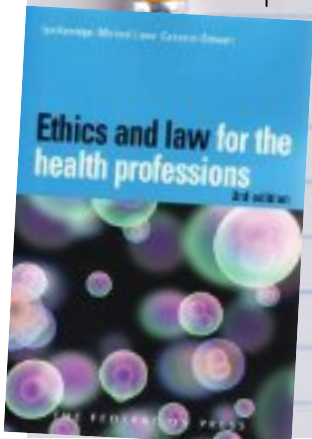
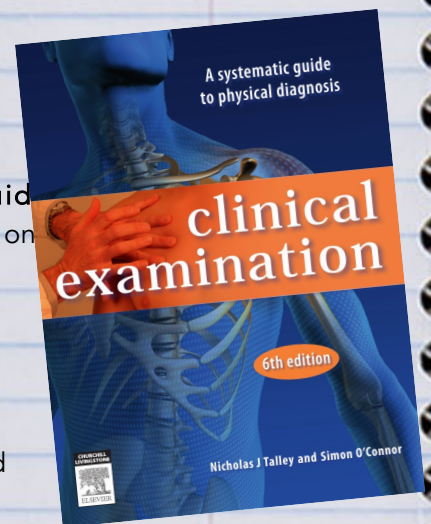
Doctor-Patient (DP) – Your PBL mentors should provide you with eBooks, of which one should be the extremely valuable resource called **"Clinical Examination: A systematic guide to physical diagnosis, by Talley and O'Connor"**. Not only is this used all year, the tutorials that you need to complete is based on this resource.

Public Health Medicine (PHM) – Amongst the eBooks, you should also find **"Jekels Epidemiology Biostatistics Preventative Medicine, by Katz."** This can also be found on the Deakin online library resources.

Knowledge, Health and Illness – Many resources are suggested by lecturers and unit guides. In reality, there is no possible way to cover them all. My recommendation is to use the resource used by the lecturer for the bulk of their lectures in their topic. Unfortunately, the first topic, HB, contains a mixture of different aspects of learning that serves as a basis for the coming topics. This means lecturers tend to use multiple resources to cover the various aspects. My suggestion is to use a physiology textbook such as **"Silverthorn, Human Physiology"** or **"Fundamentals of Anatomy and Physiology by Martini."** Both are found in the library, but please take a couple of weeks to decide if you want to purchase such a book. Silverthorn is useful also in other topics.

Ethics, Law and Professional Development (ELPD) – A textbook available from the library called **"Ethics & Law for the Health Professionals"** is an excellent resource to supplement the lectures. Some people may prefer to buy it, especially since it is used across the 4 years of Med. There are currently no eBooks or online resource that we have access to.

As part of KHI, you also need to complete anatomy practical material each week, as well as a pathology component. For the anatomy pracs, it is essential to have **Moore & Dalley, Clinically Oriented Anatomy**. This should be another of the eBooks, but there are number of hard copies in the library.



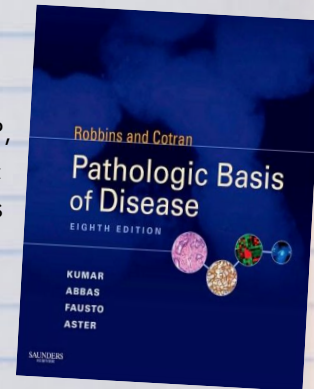
HOW TO STUDY: RESOURCES TO GET YOU THROUGH

By Nufail Khan, 2nd Year Medical Student & MeDUSA Preclinical President

For the pathology pracs, it is important to have access to **Robbins and Cotran's Pathologic Basis of Disease**, which is provided as an eBook, with hard copies in the library.

Semester 2:

I won't spend too much time with Semester 2, however, for DP, ELPD and PHM, the same resources will be essential. KHI prac classes require the same resources as above, but the resources for the individual topics and lectures will require different resources including a textbook called **Boron's Medical Physiology**.



Other resources:

In amongst the resources you may end up using, are those that can help fill in the blanks, or make things you see in lectures easier to follow. This obviously includes Youtube (Khan's Academy, Dr Najeeb, amongst many others).

There is also a series of books called, "[insert topic] at a glance" which is great to get a basic overview of many topics.

As you will learn, there are clinical **databases** you can use which are useful, but are at clinician level. Therefore at times, databases will be far beyond what you need to know. Such databases are found on the library website, for example UpToDate and PubMed.



Overall, it will take you some time to recognise and understand how you need to tailor the use of resources for your learning, but my hope is that this serves as a base for you to build upon. Good luck and we shall chat some more soon ☺

HOW TO STUDY: TIPS FROM THE LIBRARY

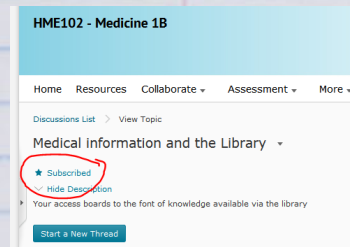
By Fiona Russell, Medical Librarian 2014, Faculty of Health Librarian Manager 2015

Medicine is heavy on information, so the more efficient you can be, the more time you'll have for other things!

The **Library** will support you throughout your course in both preclinical and clinical years. Here are five easy things that you can do to save yourself some time.

#1: Subscribe to the Library discussion board on your course level CloudDeakin site

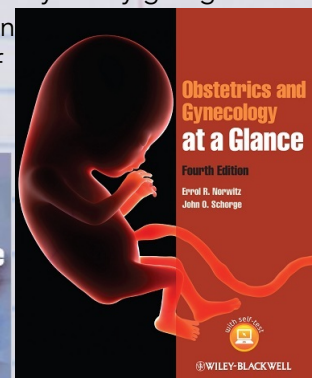
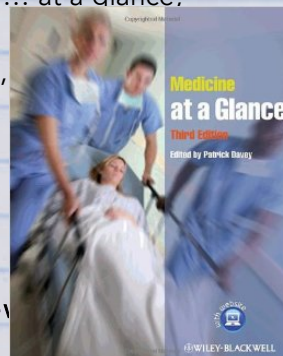
Yes, there are lots of discussion boards, but this is the one where you'll learn about the latest hot-off-the-press exam practice database, or the new-fangled anatomy resource with extra quiz questions, or the case base repository to which you can submit manuscripts and possibly graduate as a published author.



#2: Use the Library Delivery Service. Ok, so this one's for the clinical years, but it can save you petrol (or train) money. In years 3 and 4, you can request physical items and have them posted to your home address. We'll even throw in a stamped, addressed postpak for you to return the items to us via the mail.

#3: Practice for your exams. It's amazing where you can find questions to test your knowledge. The big one is [BMJ OnExamination](#) – study smart, or study hard – you choose the topics you want to be tested on. There's also [BMJ Learning](#), where you can work through modules on selected topics. And don't discount study guides – they often include practice questions.

#4: Take bite sized pieces. Some of the medical texts can be pretty heavy going. That's not to say don't use them – by all means, they're very important required reading. But the study guide series can help make some of the information a little more manageable, especially in the early stages of your learning. To start with, try the '... at a glance.' 'Medical Secrets,' 'Fast Facts,' 'Ten Teachers,' 'Clinical Cases in ..', 'Essential Pocket Guide..', '... made incredibly easy' series. There are more, but try a search on one of these series in [Library Search](#).



#5: Library Resource Guides as an gateway

When you get stuck remembering which resource to use when, are turning in circles looking for ethics information or in making a clinical decision, the Library Resource Guides provide a gateway to introduce major resources, and give you some searching tips along the way. There's one for [Medicine](#), for [Medical Ethics](#) and for [Evidence Based Practice](#).

HOW TO STUDY:

TIPS FROM THE LIBRARY

By Fiona Russell, Medical Librarian 2014, Faculty of Health Librarian Manager 2015

Useful tools to get you started

For exams:

- [BMJ OnExamination](#) (you'll need to register for this - click on the link and follow the instructions). A range of questions on various topics. You can tailor your profile and work smart (select questions) or work hard (all questions)
 - [MKSAP For Students 5 : Medical Knowledge Self-Assessment Program](#) / Developed By American College Of Physicians, Clerkship Directors In Internal Medicine [e-book]. Philadelphia : American College of Physicians, c2011
 - Alguire P. [Internal Medicine Essentials For Students : A Companion To MKSAP For Students 5](#) / [Edited By] Patrick C. Alguire [e-book]. [Philadelphia] : American College of Physicians : Clerkship Directors in Internal Medicine, c2011
 - [BMJ Learning](#) (Quizzes, podcasts, videos, text-based modules on various topics. You'll need to register for this too, unless you already have a BMJ log in. You'll get an eportfolio which save the modules that you want to do, are in the process of completing and have already completed).
 - Harward M. [Medical Secrets](#) [Electronic Resource] [e-book]. Philadelphia, PA : Elsevier/Mosby, c2012.; 2012
 - Deja Review series, eg. Davey B. [Deja Review : Pediatrics](#) / Brooke T. Davey [e-book]. New York : McGraw-Hill Medical, c2008
- These are just a sample. Run a Library search on 'MKSAP' or 'Internal medicine -- Examinations, questions' or 'Psychiatry -- Examinations, questions' ...

For Anatomy:

- [Acland's Anatomy](#) - a streaming video series involving the narrated dissection of the human cadaver.
- [Anatomy.tv](#) - a 3D graphical anatomy resource, supplemented by diagrams, radiologic images, dissection videos and surface anatomy.
- [Visible Body](#) - an anatomy resource which presents the body in 3D graphic form, with easy manipulation of images.
- [Instant Anatomy](#) - quizzes, videos and podcasts on surface anatomy, memory aids, embryology and a range of other anatomy topics
- [NetAnatomy](#) - a learning tool, focussing on gross and radiologic anatomy
- [Bates Physical Examination](#) - streaming video of techniques for physical examination
- [Amirsys Imaging](#) and [Amirsys Pathology](#) - diagnostic and pathologic image databases

For Clinical Decision-Making:

- [JMAAEvidence](#) - includes 'Users' Guide to the Medical Literature' and access to podcasts on using evidence in practice, education guides on literature, clinical examination and care at the end of life.
- [UpToDate](#) - US based point of care tool
- [Best Practice](#) - UK based point of care tool
- [First Consult](#) (via Clinical Key) - European based point of care tool
- [Pubmed Clinical Queries](#) - quick search filter in Pubmed for studies to help answer clinical questions

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HOW TO LIVE: CHOOSING WHERE TO LIVE

By Ben Condon, Jane Tregoweth & Dylan Dunn

Living near Uni – Jade Tregoweth

You know what they say – the grass is always greener on the other side of the road... at the University Estate! It only takes a couple of minutes longer to walk home compared to living on-campus and the rent is considerably cheaper. You get to choose whether to live with other meddies or alternatively people whose lives don't revolve around study. You can also host house parties, sleep-overs, dinner parties, band sessions (neighbours willing), pool parties (if the temperature ever makes it above 25 degrees), play backyard cricket, own a dog, cat, canary or simply just relax in your FULL SIZED HOUSE/BACKYARD. You can go home for lunch and walk back for afternoon prac. Spend your money on coffee rather than campus parking as it will take you longer to drive in and find a park than it will to walk! It's also convenient for taxi-sharing with the Res kids back to Uni after a night out. Venture across the oval and see for yourselves!

Living at Uni – Dylan Dunn

Living on campus means never having an excuse to be late to 8am lectures! It also means you're right in the middle of the action, you're close to lecture theatres, the library, the supermarket, various events, and the campus gym. Take a walk around the back Waurin Ponds campus and you'll find it beautiful, perfect for morning jogs or walking off exam-induced stress.

Whether you live in one of the Evatt houses, the Med Pods, or NRAS, if you enjoy close-knit community living then campus accommodation offers a sense of family and camaraderie like no other.

Living in Torquay & Jan Juc (Ben Condon):

One of the perks of studying at the Waurin Ponds campus is that you are a stones throw away from the Surf Coast. Less than a 15 minute drive from Uni down the Surf Coast Highway, Torquay and Jan Juc is a coastal paradise from the all consuming med-bubble. You'll fall in love with the beaches, laid back atmosphere and million dollar views instantly. You'll also be surprised to know that it won't cost you an arm and a leg to live here. School-year rentals in fully furnished houses (generally very new houses) are easy to come by. Traffic is never an issue too, making the morning commute stress free!

Both Torquay and Jan Juc have plenty of cafes, bars and shops that will cater for your every need. Visit Jed at The Usual Suspects (TUS), enjoy a beef brisket at Pond (a personal favourite!), discover Fisho's and Bottle of Milk when you can't be bothered cooking (or just craving their deliciousness!) and enjoy Friday night drinks at Bird Rock, you'll never be short of an excuse to leave the house!

Make the most of your days off and weekends by learning to surf, or run/walk along the Torquay to Bells Beach track that takes in some of the country's most spectacular coastline. Importantly, Torquay or Jan Juc will give you a relaxing place to come home and distance from the stresses of uni. Plenty of med students live in the area so you will not be lonely, and car-pooling to uni is easily organised! It really is the place to be!

I'd write more, but if you're not sold yet you haven't been paying attention, and the waves are calling me!



HOW TO LIVE: INTERNATIONAL STUDENTS

By Shuwanugha Subramaniam

You've made it to med school!! Go ahead, take a moment to cry, laugh and freak out because all your hard work has paid off. Congratulations and welcome!

I remember being in your shoes, a nervously excited medical student looking forward to a whole new beginning. As an international student, you are expected to study and perform like everyone else despite being away from your family, friends and culture. For some of you, English may not be your first language and that makes it even more challenging. Nevertheless, remember that you are not alone. Believe me when I say that along the way in this degree, you will meet some amazing individuals who will become your family and greatest base of support for the years ahead.

That brings me to my first advice; **make friends and don't be afraid to ask for help when you need it.** Sometimes things can seem a little more challenging and especially in medicine, it is easy to get caught up and fall behind. So, ask your dedicated tutors, ask your inspiring seniors, ask the handsome hunk or the drop dead gorgeous girl sitting next to you. They might just have the answer you're looking for.

Secondly, **don't rush into buying expensive textbooks.** By the end of your first week you would have got hold of a folder containing almost all the medical textbooks you could ask for. It sure is every medical student's dream come true! But if you're not the kind who likes reading off screen, then have a skim through the folder anyway to pick out on textbooks that suit you best. Again, don't feel pressured to buy them all, as the library is an excellent source too.

During first semester, I remember finding it hard to find a study pattern that suited me best. But stress not because along the way, you will find some footing with your study style. Some of you may prefer individual study while others may prefer studying in groups, so **don't be afraid of experimenting what's best for you.**

While medical school can be overwhelming, it is important to put aside some time for yourself and for you to get in touch with your family and friends back home. Join clubs, sports team or any non-medical activities to help keep your sanity on track. Work hard play hard and simply enjoy the ride! Good luck!

Sincerely,
Shuwanugha



HOW TO LIVE: WHERE TO EAT AND DRINK IN GEELONG

By Maddie Jones

Moving to Geelong may sometimes seem like a bit of sacrifice, especially if you're leaving the comforts of Mum's cooking, the expert barista brews of the city, or your favourite pad thai restaurant. You probably need to feed your cravings.. and luckily, Geelong has some great places to eat and drink! If you really want to be a local, tick them all off!

Coffee and Brunch

- The Cottage
- Three Little Figs
- 63 Degrees
- Café Go
- John Doe
- Coffee Cartel

Pubs/Bars

- Edge
- Elephant and Castle
- Lambys
- The Sporting Globe
- Bended
- Beav's
- Mrs Hyde



International Cuisine

- -Arani/Kanitar Thai (owned and operated by the same people)
- Le Parisien Patisserie
- Riks Maha
- Hi Sushi

Off the Beaten Track

- Jack Rabbit Winery, Bellarine Peninsula
- Terindah Estate Winery, Bellarine Peninsula
- The Scandinavian Ice Cream Company, Queenscliff
- Parmageddon (Wednesday Night Parmas for \$18), Jan Juc Pub
- Brae, Birregurra (one of Australia's best restaurants.. not budget friendly!)
- The Fat Cow, Timboon
- Timboon Railway Shed Distillery (Whiskey and other treats!)



HOW TO GET INSPIRED:

AMSA

By Ben O'Sullivan



The Australian Medical Students' Association (AMSA) is the peak representative body for the 17,000 medical students across Australia. The mandate of AMSA is to inform, connect and represent students from all of Australia's 20 medical schools.

Whilst AMSA is involved in a myriad of events, activities, and campaigns, there are two things that are crucial to know about AMSA to be a Deakin medical student: convention and vampire cup.

The AMSA National Convention is a seven day conference held each year in July. It is the largest student-run conference in the world and this year is held in Melbourne. The event will see around 1,700 medical students from across Australia descend upon Melbourne for five days of inspiring academic program and seven nights of scintillating celebration. Convention is an institution of the medical calendar and a must-attend at some stage of your medical student career. Tickets are hotly sought after and sell-out within minutes. So, stay tuned and find more information here:

<http://convention2015.amsa.org.au/>



Each July and August AMSA runs, in conjunction with the Australia Red Cross Blood Service, the Vampire Cup. This competition pits the 20 medical societies against each other. The university with the highest percentage of blood donations over the period is awarded the prestigious Vampire Cup. Not only did Deakin win the Cup last year, but also the year before, and the year before, and the year before! Whilst AMSA holds several competitions and cups, none have been dominated in such a fashion as Deakin with the Vampire Cup. In 2015, Deakin will be striving for its 5th Vampire Cup in a row. A fistful of cups if you will. A quintuplet!

In the interest of brevity, I have only listed two components of AMSA. However, AMSA is a wide and diverse organisation that aims to challenge and engage each and every medical student. AMSA runs a Global Health Conference, a National Leadership Development Seminar, a Mental Health Campaign, GlobalEx, AMSA Academy, Blue Week, and many more. Furthermore, AMSA has a strong advocacy and media team that allows medical students to have a strong voice. AMSA advocacy acts in the interest of the medical student body on both a national and local level. The key priorities over the last few years include, but not limited to, student mental health, quality and consistence of medical education, and the provision of sufficient quality medical internship. If you are interested in getting involved with AMSA advocacy or any of the other opportunities listed please contact your Deakin AMSA representative, Ben O'Sullivan (amsa.clinical@medusa.org.au) or your pre-clinical rep Armin Hooshmand (amsa.preclinical@medusa.org.au).



The Australian Medical Students' Association offers a wealth of opportunity to all medical students, it is up to you to get amongst it!



HOW TO GET INSPIRED:

NOMAD

By Annie McClennon

NOMAD is Deakin's Rural Health Club. Since Deakin medical school was founded to address the rural workforce shortage NOMAD plays a big part in engaging students in rural health careers. We also aim to increase awareness of issues that pertain to those living in rural and remote Australia.

NOMAD members come from all health disciplines taught at Deakin – nursing, optometry, occupational therapy, medical imaging, and medicine. Everyone is welcome to join and be involved as little or as much as you would like.

Throughout the year NOMAD runs a number of event for members including:

- Barefoot bowls welcome event
- Winery tour
- Gala Night - Dinner and Speakers
- Rural High School Visits
- Teddy Bear Hospital School visits.
- Clinical School visits.
- Close the Gap Day



Being a member of NOMAD allows you to not only be a part of all of these great events but also makes you eligible to apply for funding for rural health conferences and several rural scholarships.

The Teddy Bear Hospital Program is one of NOMADs main events. Run throughout the year we take a group of volunteer health students to a local primary school and run a fun and educational workshop for primary school aged children. We aim to visit about 10 primary schools throughout the year and its great fun for all involved!

Early in March we will hold an annual general meeting to elect committee members. Look out for information about this on Facebook!

For more information contact:

nomad@nomad.org.au



HOW TO GET INSPIRED:

DSiG

By Divya Kishan

DSIG is Deakin's very own Surgical Interest Group (SIG) that was founded in 2012 and has since been gaining the attention of Deakin medical students rapidly!!! We aim to introduce the field of surgery and its various subspecialties to all of Deakin's medical students via workshops and seminars together with local and rural surgeons in Geelong. We create networking opportunities between students interested in surgery and members of the surgical communities, and other Surgical Interest Groups (SIGs) around Australia and provide you with engaging seminars and amazing learning opportunities within the wonderful world of surgery. Since 2012, DSiG has seen the involvement of cardiothoracic, ENT, general, paediatric, transplant and orthopaedic surgeons, practising in rural, metropolitan cities as well as the developing world. Some of our best events include:

- Pride and Prejudice – women in surgery seminar, where established female surgeons spoke about their respective journeys to surgeries, and work-life balance.
- Donate life seminar- where we explored the area of organ donation in Australia and organ transplantation surgery as a career!
- Deakin surgical seminars featuring discussions around case studies, as well as inspirational talks from a number of specialist surgeons regarding personal experiences in surgery and surgical training pathways.
- Surgical Skills workshops- a major success event of 2013 where students got the invaluable opportunity of learning, practising and networking with the expert themselves in small groups!

Along with this, DSiG has also played an active role in AMSA's SurgIN, a collaborative effort of all surgical interest groups across Australasia.

D-SIG Chair for 2015 is Divya Kishan. Our exciting agenda for 2015 includes our biannual surgical seminars, our annual surgical skills workshop featuring hands-on training in basic surgical skills, sterile techniques personal protection and more..

Contact details

- Email:
 - G-mail: (dsig@medusa.org.au)
 - Divya Kishan: (dkishan@deakin.edu.au)
- Facebook: www.facebook.com/DeakinSIG



HOW TO GET INSPIRED:

GPSN

By Ellie O'Connor

The General Practice Student Network is a group run by students interested in general practice as a specialty. It is active at every medical school across the country and here at Deakin we have over 500 members! Even if you aren't interested in general practice as a career, GPSN is open to all students, with plenty of benefits!

As a GPSN member you are in the loop with exciting events and networking opportunities throughout the duration of your medical degree. If you are looking to find out more about general practice or even start meeting skilled practitioners for a chat this is the club for you. You'll even have the chance to gain some clinical skills at some of our events!

This year Deakin GPSN will be running several events including a combined clinical skills and careers session at MedCamp (an event not to be missed!), trivia night (one of the year's highlights) and a tour of Clinical Schools at Ballarat and a rural IMERSE site. At many of these events you will have a unique opportunity to network with GPs as well as have a great time with fellow students.

Sign up in O-Week and chat more to the team about what GPSN has to offer! If you have a passion for leadership, primary health or just want to get more involved, you should apply for a position in the Deakin GPSN General Committee with elections held in the coming weeks.

For more information:

Get in touch through joining our Facebook group

www.facebook.com/groups/GPSNDeakin

Or visit the national GPSN website www.gpsn.org.au

Ellie O'Connor

Chair, GPSN Deakin University 2015



HOW TO GET INSPIRED: CROSSING BORDERS

By Jazmin Fisher

Crossing Borders is a medical student initiative dedicated to recognising and removing the barriers that prevent refugee and asylum seeker access to health care. This is achieved through direct assistance, educational programs and advocacy.

Crossing Borders is a great way to become engaged with global health issues, broadening our understanding of the challenges we face in trying to provide the global community with equity of access to health care. Crossing Borders is also designed to cater to a scope of members, whether you're not really sure what the difference is between a refugee and an asylum seeker, or you're already planning the dream Medecins Sans Frontieres mission- we'd love to hear from you!

Crossing Borders holds a number of exciting events throughout the year.

Refugee Health Symposium- a stimulating day of strengthening knowledge and skills surrounding cross-cultural communication and consultation techniques with refugees, including presentations from guest speakers. In 2014 guests included Australian barrister Mr Julian Burnside, and Director of Centre for Developmental Psychiatry at Monash University Professor Louise Newman, to name a few.

Refugee Week Celebration- a community event organised with Crossing Borders Monash and Melbourne.

Education Modules- a workshop style event that encompasses information from local experts and student run presentations to give the attendees a strong basis of knowledge for understanding issues surrounding refugee and asylum seeker health.

For more info, email cbdeakin@gmail.com or join the facebook group at www.facebook.com/groups/deakincrossingborders/.

Alternatively, for some face to face contact feel free to chat to our Chair Jazmin Fisher!



HOW TO GET INSPIRED:

UHAD

By Ellie O'Connor

Welcome to Universal Health At Deakin (UHAD), the global health group. We focus on improving and achieving equity in health for all people both within Australia and overseas. The UHAD slogan 'Think global, Act local' is one that all our member believe in and highlights that the first step to making meaningful change in the world is to raise awareness and get people involved!

Since its conception in 2008, UHAD has aimed to raise awareness on a number of global issues including indigenous health, sexual health, women's health, climate change and poverty. 2014 was a great year for UHAD in which the club was more active than it had ever been before. The highlight event in 2014 was the Deakin Dash, which was an obstacle fun run, in collaboration with YMCA that raised money for Insulin For Life, a non-for profit organisation in Australia that provides life-saving diabetic medication to hundreds of people all around the world. The fun run was 5km and had 10 obstacles including a slip and slide, mud pit, colour bombs and climbing walls.

In 2015 UHAD plans to be even bigger and better and we look to you to help us make this happen! If you have enthusiasm and passion we encourage you to get on board with our exciting projects or bring your own and we can facilitate funding. By thinking globally and acting locally, together we can make a difference, it starts with us! Sign up at the DUSA office to get involved! For more information, contact: uhad.deakin@gmail.com



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Close the gap



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HOW TO CHOOSE A CLINICAL SCHOOL: GEELONG CLINICAL SCHOOL

By Stephanie Reid

The clinical years are two of the most challenging, rewarding, mind-blowingly cool, uplifting and exhausting years of your training. The Geelong Clinical School (GCS) is one of the many sites where you can begin your clinical training. If Geelong is the one for you, here are the golden tips you'll need to survive the transition to hospital life!

1. The GCS is staffed by wonderful people and houses excellent facilities – use them to your advantage! The clinical skills tutors are absolute gems who will go out of their way to help you. If you would like to do some OSCE practice, they will leave out the equipment for you. Just be sure to thank them and leave the equipment the way you found it.
2. Get involved in GCS events! The committee runs various academic and social events every month and there is something for everyone to enjoy. It's a great opportunity to mingle with the other students and hear from the senior clinicians in a friendly and relaxed environment.
3. Practice not eating, sleeping or going to the bathroom breaks for long periods of time. Some days will be so busy you will eat your breakfast for dinner. By the time you are an intern, you will cease to eat altogether.
4. Bring snacks with you everywhere –in your bag, pockets, locker - even your underwear. I recommend grapes, assorted nuts and gummi bears to avoid any hypos during those long ward rounds.
5. Stay caffeinated. The hospital cafeteria has free coffee and tea for staff, which can be a real lifesaver if you overlook step 4.
6. Make the most of downtime. Doctors are busy people, and it's not uncommon for a tute to run late or get cancelled at the last minute. This can be seriously frustrating when you're trying to balance time at the hospital with private study! Having something to study handy will ensure you maximise your time; I recommend the BMJ On Examination app and the Oxford Handbook for your respective rotation.
7. Stay positive! You will spend many days sleep-deprived, hungry, overworked and possibly unshowered. Sometimes you'll feel you've drawn the short straw on your placement, the type of mini CX you got or your supervisor in a clinic. Just remember how hard it was to get into med school, how much better it is to be here instead of back there, and try to make the most of your time at the hospital.
8. Keep an eye out for your friends and group members. I can guarantee you that every student, even the most cool, calm and organised cucumber, is going to struggle at some point. This may range anywhere from a few tears to a Britney Spears 2007-style meltdown. Give them a hug, take them out for a coffee, and tell them they're doing a great job.

And that's all you need to know! If you see any other students around the hospital, don't forget to say hi!



HOW TO CHOOSE A CLINICAL SCHOOL:

WARRNAMBOOL

By Simon Hume and Jodie Burtonwood

Warrnambool is a regional centre on the south-western coast of Victoria and has a population of 33,948. Warrnambool is a 2.5 hour drive from Geelong and just over 3 hours from Melbourne, with regular Vline train services. Warrnambool is a diverse rural hub which offers unlimited sporting, creative and sightseeing activities.

The Warrnambool base hospital has a large catchment area, servicing much of South West of Victoria. The hospital is located within walking distance of the town centre and even has ocean views! There are roughly 40 students at the clinical school at any time comprising third and fourth year Deakin students. In 2011 a \$115m upgrade of the hospital was completed which included a brand new clinical school. No other universities have students at South West Health Care, so students have unrivalled exposure to patients and services.

Being a smaller clinical school, Warrnambool has the advantage of small rotation groups and high teacher:student ratios. However, don't feel like you'll always be in the spotlight, the clinical school staff are like a big family. The small number of students also means that there is less competition for patients. The facilities are excellent with a state of the art simulation room and all the medical gadgets you could ask for. The easy going lifestyle and slower pace in Warrnambool makes it an ideal place for medical training with lots of opportunities to relax after a big day. There are also many activities and events to keep you entertained throughout the year- such as the infamous Morphet Cup (cricket match) and the Welcome Dinner hosted by the local City Council.

One drawback of Warrnambool for some students is the distance from Geelong and Melbourne. For those with partners working in urban centres, commuting can become tiring but not impossible. Being a rural hospital, Warrnambool does not offer the range of subspecialties you would see in tertiary centres. Having said that, you do not need to be a neurosurgeon by the end of medical school. Warrnambool certainly offers all the core disciplines (plus more!) needed to prepare you to be an excellent intern. With the excellent training offered at Warrnambool it is not surprising that many graduates have secured internships in large tertiary centres in Melbourne. On the other hand, many have fallen so in love with the region that they have chosen to stay on in Warrnambool as interns.



HOW TO CHOOSE A CLINICAL SCHOOL:

IMMERSE

By Laura Tagell

IMMERSe is one of the five clinical schools on offer from Deakin University. It is a Longitudinal Integrated Clerkship (LIC) that allows students to complete their 1st year of clinical studies in a rural town. The longitudinal nature of the program means that you cover all six 3rd year rotations equally at any given time.

There are ten towns spread over the Western district of Victoria (Stawell, Ararat, Horsham, Bacchus Marsh, Daylesford, Colac, Camperdown, Portland, Hamilton, Casterton), which vary to accommodate between 1 and 4 students. Students are allocated to a GP clinical and a hospital where they will spend their time between. There are many clinical experiences for students to explore however they do vary from town to town. If you want to know more about each individual town specialties get in touch with current or past students on the IMMERSe info Facebook page.

IMMERSe has the most individualised program of the clinical school. You can really make as much or as little of it as you want. You often have one on one teaching with consultant or GPs, there are no (or hardly any) other students to compete with to see interesting cases and you can become part of some great close-knit communities.

IMMERSe is not for the faint hearted. There are many challenges including moving to a new town and not having the friendly faces of your cohort around. However, these challenges only make the good experiences more special. You will make new friends, you will learn all the clinical skills you need to know and see many memorable patients.

Third year is a big year no matter where you are. It is hard, and there will be times when you feel super-stressed. Don't fear! You will get through it! The staff organising the IMMERSe program are super enthusiastic and want to help you have the best experience that you can. You get amazing teaching from willing physicians and there are many IMMERSe alumni like myself willing to provide support and mentorship along the way.

Happy Choosing!
Laura
IMMERSe Portland 2014



HOW TO CHOOSE A CLINICAL SCHOOL:

BOX HILL / EASTERN HEALTH

By Roger Ho

Eastern Health has the largest geographical catchment area of any metropolitan health service in Victoria catering to over 750,000 people annually through 29 locations (including 7 hospitals). The major services include Box Hill Hospital (621 beds), Maroondah Hospital (326 beds) and the Angliss Hospital (230 beds). Given its large catchment area, patients are from a wide socioeconomic demographic, with a majority of patients in urban areas.

The Eastern Region has a small Aboriginal and Torres Strait Islander population compared to the rest of Victoria. Approximately one quarter of patients are from countries where English is not the predominant language with a high proportion of immigrants (especially of Chinese background) as well as a high proportion of refugees from Burma settling in the Eastern Region.

The Medical Student Program at EHCS is a shared between Monash undergraduate and postgraduate students (approximately 50 3rd years) and Deakin medical students (32 3rd and 4th years in total). Deakin students benefit from both Deakin and Monash curricula given students from the two universities learn together in the integrated program and share most experiences (such as lectures, tutorials, bedside tutorials and PBLs); however, there are some practical differences due to the different curricula, timetables and academic requirements.



Many students choose Eastern because of its central location in the suburbs of Melbourne. Given Eastern Health has an extensive network, there is the opportunity to experience clinical placements at different hospitals and locations. On the other hand, it does mean that travel is often involved between sites. Given the small intake of Deakin students, we all become close friends and there is a great sense of camaraderie amongst the 3rd and 4th years. Clinicians at Eastern Health also appreciate the maturity that comes with being a Deakin student.

Whilst there is a strong expectation of self-directed learning, the Medical Student Program on the whole does provide adequate support for any concerns students may have about the Deakin requirements. The partnership between Deakin and Monash means that whilst PBLs are involved in third year, they are run by experienced physicians and surgeons who can offer a lot of insight into common conditions and treatment. There is also the added bonus of having pathology, pharmacology and radiology lectures and specialty tutes as part of the Monash curriculum. Finally, Deakin students end up having the opportunity to become good friends with Monash students.



HOW TO CHOOSE A CLINICAL SCHOOL: BALLARAT

By Catherine Schepisi

Ballarat prides itself on providing exceptional learning opportunities to its student in a friendly, supportive environment. In Ballarat, there is no competitiveness between students, only collaboration and teamwork to ensure everyone reaches their full potential and successfully completes the clinical years. The clinical school itself is conveniently located within the hospital, allowing quick and easy access throughout the day to the common room, clinical skills area and tutorial rooms.

BCS has a brand new clinical skills area that is equipped with everything a student needs to be proficient, including a mock ward and simulation room. The clinical school is fortunate to have an experienced team of clinical skills teachers who are not only happy to teach but are also happy to organise extra practice for anyone who wants to refine their skills.



The rotation structure at BCS is unique, giving students exposure to many specialties. For example, during General Medicine, students are not limited to one specialty but will rotate through different teams including cardiovascular, respiratory, infectious diseases, gastroenterology, neurology and oncology.

The hospital itself has a wide catchment area and therefore students can rest assured that throughout their clinical years they will be exposed to a wide variety of patients. Not only are there other Deakin Students to work with in the hospital, but there are also lots of opportunities to interact with students from Melbourne and Notre Dame universities.

At BCS you are not just another medical student in a hospital, you are a part of a family that will support you and provide you with first rate learning opportunities throughout your clinical years of study.



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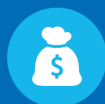
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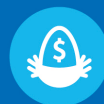
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