



2016 SURVIVAL GUIDE



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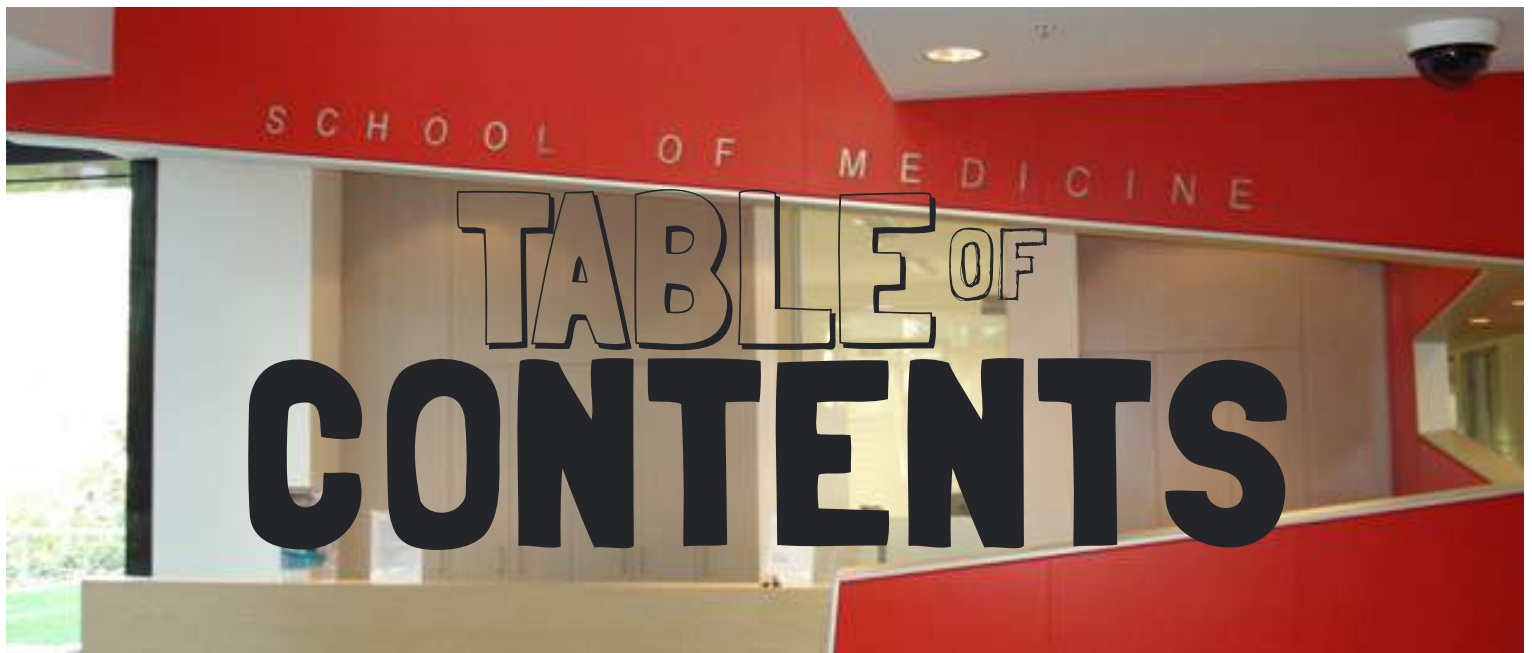


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Congratulations and welcome to Deakin Medical School!

Whether the path you have taken to find yourself here has been long or short, direct or circumferential, you are all about to embark on the exciting and challenging journey that is a career in medicine.

Over the next four years, you will be presented with the most incredible opportunities and experiences. You will have the privilege of sharing a patient's journey with them, working with the treating team to help manage their care, and sometimes even delivering their baby! Not to mention you will absorb more knowledge than you ever thought possible in such a short time.

Being in medical school also means you'll meet some of the most amazing people and make lifelong friends. As a post-graduate course, the students here are from all over Australia and have a variety of different backgrounds. It's this

diversity that I think is Deakin's greatest asset, as everyone has a different perspective and knowledge base that they bring to the table. You may not realise it yet, but your fellow medical students become an extended family, especially for those that have moved away from home, and it is important for us all to help each other through the ups and downs, and look out for one another along the way.

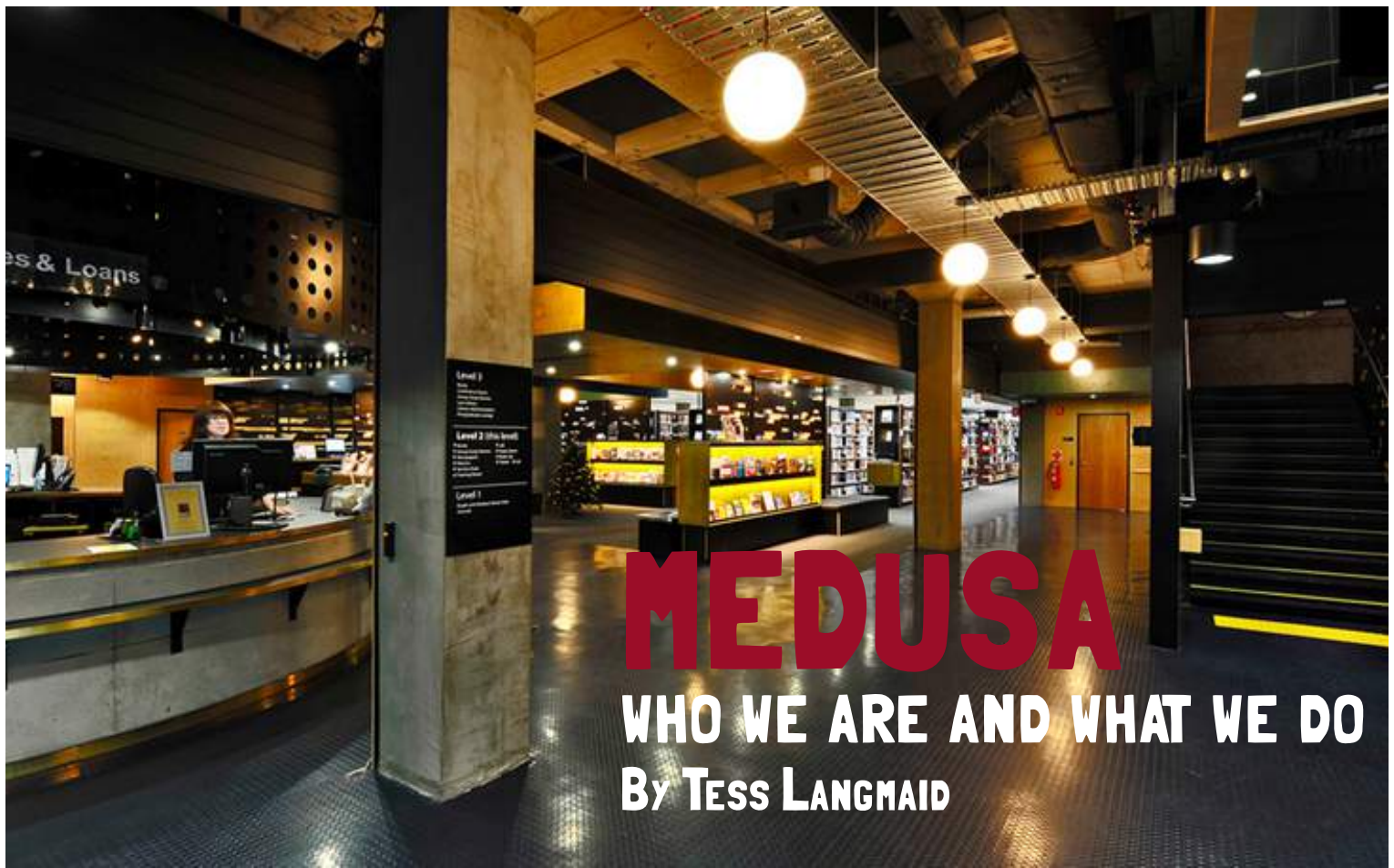
Medicine is a crazy and inevitably stressful course, but also extremely rewarding. This survival guide is designed to explain the basics of how to survive medical school and make the most of your time at Deakin. It's full of advice and wisdom, passed down from those that have come before you. We hope this helps prepare you for the years ahead, and encourages you to embrace the wonderful experience that is medical school.

Congratulations again, and I look forward to meeting you all in 2016!



MEDUSA
PRESIDENT 2016





MeDUSA, or Deakin University Medical Students' Association, is the peak representative body for Deakin medical students. Our aim is to support all medical students and enhance your student experience.

In 2016, MeDUSA will be led by an experienced and enthusiastic executive team: Tess Langmaid (President), Alexandra Drucker (Vice President), Philip Belleville (Treasurer), Rosalyn Ly (Secretary), Nufail Khan (GCSC President) and Michael Zoran (Preclinical President). They, along with the rest of the committee, are here to help you make the most out of your time at medical school.

MeDUSA runs a variety of events throughout the year to cater to our diverse student cohort. These include academic events, such as Careers Night,

Electives Seminar and the ever popular Surgical Skills Workshop. Of course, no student society calendar would be complete without a range of social events, including Cocktail Night, MedCamp and MedBall, to name a few. Additionally, the preclinical and clinical committees provide academic, social and community initiatives that are tailored to the specific groups they represent.



We also advocate for our students at varying levels, with student representation on a number of academic committees within the School of Medicine. MeDUSA also networks with other organisations and stakeholders, such as the Australian Medical Students' Association (AMSA), the Australian Medical Association (AMA) and the Postgraduate Medical Council of Victoria (PMCV).

The best way to keep up to date about MeDUSA's events and activities is through our website: www.medusa.org.au. Not only does it contain more information about MeDUSA and what we are doing, but it also has a number of valuable study resources collected from past students. Also, don't forget to check out our Facebook page at

www.facebook.com/medusa.deakin.

We encourage all students to get involved during their degree, and there are a number of opportunities to join the MeDUSA committee, as well as smaller subcommittee roles throughout the year. We also encourage students to bring any new ideas or initiatives they may have to MeDUSA, as we are always looking for ways to expand and better cater to our student body.

In short, MeDUSA is your medical society that represents you! We aim to inform, inspire and connect Deakin medical students, and ensure that your journey through Deakin Medicine is the best it can be!

EDITORS' WELCOME

BY TIFFANY LIN & SYLVIA YE

Congratulations first years on making it through the infamous graduate medical application process! GAMSAT, interviews and GEMSAS can now be a distant memory.

Welcome to the Deakin Medical Student Survival Guide for 2016! This is a resource written by medical students for medical students. Each year, students have found this an invaluable guide as it is packed with tips on surviving the preclinical years, choosing clinical schools and the various ways you can get involved with student clubs.

The next four years will be challenging, rewarding and inspiring. You will learn and achieve more than you thought you possibly could, form friendships that will

last a lifetime and meet mentors who will help guide your path through medicine. Above all else though, please remember to enjoy your time here and treat yourself once in a while.

We hope you find this guide useful and we look forward to meeting you all soon!

Don't forget to check out the resources on the MeDUSA website and look out for our very own student newsletter - The Pulse!



MEDUSA PUBLICATIONS CO-CHAIRS 2015





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HOW TO SURVIVE

FIRST YEAR

As an already practicing clinical pharmacist I appeared to have the heads up on a lot of the medical knowledge (apparently everyone loves to have a pharmacist/nurse in their PBLs) required for surviving PBL. However, there are still many challenges that arise in medicine particularly for those of you who have been in the work force for some period of time or those of you who have had to move interstate and leave friends, family and even pets back home. Both of these were the two main challenges that faced me. I've just popped down a few of my top tips that have helped me get through this year.

1. Try to not take first (and even second year) too seriously and chill out; yes it is exciting that you've got into medicine but no one expects you to be a doctor within the first 6 months of the degree (except your friends and family that constantly call you asking questions). Use the lecture notes to guide the level of knowledge required (all the exam questions come from the learning objectives!)

2. The importance of 'self-care' was really emphasised to my first PBL by our mentor and was an absolute life-saver for our group. YOU WILL still have time to do all the fun things you like whether its playing sport, video games, watching entire TV series in a week and still get good grades (myself and my current housemates are proof of this). Make sure you take time each week away from medicine and don't let medicine define who you are! They are long years with minimal breaks so prevent burnt out and take time out for yourself often.

3. Establish good friendships as these people will be going through to same experiences and challenges as you. They become a great support network as well as a bunch of awesome people to hang out with. My first PBL group have become some of my closest friends and their never-ending support and laughter have been invaluable!

4. Utilise first and second year to work out which study methods do and don't work for you. This

point is particularly useful for those of you who have been in the work force for some years. The most effective study method for me has been a small study group where we can talk through concepts and quiz each other using the white board, whereas my housemates prefer silent solo study. It will take a little adjustment to get used to studying again so have a play around with different techniques to work out which method works best for you.

5. As many people would point out GRADES DO NOT COUNT in first and second year. So it is important to work collaboratively as a group and try to not be intimidated by the knowledge or to compare yourself to those around you. The best part about post-graduate medicine is that everybody comes from different backgrounds and will have different skills that they can offer. Some will be more experienced than others so try to absorb the skills from those around you. Find the biomed kids and the anatomy expert as they have great foundation knowledge. Utilize the skills of the pharmacist that knows the drugs already and the nurses in DP skills. Most importantly find that person that thinks angina is another word for a female body part (true story!) and help each other out as best as you can.



At times it can be easy to get caught up in your quartile ranking and I've seen so many people put in the hard work to end up in the bottom 10%, just remember that medicine is full of intelligent people (yourself included) and you're no longer going to always be sitting at the top of the class. Use these grades as a guide to how well YOU understand the material and as a reflection of the work and study methods you have been putting in. PLEASE AVOID comparing yourself and end up being disappointed that someone is sitting in a higher quartile to you as these have NO

MEANING in the pre-clinical years.

6. As will be pointed out probably in the first week you start here at Deakin mental health is a significant issue for doctors and medical students. The reality is that many of you may become overwhelmed with the work, missing family, friends or partners. Accept that it is ok to not feel ok and seek help early. This can be the support of your friends or even a professional, Deakin has many support services available to you so don't be afraid to use them. If you begin to struggle with the work load or family commitments the staff are always willing and happy to help. Most importantly FIND A GP in Geelong I see Dr. Eileen Cole (your pathology lecturer) and she is wonderful and teaches you stuff as well.

7. I unfortunately have NO TIPS on how to adjust from a full time income to centrelink – being poor and studying medicine go hand in hand. There is however still time to work so use first and second year to save up a few \$ so that in third year when the grades count you don't have to.

8. Free parking fills up by 9am so get in early and attend lectures. The recordings don't always work and it is particularly important to attend clinician lectures.

Lastly, congratulations on gaining a position here at Deakin School of Medicine. As the pre-clinical vice president I am really excited to meet many of you throughout the year and am always happy to chat if you need any advice or support along the way. Most of all have an incredible year, as I know I have.



BY REBECCA BARRETT
PRECLINICAL VICE-PRESIDENT 2016

SURVIVING THE FIRST TWO YEARS OF MED SCHOOL AS A NON-SCIENCE GRAD

BY PHILLIP BELLEVILLE
MEDUSA TREASURER

I'm a sport science grad - while I know the bio-mechanics of ball throwing, I knew little science coming into medicine. I felt stupid. Here are a few things I would tell myself if I had a time machine:

ATTITUDE



1. Chill the fug out.
2. Preclinical performance bears no correlation to clinical performance, so even though some of your peers may spend endless hours studying the minutia of MMP9 proteases and all the interleukins of the immune system, you can chill the fug out and watch a whole season of G.O.T. (spoiler: everyone dies) and enjoy your ignorance, because in the end it doesn't matter.
3. P's get degrees, especially in first and second year. These marks don't matter. Like ever. Internship allocation is dependent on the marks you receive in third year. Think of it as an opportunity to learn how to learn, for third year. Or perhaps take the time to volunteer (ahem resume build)

PRACTICAL TIPS

1. Dr Najeeb, a cheap and useful resource that will bring you up in your science knowledge in no time. He is hilarious and knows what pre-clinical "medical students must be knowing" (inside joke, you'll get it later).
2. Understanding comes from layering and organising information from a variety of sources in your mind. It only comes with hard work so try to read different sources if you don't understand a concept. Or better yet, see attitude #1.
3. Pay attention to the Doctor and Patient theme, as every single one of these tutes are examinable at the end of second year during the OSCEs (think of



it like a multi-mini interview but with clinical skills).

4. medusa.org.au has a lot of useful resources such as well written notes and feedback from past exams and tests. This will save you time, and therefore help you with the chilling the fug out.

Disclaimer:

Please be responsible with chilling the fug out. Be professional and courteous to all patients and some medical students. It doesn't take all that much work, but you do need to do some work to pass. Do that minimum at least, and enjoy chilling the fug out.

I've just arrived home from my last day of classes. I did it - I managed to commute from Melbourne for the whole year!

There are a select group of people every year who commute for numerous reasons - partners, families, home ownership, some just like the lifestyle! It's definitely not an easy route to pick (pun intended). Getting up at 5:30 for 8AM lectures, being at uni from 8-5 with an hours drive waiting for you, having to plan your social life both at uni and home around the drive - it's tough. But you can definitely make it work! Here are a few tips I've picked up along the way:

Carpool - This is an absolute essential for me. Some people really value having the drive alone to collect their thoughts, however it can be incredibly draining (and expensive!) to drive alone week in, week out. Pop a post on your class Facebook page early and you might even sort out a group before classes start! In my experience, it's worked best to share with one other person swapping the driving each week: bigger groups can be tricky to negotiate. You need to find someone



SURVIVING THE COMMUTE

Waurn Ponds

BY KAT ZIBELL

who's keen to hit the same classes as you - not everyone likes to do the 8AM lectures. It's easiest to pick someone in your block so that you'll finish at the same time. If you have trouble finding a carpool buddy, Deakin has a free carpool matching service: search 'Carpool' on the Cloud Deakin page for more details.

Compromise - If you aren't already there, seriously consider moving to the Western suburbs of Melbourne. You'll be travelling against the traffic morning and night and the Princes has never caused me any issues, however cross-city traffic jams can add some serious time. Moving can turn a 1.5 hour commute into 50 minutes.

Parking - Get to uni before nine to snag a spot in the free carpark, but allow about ten minutes for the walk down! Parking permits can't be bought until April, however you'll still get your money's worth coming every day - they are \$250 for the year. Casual parking is \$6 a day. Make sure you get a ticket or PayByPhone on time - many students got fined last year!

Work smarter - Managing your time is critical when 2 hours of your day are spent driving. You'll find your own rhythm - some people like to go from 8-5 every day so they can go home and relax, some like to spend non-essential days at home and use the lecture recordings. Give yourself a break when you need it - this year is a marathon, not a sprint. One day

off every so often can make a big difference.

Try the train - Train travel does add to your commute time, however it's pretty straightforward and gives you back some study time! The V-line train from Southern Cross will take you through to Waurn Ponds station where the courtesy shuttle bus will get you to campus. Unfortunately to make 8AM lectures you'd have to leave at 6AM.



Hijack a spare room - Don't let commuting stop you enjoying Deakin Med's social scene! Find a friend with a spare bed, a couch, a patch of floor and line up a sleepover for social events or even just when you want some time off the early mornings! Some people also arranged AirBnBs or motels to avoid commuting in exam weeks.

Don't rule out moving - You should only commute for as long as it's working for you. If you're exhausted, not coping, struggling to make classes or feel like you're missing out, moving might make your life a lot easier. Med school is hard enough without extra stresses. Remember - it's only for a couple of years.

See you on the road!



MeDUSA

MEDCAMP 2016



- When:** Friday 12th – Sunday 14th of February 2014
Who: Deakin University 1st Year Medical Students
Where: Lady Northcote YMCA, Rowsley
What: Friday Scrubs Party, Saturday Clinical Skills Day with local doctors and Rubix Cube Party, Sunday recovery

Learn to suture, take blood pressure, cast limbs, get to know everyone and much more!



Price: TBC **Includes:** 2 nights accommodation, transportation, meals, beer and wine, skills workshop, your first set of scrubs!

Facebook: join the Deakin Medicine - Class of 2019 Facebook page to stay up to date: www.facebook.com/groups/1010015362394072/

Questions? social@medusa.org.au

Look out for us during O-week for more information!

GEELONG CLINICAL SCHOOL

BY CALLUM DAVEY



The Geelong Clinical School (GCS) is the largest, and some would argue best, of the sites that 3rd and 4th year students can attend for their clinical education. Situated across the road from the University Hospital in the heart of Geelong, the GCS screams the old real estate adage of “location, location, location” providing close access to the delightful Eastern Beach, the culinary masterpiece that is the Hospital Cafeteria and phenomenal amounts of free parking.

Seriously though, the GCS is well placed in Geelong for a number of reasons. There are several cafes in close proximity that not only provide a good coffee boost for those students experiencing their mid-morning lag, but also above average food options for those too rushed/lazy/disinclined to bring in their own lunch for the day. There are facilities to store bikes for those who want to ride in to class, and also a shower to ensure you see patients with a fresh appearance.

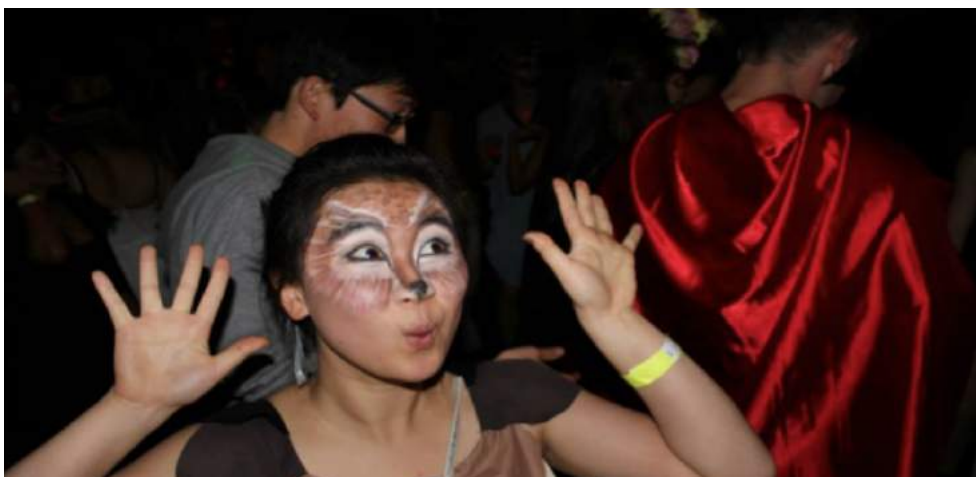
Inside the GCS you will find most of the things you need as a student, the rooms where the majority of your classes will take place, a common room with fridges, a microwave, coffee machine and computers to access the Barwon Health network. You can also kick back and watch a bit of TV, play some Xbox or knock out a few games of pool to unwind during what can be a disjointed day of study.

In addition to all this the Geelong Clinical School Committee (GCSC) is a student-run organisation that aims to provide support, both academic and social, to students studying at the GCS. This includes regular exam and study preparation nights encompassing a variety of topics, events with access to companies that can help with your transition to a post-student lifestyle (with all the tax/financial planning/insurance/indemnity concerns that go along with that) as well as your more traditional social events that encourage you to

do more than just lock yourself in your room for 2 years.

As for the clinicians that are involved in the teaching at the GCS, they are some of the more dedicated and intelligent doctors that you would have the privilege of coming across in your student years. The University Hospital takes its responsibility as a teaching hospital very seriously and the students are able to take full advantage of that access with bedside tutorials, informal teaching sessions and excellent ward round participation opportunities. In addition to all this, the clinicians at the Geelong Clinical School also play a significant role in the production of the end of year exams so it is worth paying attention when they start emphasising something in one of those aforementioned coffee-lulls in a cold winter morn.

What else is there to say about the GCS? It is the home of friendship and good times for everyone. It is inarguably a great place to learn about the art, as well as the science, of medicine and gives you great exposure to a number of the different specialities that you may be interested in for future practice. The school community has been well-established, and the close integration between the hospital, staff and students combined with a very positive atmosphere that rewards involvement and engagement makes for an excellent two years before the realities of working life set in.





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

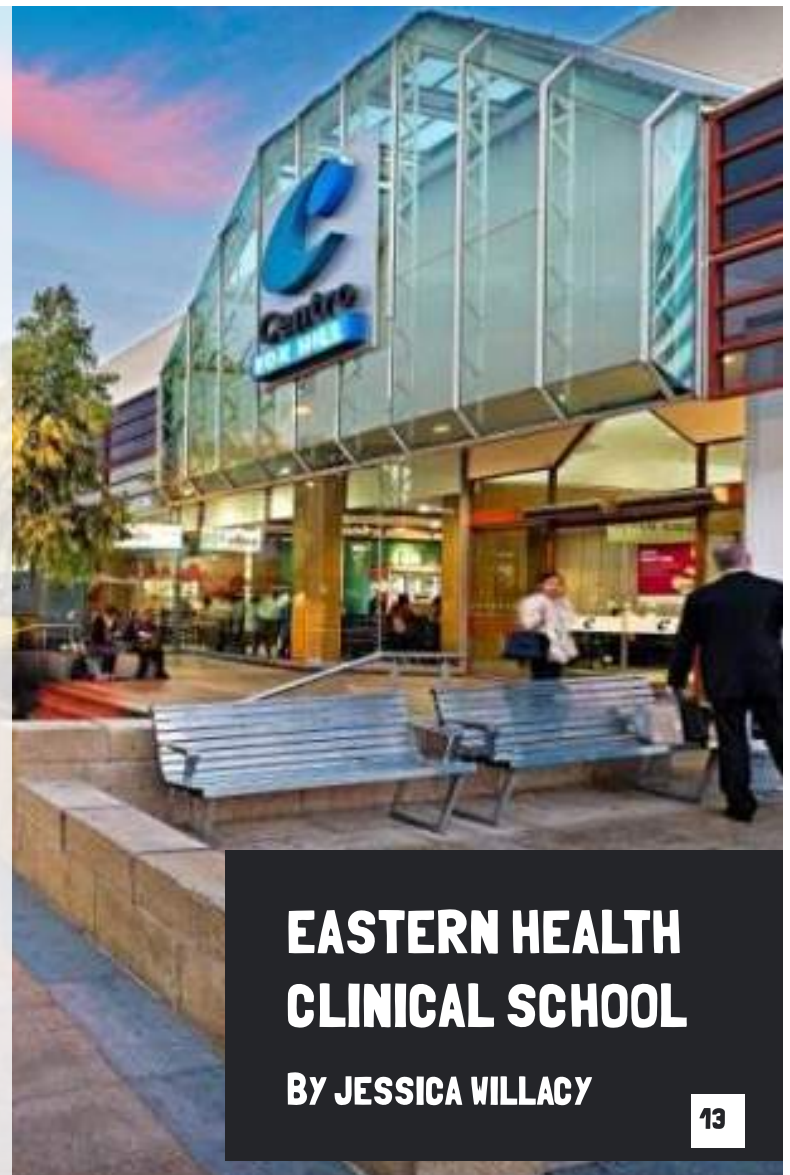
countries where English is not the predominant language with a high proportion of immigrants (especially of Chinese background) as well as a high proportion of refugees from Burma settling in the Eastern Region.

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 resources 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, and being such a small cohort, clinician to student teaching is often 1:1 or 1:2.

There is a strong expectation of self-directed learning, and this offers excellent preparation for intern year and to build your clinical confidence and competence, but certainly requires some internal motivation. 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, not student directed as with preclinical PBLs. Finally, Deakin students end up having the opportunity to become good friends with Monash students, and experience metropolitan hospitals and gain understanding of the experience of other medical school based programs.



EASTERN HEALTH CLINICAL SCHOOL

BY JESSICA WILLACY



BALLARAT CLINICAL SCHOOL

BY ZAHRA TASHA WAHID

Having just started medicine at Deakin, you might not be thinking too far past getting through the first semester! But believe it or not the time will fly by very quickly and you will be at the end of the year before you know it! Pre-clinical school is a great time for building your foundations of medicine and the fantastic thing is that afterwards, you get to go to a clinical school where you can start to see your knowledge in action. I chose Ballarat for my clinical school because I felt that it would be a good environment for learning, as well as being a nice place to live. Every year Ballarat seems to grow in popularity amongst students, and soon we agree it will lose its hidden-gem status!

This is probably because our clinical school offers a nice blend of variety through rotations at the Ballarat Base Hospital and affiliated services, alongside small student-teacher ratios (there are usually around 20 students in each year level here). This means you frequently get to be hands-on in your learning whilst seeing many common (and less common) conditions. Highlights for me so far have been getting to scrub in on cardiothoracic surgery for a thymoma removal,

gynaecological-oncology surgery with the head of the Ovarian Cancer Research Foundation (you clearly do not need to be in Melbourne to meet medical heroes!) and of course, delivering babies! Our clinical school staff are also extremely supportive, and that is very important given third year medicine is a challenging and stressful year. We have many final year students staying on as interns for Ballarat Health Services in 2016, as well as others heading to The Austin, The Alfred, and Box Hill Hospitals as well as Monash Health to name a few.

Once in Ballarat you can choose to find your own accommodation or live in the newly-built and furnished University-provided town houses. Ballarat is a friendly and cosy town, and being about an hour from Melbourne means many students can spend weekends visiting friends and family or alternatively exploring the nearby Grampians. We also have some unique attractions like Lake Wendouree, which is great to run around during the summer, and the Ballarat Beer Festival! You might like to visit us as part of the GPSN trip to Ballarat Clinical School, which happens in the second half of first year. We would love to see you here!





WARRNAMBOOL CLINICAL SCHOOL

BY ROB REYNOLDS & KIM OMOND

In recent years, Warrnambool has become a hotly contested clinical school site. It's not very hard to see why, -the place is pretty much Pleasantville.

Warrnambool is a coastal town, home to some gorgeous beaches, just a hop, skip and a jump from the Great Ocean Road. It is renowned for its whale sightings (they even have a Facebook page, it's a thing), and also for being just a little bit windy, making Geelong's weather look pretty tame in comparison.

A common misconception about the town is its size and distance from Melbourne/Geelong. Many who haven't been to Warrnambool tend to think that it is a lot smaller than it actually is. Warrnambool has a population of about 34,000 (a similar size to Mt Gambier or Mildura if that gives you anything to go by). It also has a large number of bars and cafes (Friday night student drinks at the Warnie are a regular occurrence) and many students play in local sports teams, so you won't be left wanting for things to do (plus you'll also have this thing called third year medicine to keep you occupied).

In reality, Warrnambool also isn't as 'dingo woop woop' as people make it out to be. It's about 2 hours from Geelong and 3-3.5 to Melbourne (depending on where you're going). Many students often jump on the train Friday/Sunday nights to go home or visit friends for the weekend, it's also quite convenient to bring your laptop along and do some study. Those with partners in Geelong or Melbourne haven't had any issues with

commuting back and forth. However, third year is pretty busy, so it's unlikely that you will be going home every weekend. For this reason, distance is purely the reason some students don't pick Warrnambool.

Another bonus about the town is that traffic is non-existent. Parking around the hospital is also free and you're considered to have parked far away if you have to walk more than one block from your car. While some students find their own accommodation privately, Deakin has some houses just for medical students, charging \$100 a week (all bills included). However, unless you live within walking distance from the hospital, you will need a car to get around.





With regards to the clinical school, Warrnambool is second to none. The hospital has recently undergone an upgrade and expansion and a new cancer centre is planned to open in 2016. The clinical school facilities are fantastic with a clinical skills lab, simulation room, new tutorial rooms and a fully decked out common room (including a Play Station if you have spare time). Importantly, the hospital coffee is also a reasonable standard, however if you feel like stretching your legs, there are some amazing cafes a few minutes walk away which do a pretty good brew, even by Melbourne standards. The teaching staff and hospital doctors are amazing people with a wealth of knowledge and are very keen to teach. They frequently run extra sessions to help with MCQs or OSCE stations. The student body is small and quite tight knit. Rotations are in groups of 3-4 students so you will get a lot of exposure and many chances to practice your clinical skills. It is a very collaborative environment rather than being competitive, the 4th year students happily assist the 3rd years

in what is considered to be the most difficult part of medical school. Due to all of this, Warrnambool also boasts a strong history of good academic results.

A typical day will depend on what rotation you are on (i.e. General Medicine, Children's Health, Mental Health, General Surgery, Women's Health or Musculoskeletal), but it generally consists of a morning ward round, several tutorials with consultants throughout the day, clinical skills sessions, and time on the ward seeing patients. Due to the small rotation groups, you also interact a lot with the interns and registrars much more than most other clinical schools. It is quite common to either have coffee or drinks at the pub with them during some of your rotations.

In summary, if the distance from Melbourne is not an issue for you, seriously consider putting Warrnambool up high in your preference list. You won't be disappointed.



The Rural Clinical School program (previously called IMMerse) is a Longitudinal Integrated Clerkship in which 3rd year students spend their year placed at a country hospital with 1 or 2 other students in towns spread across Western Victoria. Students are based in GP clinics with opportunity for involvement in their local hospital with time on the wards, in urgent care departments and theatre. After successful completion of the Rural Clinical School year, students return to one of the other clinical schools for their 4th year studies.

The Rural Clinical School program is very different from the other clinical



schools based in larger centres and makes for a unique overall experience. While the rural clinical year is loosely based in rotations for some online teaching, the bulk of the 6 rotations are studied concurrently throughout the year with a major emphasis on self-directed learning. If you are an independent learner with ability to direct your own study then Rural Clinical School can be a very rewarding experience. Each week, students have 2 sessions of parallel consulting where they see GP patients at the practice in which they are based before they are seen by the supervisor. This gives a great opportunity to hone your history and examination skills while learning management of various conditions. While daunting at first, towards the end of the year

you find yourself acting relatively autonomously with most patients.

While all sites vary, most students report a large amount of autonomy in their day to day activities and a wealth of hands on experience. This includes unfettered access to patients for history and exam practice, plenty of practice for useful skills such as cannulation and suturing not to mention time spent in theatre scrubbed in and assisting surgeons. The opportunities available vary depending on the town in which you are placed however as a general rule, patients in the country are only too happy to have you helping to care for them.

Roughly every 6 weeks, students return to either Geelong, Warrnambool or Ballarat for a week of structured tutorials, lectures and simulated teaching sessions of practical skills. With the exception of these Face to Face weeks, structured teaching can be hard to find depending on your town, however ad hoc teaching by the doctors and visiting specialists is often available and you will often find yourself with a personal tutorial for one on a topic of your choosing! The old saying that common things are common is especially true for Rural Clinical School. While you may have to do some of your own studies to learn about the weird and wonderful conditions, garden variety problems are commonplace and there is abundant opportunity to practice commonly tested OSCE skills.

Overall, the Rural Clinical School program is an excellent program for personal and professional development. The self directed nature of the year combined with the ample clinical experience make it a challenging but rewarding placement.





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Get involved by joining one of the various interest groups at Deakin and start working towards your interests...

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 Townsville. The event will see around 1,700 medical students from across

Australia descend upon Townsville 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, make sure to stay tuned.

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 2016, Deakin will be striving for its 6th Vampire Cup in a row!

In the interests 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 representatives at amsa.clinical@medusa.org.au

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 events 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 NOMAD's 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 it's 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



DSiG



By Divya Kishan

D-SiG 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

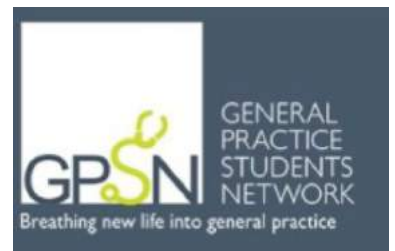
inspirational talks from a number of specialist surgeons regarding personal experiences in surgery and surgical training pathways. Surgical Skills workshops- a major success where students get the invaluable opportunity of learning, practising and networking with the expert themselves in small groups! Along with this, D-SiG has also played an active role in AMSA's SurgIN, a collaborative effort of all surgical interest groups across Australasia.

D-SiG Chair for 2016 is Morgan Short. Our exciting agenda for 2016 includes our surgical seminars, a surgical skills workshop featuring hands-on training in basic surgical skills, sterile techniques personal protection and more.

Email: dsig@medusa.org.au

Facebook: DeakinSIG

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 [GPSNDeakin](#).

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



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.

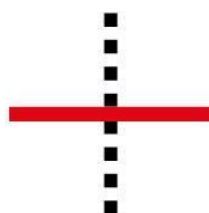
Refugee Health Symposium- a stimulating day of strengthening knowledge and skills surrounding cross-cultural communication and consultation techniques with refugees, including presentations from guest speakers. In 2014 guests included Australian barrister Mr Julian Burnside, and Director of Centre for 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, check out the facebook page at [facebook.com/crossingbordersdeakin!](https://facebook.com/crossingbordersdeakin)



CROSSING BORDERS



UHAD

By Alana Greenburg

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. 2015 was a great year for UHAD in which the club was more active than it had ever been before.

The highlight event in 2015 was the Deakin Dash, which was an obstacle fun run, in collaboration with YMCA that raised money for One Girl, a charity committed to educating 1 million girls across Africa by 2020.

The fun run was 5km and had 10 obstacles including a slip

and slide, mud pit, colour bombs and climbing walls.

In 2016 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.

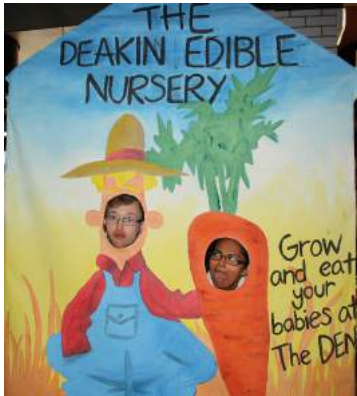
By thinking globally and acting locally, together we can make a difference, it starts with us!

Sign up at the DUSA office to get involved! For more information, contact: uhad.deakin@gmail.com

RED PARTY

The Deakin Edible Nursery

Grow and eat your babies at the DEN!



The Deakin Edible Nursery (The DEN) is a small veggie patch located next to the Deakin University Student Residence Reception in Waurin Ponds, Building FK. The garden also incorporates a small Citrus Grove and Fruit Tree Orchard nearby.

The club aims to promote sustainable and healthy living through the active learning of gardening skills, cultivation of fruits and vegetables and provides opportunities to engage in the planting, growing, harvesting, and consumption of produce.

Since its establishment The DEN has created a Perennial Herb Garden, and conducts Winter and Summer plantings of different vegetables throughout the year.

We hold weekly gardening sessions where we cultivate the garden, learn different skills and meet new people. No gardening experience is required. Sign up at the DUSA office and join us next time to grow and eat your babies.

For more information email us at: deakinediblenursery@gmail.com



DEAKIN EDIBLE NURSERY
HANH THAO NGUYEN



THE LIBRARY WILL SUPPORT YOUR STUDY THROUGHOUT PRECLINICAL AND CLINICAL YEARS. HERE ARE FIVE EASY THINGS THAT YOU CAN DO TO SAVE YOURSELF SOME TIME.

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

#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, especially if they're 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](#).

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).

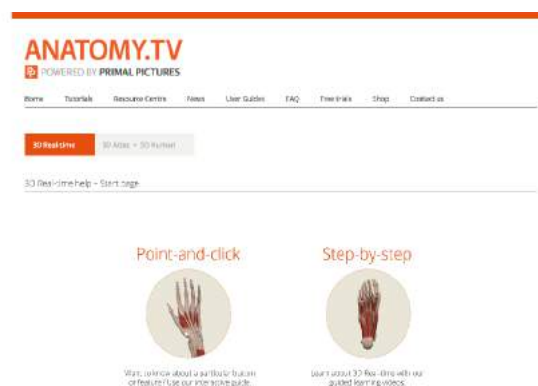
Harward M. [Medical Secrets](#) [Electronic Resource] [e-book]. Philadelphia, PA : Elsevier/Mosby, c2012.; 2012

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' etc.

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:

UptoDate – US based point of care tool

Best Practice – UK based point of care tool

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.

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

Protect what matters



MIPS membership is free for healthcare students. It's also free for healthcare graduates from the day of your graduation until 30 June of the following year.

Visit mips.com.au/join to apply.

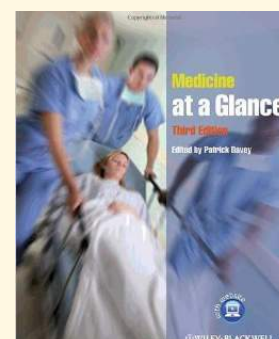
Day to day, medical practitioners face significant risk of complaints, legal action and investigation. It's not simply the threat of financial loss but also the risk of losing your registration, reputation and livelihood that makes it so important. Protection, support and advice is essential.

That's why MIPS membership, including indemnity insurance cover, was designed by healthcare practitioners to exceed the minimum requirements outlined by AHPRA.

It's also the reason that membership benefits extend to 24-hour Clinico-Legal Support, risk education and MIPS Protections (an additional layer of discretionary cover for non-medical indemnity matters arising from your professional practice).

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Any financial product advice is of a general nature and not personal or specific. You should read the *Membership Benefits Handbook Combined Financial Services Guide and Product Disclosure Statement* available from mips.com.au/publications before making a decision on whether to join MIPS. Medical Indemnity Protection Society Ltd ABN 64 007 067 281 AFSL 301912. AD201305701





MeDUSA's Travel and Conference Support Scheme (TCSS) provides Deakin students with financial support to attend conferences that will enhance their experience at medical school and into their career.

IMPORTANT INFORMATION

- ▶ The MeDUSA TCSS will provide funding for 50% of your registration, travel and accommodation (max \$100/night) costs, up to a maximum of \$500
- ▶ Conferences must be of relevance to the study and/or practice of medicine
- ▶ Successful applicants must provide receipts for all relevant expenses, and write a 300 word report on the conference they attend +/- pictures
- ▶ Students may apply for more than one TCSS grant throughout the year, but will only be approved for one TCSS grant per calendar year
- ▶ Grants will not be provided for attendance at AMSA National Convention, unless a student has been accepted to present original research as part of the Academic Program

HOW CAN I APPLY?

1. Find a conference you want to attend
2. Download and complete the application form, available from www.medusa.org.au/tcss.html
3. Email your completed application form to tcss@medusa.org.au

Round One - Conferences running February to April (inclusive)

- ▶ ***Applications open 9am 15th February and close at 11:59pm 28th February***

Round Two - Conferences running May to July (inclusive)

- ▶ ***Applications open 9am 1st May and close at 11:59pm 14th May***

Round Three - Conferences running August to October (inclusive)

- ▶ ***Applications open 9am 1st August and close at 11:59pm 14th August***

Round Four - Conferences running November to January (inclusive)

- ▶ ***Applications open 9am 1st November and close at 11:59pm 14th November***

WHERE CAN I FIND OUT MORE?

For more information and application forms, head to: www.medusa.org.au/tcss.html and sign up with your Deakin email address to access a number of great resources on our website!