



MeDUSA

presents...



your guide to surviving

MEDICAL SCHOOL

2018 edition

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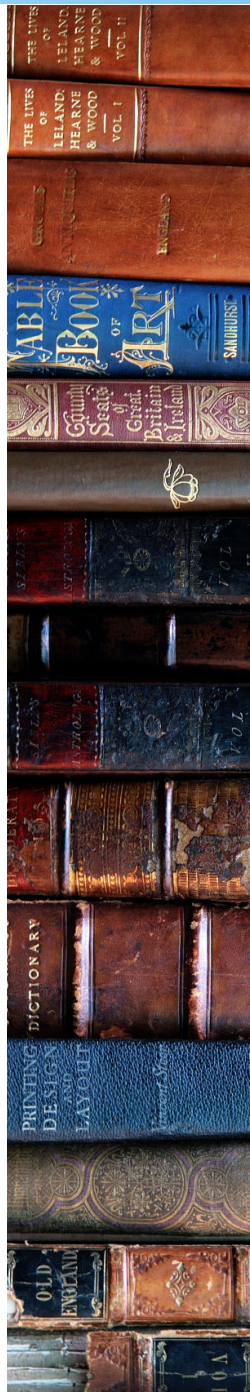
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WELCOME TO DEAKIN

hello from medusa

Massive congratulations and the warmest welcome to Deakin Medical School!!

Entrance to medical school is by no means an easy achievement - I am sure that you have paid for it with countless nights staying up late studying for the GAMSAT, while consuming alarmingly large quantity of coffee, Red Bull, or the good old-fashioned tea.

Now that you are here, you will see that those nights have been well worth it! If you look around you, your fellow medical students will one day be your life-long friends, your extended family, your continuing support and your endless source of laughter.

I hope that you find the survival guide helpful and I look forward to meeting you all in 2018!

Tom Vu

events

MEDUSA SOCIAL CALENDAR

COCKTAIL NIGHT

friday 2nd feb @ waterfront kitchen
afterparty @ the inn hotel

MED CAMP

friday 9th - sunday 11th feb
cost \$180
tickets via facebook

FUTURE EVENTS

post mid-sem exam parties - tbc
medball - second semester

love from your MeDUSA Social Team
xo

tips from the library

Welcome to your first year of Medicine!

The University Library is here to support your learning throughout your degree and this overview of its services and resources will get you off to a good start.

- **library website**

The [Library website](#) is the starting point for accessing the information resources you need to use to succeed in your studies. You can find many different types of resources by using the Library Search feature and searching by title, author or topic.

In our collection we have copies of the titles on your prescribed and recommended reading lists. Wherever possible we have print and online access to these, in order to increase access options and allow you to study in a way that best suits you.

Online Library resources are available for you whether you're on campus or not. Just make sure you go via the links on the Library website so that your access can be authenticated. If you're off campus you'll be asked to login with your Deakin login and in most cases that's all you'll need.

- **campus libraries**

While each physical Deakin campus has a library, as a first year student you'll be spending most of your time at the Wauryn Ponds campus. The Library there is open every day of the week and includes a 24 hour study area and computer lab, plus a Library café with generous opening hours and excellent coffee. The Waterfront campus library is not too far away either and is open 24 hours. The free inter-campus shuttle bus takes about 15 minutes each way and provides Wi-Fi access to passengers, meaning you can continue working while you're travelling.

All campus libraries have a variety of study spaces, including bookable rooms for group study, quiet zones for individual study, and computer spaces with printers and scanners. And of course there are plenty of books to borrow! You can have 50 items out on loan at one time but be sure to renew or return your loans by the due date as there are penalties for overdue items.

popular resources for

[BMJ OnExamination](#)

[UpToDate](#)

[BMJ Best Practice](#)

[BMJ Learning](#)

add these to your topic searches to find quality introductory texts:

At a glance

Medical secrets

Fast facts

Case files

Ten teachers

Clinical cases

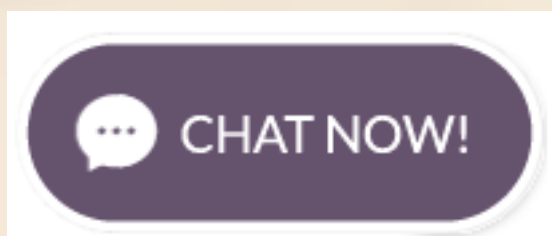
Essential pocket guide

Made incredibly easy

- **using library resources**

As well as physical books, the Library has a vast collection of eBooks, meaning that in some cases you don't have to physically visit the Library to get what you need. And if we don't have an article or book you want, [just let us know](#) and we'll attempt to obtain a copy.

Beyond books and articles, there are other online tools to help you with your study. If you haven't studied at Deakin recently you may not be familiar with what's available. If that sounds like you, and you're not quite sure where to begin, then do have a look at the [Library Resource Guides](#). These are Library-curated guides to some of the most useful resources for particular subjects. There are guides for Medicine, Medical Ethics and Evidence Based Practice.



for medical students

[Access Medicine](#)

[Case Files Collection](#)

[Acland's Video Atlas of Human Anatomy](#)

[Therapeutic Guidelines](#)

- **get in touch**

If you're struggling to find what you need, or there's something you want to let us know, we want to hear from you. You can call us, email us, Skype us or connect via the Library chat service.

Librarians are also available for face to face consultations; you can speak with the Medical Librarian in the weekly Librarian in Residence timeslot or book another time to meet. The Medical Librarian also has a presence on the discussion boards on your unit and theme sites, so there's no excuse for not knowing how to get in touch!

- **here to help**

The main message we want you to keep in mind about the Library is that we're here to help you. Whether it's finding a specific item, understanding how to use a resource, finding items on your topic, or assistance with creating an effective search, we are ready to assist. Good luck with your studies!

Blair Kelly

A scenic landscape featuring a winding gravel road that curves through lush green hills. In the distance, a small white house is visible on a hillside. The sky is filled with dramatic, layered clouds, and the overall lighting suggests a bright but slightly overcast day.

FIRST YEAR

the lingo

Cloud - CloudDeakin, that is. This is your online portal to access lecture slides, recordings, unit resources, discussions, etc.

CR - Cardio-Respiratory, your third block.

DOPS - Direct Observation of Procedural Skills. These assess our competency to perform procedures. The staff are super friendly, so don't freak out about these!

HB - Human Biology, your first block. Ease in to this one.

Hidden curriculum - a nebulous concept that the ELC lecturers talk a lot about. Basically refers to the things you need to learn for clinical practice and working life that aren't formally taught.

IDR - Infection, Defense and Repair, your second block.

InPlace - your portal for information about placements including dates, times and locations.

LI - Learning issue/s. A set of questions you'll generate with your PBL group based on that week's case, designed to identify and fill gaps in your knowledge.

LO - Learning objective/s. These are the unit chair's version of LIs, revealing what you should have covered during the week. Released every Friday after PBL and a must-have for revision.

Logbooks - Weekly reflective pieces on your DP session, mandatory for assessment. Submit them online each week, and *don't* leave them until the end of semester (entry dates are logged, and you will hate yourself).

PBL - Problem Based Learning. Refers to the class (Mondays and Fridays) and the group, which will become your second family. Can also refer to the rooms in the PBL corridor, which the second years will hog for OSCE practise... sorry in advance!

Q4 - Everyone wants one of these. They indicate that your mark was in the top 25% of the cohort. You won't receive your exact marks, so this is the closest you'll get to a HD/A+.

Q1b - Indicates that your mark was in the bottom 10% of the cohort, and comes with the opportunity to discuss your progress with the unit chair. Don't freak out if you get one, as your raw mark could still have been in the 70s or 80s.

RG - Renal & Gastrointestinal, your last block of the year. Yes, you'll need to know all the transporters (you'll see...)

SoM - School of Medicine.

UP - Ungraded Pass. This is what you (hopefully) get at the end of semester, seeing as we don't receive grades.

med school 101

Welcome to medical school!

Studying medicine is likely to be very different to anything you've done in the past. From new methods of content delivery and old study techniques that don't seem to work any more, to your own high expectations and the stress on your personal life... it's important to look after yourself.

For most, it will take until the end of first year before you feel like you've started to get a handle on how to approach these challenges. In this guide, we hope to give you some idea of what to expect in the year ahead, and help to ensure that you have an amazing time!

In first year medicine you have four themes as part of HME101/102:

- **Knowledge of Health and Illness, (KHI)** includes anatomy, physiology, pathology, histology etc
- **Ethics, Law, and Professionalism (ELP)** includes philosophy, workplace safety, professional relationships, treatment dilemmas etc.
- **Doctor and Patient (DP)** includes clinical skills such as history-taking, examination, procedures etc.
- **Public Health Medicine (PHM)** includes population health, statistics, prevention, nutrition, education about minority groups, etc.

Ryan D'Cunha *Blake Vorias*

2

don't fa

The content n
you find you'r
it's best to try
things (even if
some

4

attitude adjustment

It's easy to get frustrated when the pace of the course picks up, but realise that there's an expectation of you to study and consolidate information on your own time. If you're struggling, talk to your student reps and unit chairs.



1

time management

There are relatively few contact hours in the course, but you really do need to account for time at home to get through the content - there's a lot.

3

cramming

Don't even try - long semesters and dense content make it pretty much impossible.

fall behind

moves fast, so if you're falling behind, you need to keep on top of it (it means rushing through topics).

top tips for surviving your first year



5

use your peers

Many students struggle with the realisation that they're no longer the smartest kid in the room. The upshot of this is that there will always be someone around with a strong understanding of content you're having trouble with. Pay it forward!

6

friends

Your social support network is absolutely vital - they'll keep you sane! Keep in touch with old friends and embrace the new, 'cause you'll be seeing a lot of them over the next few years.

7

you can't learn everything

There's simply too much content to take it all in. Be smart about your study.

work-life balance

Burnout can seriously impact your mood and critical thinking skills, especially when assignments and exams are looming. You'll hear plenty about burnout and mental health problems in medical students and doctors, but don't be disheartened - they're trying to educate you now to help you avoid these issues, and manage them better if and when they crop up. Here's some advice on how to achieve the much-touted "work-life balance" during med school.

medusa events

These are always planned after tests and exams - time to celebrate!

We also run the Cocktail Night, Med Ball, and MedCamp (coming up).

use your breaks

You don't get many opportunities to actually take time off - three weeks of break for around 40 weeks of study, most of which you'll probably have assignments to do or exams to revise for. Recharge your batteries and try to make time to relax.

healthy living

If you need extra motivation for your morning workout, consider joining MedFit (page 15). Reading on the gym bikes or the treadmill works a treat around exam time - see the "Mind and Body" section for more info on nutrition, recipes, and local gyms

friends

Keep in touch with old friends and family. Look out for your new friends and make time to catch up outside of class!

explore

See pages 13-14 for things to see and do in the Geelong region. Don't forget that Melbourne is only a train ride away!

a word on attendance

Placements, PBL and DP tutorials are all mandatory - you need permission from the Unit Chair to miss a class, and you'll only get this for medical or other significant reasons. If you miss more than two compulsory classes you may not be eligible for reassessment if you fail a test/exam. We no longer get dedicated conference leave, so missing a class to attend a conference will count against your absences. Make sure you read your unit guide for detailed information.

Ryan D'Cunha

Blake Vorias

commuting

"Is it feasible to commute to Waurin Ponds from Noble Park/Southern Cross/Sunshine/Footscray/Lara/Point Cook/other faraway place on a daily basis?"

Hell yes it is!

Initially, the schedule will be gruelling, and you may go slightly insane because of the early morning rises/delayed or cancelled V-lines/near misses on mid-semester tests. Regardless, every year has a few brave souls who regularly commute from out of town (some as far as Gippsland).

Ly Doan

how to stay on track (literally)

1. Download the PTV app and follow Geelong V-Line on Twitter to stay updated on cancellations and delays.
2. Bring snacks for the journey - most stations don't sell decent food for while you wait.
3. Keep your myki topped up (you'll thank me when you're running to make a train at the last minute)
4. Get a PTV concession card or carry your Centrelink health care card (HCC), as fare eligibility is checked and penalties are high.
5. Stick said concession card to the back of your myki to avoid having to dig through your bag like a lunatic at inspection time.
6. Bring a power bank for your phone.
7. Keep copies of your bus and train timetables on your phone for easy reference.
8. Never take bus route 43 unless absolutely necessary - it takes forever and often runs late.
9. If in doubt, take bus route number 1 to South Geelong Station from uni, as the trains run more frequently there than at Waurin Ponds Station.
10. Make friends with your fellow commuting students, and with car-owning classmates who can give you a lift to the station if you're running late.
11. Bring earphones, a travel pillow, textbooks, or whatever else you need to make your journey restful and/or productive.

non-science grads

The biggest thing I struggled with at the beginning of first year, coming from a non-science background, was the feeling that my place in the course was accidental! It was hard to convince myself that I was meant to be here because those with science backgrounds seemed so effortless in their study, already fluent in the language of science, drawing on their previous degree to answer questions I could barely interpret.

In spite of making wonderful friends and repeatedly being told that we were set up to thrive, not fail, I felt terrified that I was on the brink of being taken to the side and told that it was time to pack up and go home because medicine wasn't right for me.

Mainly I felt like this because I had to work really hard, all of the time. Over and over, students are told to create a healthy study-life balance. This didn't really apply to me. For me, surviving first year at the beginning entailed studying so much and so hard that sometimes I forgot to pee. This is not necessarily the healthiest or recommended approach. It was also difficult to sustain. It was heart breaking to study so hard and still get low-average marks in KHI. But it meant that by the end of first semester, I had

established a seriously strong work ethic so that when semester two began, I had a routine & rhythm to my study that I was able to enjoy and sustain. This involved doing quite a bit of preparation on the weekend, so I could have the week to digest the heavy lectures in KHI. I also balanced studying alone with group study, with some pretty amazing people who helped me a lot.

So from feeling as if my place in med school was some administrative error, I reached the end of first year and realised I had become immersed in the science. I loved this and it made me feel proud. The other thing I'll add here is that asking questions, constantly, really helped me. At first I felt ridiculous asking other students to explain what they meant by some scientific term they had just used, but it would often turn out that they had learned it in their undergraduate degree, and in fact they enjoyed refreshing their memory and applying it to the problem at hand. In this way, I became an expert question-asker, until slowly, by the end of the year, I was able to answer some of the questions myself.

Meg Ellis

When my Deakin offer came through, I couldn't believe it wasn't administrative error. After an unfortunate misunderstanding with Western Sydney University the previous year, I was half-expecting to get a phone call from an apologetic receptionist telling me that there'd been a mistake... how could I have gotten into my top preference? Even today, I still make excuses for how I earned my place - I was a rural sub-quota admit, with a bonus for being on Centrelink, so when I heard my classmates' stories of taking five swings at the GAMSAT or taking an Honours year just to pass the time, I could only laugh at my good fortune.

Disclaimer: I did a Diploma in Science in between my undergrad and my first year of med, so whether I really count as a non-science grad is up for debate. I also watched vast quantities of *House M.D.* during my downtime, which set me up for some fun moments in PBL - "what the hell is psittacosis and how do you know that word?!"...

Seriously though, watch *House*. I learned half my vocabulary from that show.

The best advice I can give is to look after yourself - you'll note that med student mental health is addressed frequently in this guide and throughout the year, and as a long-time clinical depressive I can attest to the importance of self-care during your studies. Talk to your classmates, and don't be afraid to take a day off every once in a while (I have been known to leave PBL to go get care). If you get on the topic, you'll be surprised at how many of your fellow meddies have mental health issues, not to mention those of us who experience mental ill health for the first time during med school or our careers.

But I digress. Value your achievement in making it this far, and trust in your ability to get through the next few years/days/hours of lecture - don't underestimate your own power. Welcome to medicine, fellow non-science grad: it's an experience like no other, and though your own paradigm may seem out of place, your presence in a sea of pharmacists & biomed grads is incredibly valuable (and valued). Good luck!

Eibhlinn Cassidy

**Meg holds a Bachelor of Arts (Art History) and a Masters in Art Conservation
Eibhlinn holds a Bachelor of Musical Arts (Music Theory) and a Diploma in Science**

Other backgrounds represented in the cohort include business graduates, a teaching PhD candidate, and countless nurses, pharmacists, & physiotherapists.

Remember, they wouldn't have given you a place if they didn't think you could succeed!

Being a residential student during medicine is an experience to remember. Starting med school can be a scary time, particularly if it involves moving away from home for the first time - the great thing about living on res is that everyone is in the same boat, and the support from your fellow students can make the transition into medical life that much easier.

Living on campus is also a fantastic way to make friends! Being immersed in an environment with like-minded people creates deep friendships very quickly, and many of these relationships will last a lifetime. There are heaps of events held specifically on res, such as the "pod crawl" - each medical pod has a theme and decorates/dresses accordingly, and you travel from house to house throughout the night! There are BBQs, adventures to the trampoline park, Kris Kringle, movie nights and more! But the best part is living a seven-minute walk away from the lecture halls (five if you're fast). What could be better than waking up twenty minutes before class and still arriving on time? You also don't have to find a park every morning, or worry about train schedules - not to mention being able to pop home for lunch, and being able to kick back in your own space during the less conveniently-timed breaks...

Make the most of your time on res - the better you get to know your neighbours, the more fun you will have!

Enjoy your year and see you on res!

Brooke Healey



life on res

the med bubble

It should come as no surprise that studying medicine is going to be difficult. Yes, the work is going to be hard and yes, there's going to be a lot of it, but the biggest challenge isn't always the academic load.

Many students have moved away from home to study at Deakin – whether that's from Melbourne, regional VIC, interstate or overseas. It's a huge change from your life BM (Before Medicine); your experiences at university, your daily routine and your new peers form the infamous "med bubble" that can make the outside world seem completely foreign and inaccessible.

Generally speaking, there are a lot of type A personalities in medicine. Driven, hard-working, perfectionistic and dominant, we get sh*t done – but put 10 of us in a room together and things can get pretty intense. This can become overwhelming (especially for those of you who are also sharing houses with fellow medlings) and compounds the pressure we're all under, both from others and from within ourselves.

Fortunately, popping the med bubble is surprisingly simple – a wise fourth-year has passed down a nugget of wisdom that I will now share with you all. It is this: *do things outside of medicine*.

Seems obvious, right? But it's so easy to get caught up in lectures, quartiles, LIs and placements, and not realise the toll that your routine is taking on your mental health.

Do things outside of medicine. Go to the gym. Paint. Sing. Dance. Read. Watch movies. Visit the beautiful beaches around us. Explore the city. Join clubs. Have a night off, just because you feel like it, and do whatever you want. Step back, take a deep breath, and the stresses of the med bubble become vastly more manageable. Having extracurricular activities opens you up to new perspectives and people from outside the medical biome – this can be your lifeline when the med bubble gets too much, and you can return to your studies refreshed and reinvigorated*.

Everyone struggles through medical school – even that kid in your PBL who seems to effortlessly get Q4s on everything probably doubts themselves on the regular. Having a hard time is part of the experience of medicine, so don't be afraid to ask for help; everyone in your cohort, without exception, is in the same boat as you, and by supporting each other we all become stronger and contribute to a healthy culture in medicine.

When it all gets too much, remember that you have a life back home – talk to your BM friends and your family, make time for your old hobbies, or visit your old hometown (alternatively, save on petrol/airfares and get people to visit you!). There are also many support networks in place within the School of Medicine, full of people who are more than happy to help. Everyone involved in your medical school experience wants you to be here, exactly where you are, and believe in your ability to succeed. After all, you've made it this far.

turn to page 12 for more information on where to get help if you're struggling

*Future employers also love to see extracurricular and volunteer involvement – just 'cause you've gotten into med school doesn't mean your days of writing applications are through.

study techniques

Step one: don't panic!
The first few weeks of med are (relatively) laid back. Most people try multiple different study methods before they find a good fit; HB is relaxed enough that you can explore what works best for you.

youtube: god's gift to medical students

- [Armando Hasudungan](#)
- [Handwritten Tutorials](#)
- [Khan Academy](#)
- [Shotgun Histology](#)
 - [Dr Najeeb](#)
 - [John West](#)

hme101: the basics

- Student guidelines and tutorial preparation materials will be released on Cloud before DP classes. Read these, and make sure to upload your tute prep the night before.
- PHM exams include statistics, so those boring graphs are really important - they can be MCQ or a small SAQ, so make sure you've got some fun facts up your sleeve come exam time.
- Do your LIs before PBL on Friday. You'll be kicking yourself if you forget and are asked to present on the coagulation cascade/virulence factors/ACE inhibitors/(other hard thing).
- Student-run tutorials are massively helpful before exams. If you can't go to these, organise with your study group to do short presentations on things you're good at (or bad at and need motivation to study).
- Do practise questions - write your own, share them with the cohort, use past exams. Some lecturers will upload weekly quizzes to the Cloud to help you identify areas for further learning.
- Get really good at mechanisms - you'll need them come CR, and they may be assessable in later years of the course.
- Your PBL will have assigned roles which rotate throughout the block, the most important of which is the snack-bringer.

Ashleigh Rodger

listening to lectures

- Go to lectures in person if you can - it really does help, and your fellow students will all be there to share the pain of an 8am class.
- Lectures are usually available online after the fact, but we often run overtime and sometimes technical glitches mean the recording doesn't happen at all.
- Guest speakers will often come for the 8am or 9am slot - they and your lecturers really appreciate your attendance, so make a point of heading to class when a clinician is coming in.
- If you really can't get to classes in person, make sure to keep an eye on CloudDeakin, and talk to your peers about lectures that won't be recorded or that you need to attend for other reasons.

group study

- Form study groups with your friends or PBL members to work through LOs each week.
- Find a time during the week to practice DP clinical skills - you won't get to revisit them in class but they'll be assessable at the end of Year 2.

lone wolf

- Do your LOs completely and in detail - you'll thank yourself come exam time. Don't go deeper than the lecture material *unless* you're specifically told to; this happens occasionally in the later parts of the year.
- Make lecture summaries for yourself, be that by handwriting, typing or writing on printed lecture slides.

your personal library

If you've already bought every one of the required and recommended texts - good for you, you can stop reading now. For the rest of you, your Peer Mentor will share a copy of the Med School Bible with you: this contains electronic copies of textbooks, past exams, completed practical notes and more. As far as actual texts go, make sure you have easy access to the following:

- **Talley & O'Connor**, a must for clinical skills
- **Robbins Basic Pathology** - don't bother with the advanced version, many of our pracs come straight from this text
- **Moore's Clinical Anatomy** - again, many pracs source their material directly
 - **Boron's Medical Physiology**, especially for second semester

health

counselling

Deakin SoM recognises that many of its students need help with managing mental health issues. This could mean anxiety, depression, homesickness, stress, burnout, relationship problems, or anything else you're struggling with emotionally. The medical school has a dedicated registered psychologist, Jacqueline Payne, who works exclusively with Deakin medical students.

Jacqueline has phone and in-person appointments throughout the week. To make an appointment, call the Student Life team on 5227 1221 - make sure to tell staff you're a medical student.

There are other psychologists available at Student Life, and it's important to find the right fit for you; however, be aware that these practitioners serve the entire student population, so you may have trouble getting an appointment (especially around exam time).

<http://mentalhealth.amsa.org.au/> - AMSA have collected some great resources on medical student mental health, including stories of past students' experience with mental illness

<https://eheadspace.org.au/> - online counselling from Headspace, Australia's leading youth health service

resources

<https://www.lifeline.org.au/> - a veteran counselling service for suicidal ideation and crises, with online access available

<https://www.blackdoginstitute.org.au/> - a hub for new research and treatments for depression

finding a doctor

There are on-campus GPs and nurses available free of charge for Deakin students. You can get all of your regular healthcare needs here, including vaccinations, contraception, sexual health checks, referrals, prescriptions, and more. You won't do your GP placements here, so you can attend without worrying you'll be examined by a classmate! You can book your appointment by calling Student Life or via the Appointuit widget [here](#). Don't forget - just because you're studying to become a doctor, doesn't mean you don't need a GP of your own.

If you'd rather see a doctor off campus, you can try the Belmont Bulk Billing Clinic at 141 High Street (no appointments taken, so be prepared to wait), Medical One at 160 Colac Road, or the Myer Street Family Medical Practice at 148 Myers St (fees may apply).

LIFE IN GEELONG



what's good

bars and wineries

Saint Regis Winery & Restaurant -

You can't go wrong with any of the wineries in the Geelong region, but Saint Regis is a must-visit only a short drive from campus

Jack Rabbit Vineyards - An excellent restaurant with an even better selection of magnificent wines

Little Creatures Brewery - Great atmosphere to enjoy some of Geelong's finest craft beers

Pistol Pete's Food 'n' Blues - Friendly service, regular live music, and a tempting array of diner foods and moonshine

Flying Brick - A quality pick for all cider lovers

Geelong Cellar Door - Small wine bar in the middle of the city, serving up the region's finest

Edge - Restaurant by day, bar by night, with a perfect waterfront location and extensive cocktail list

Beav's - A frequent stop on pub crawls with quirky decor

Lamby's - Geelong's premier nightlife experience

Piano Bar - Book ahead for a classy night out

Lucas Taranto

groceries

Hit up the **Fruit Shack** in Belmont for fresh ingredients at unbelievable prices

The background of the entire page is a close-up photograph of coffee beans and a cup of coffee. On the left, a pile of dark, roasted coffee beans sits on a light-colored, textured surface. On the right, a white ceramic cup is filled with a latte, showing a golden-brown crema with some darker spots. The overall lighting is warm and soft.

local eats

Tomodachi - Small traditional Japanese restaurant blowing the sushi chains out of the water

Mexican Republic - Fresh and vibrant South American experience

Fishos - Great fish and chips by the beach in Torquay

Boss Burger - American style burgers just down the road in Wairn Ponds - ask for the student discount!

City Bay Noodles - some of Geelong's best pho

Armageddon Cakes - eat dessert first

Donco - Fantastic Korean food on Pako, unlike anything else in Geelong

Two Sugars - Gorgeous Italian pizza & pasta restaurant, with locations in Geelong City and Highton

Freckleduck - Find it in the middle of town and be sure to try the hotcakes


King of the Castle - Great brunch spot on Pako with an interesting menu

The Picker's Union - A hidden gem with fantastic coffees near the vintage markets

Cartel Coffee Roasters - Perfect for even the finickiest coffee snob

James Street Bakery Cafe - A comfortable, convenient spot for a cafe breakfast

63 Degrees - Another great spot on Pakington Street



The 12 Apostles - Now 8.5 Apostles due to erosion; an iconic stop along the Great Ocean Road

You Yangs - Perfect hiking destination for those who enjoy long walks with great views, steeped in Indigenous history and lore

Torquay - Head to the beach in this surf-coast town to enjoy the odd sunny day and get away from the stresses of med school

Anakie Fairy Park - Pretty cheap, and generally hilarious

Otway Fly Treetop Adventures - Enough said.

Great Ocean Road Chocolaterie (Belbrae) - A short road trip from uni and a great spot to grab icecream, buy gifts or just wander around

explore geelong

Click [here](#) for a map of local running and cycling paths

MIND AND BODY



medfit

Medicine and fitness... the two concepts go together like macaroni and cheese (but sooo much healthier). MedFit is a free student-run fitness session every Tuesday morning for both first- and second-years. It goes from 6.45am until 7.45am, for an energising start to the day - last year we had sessions like F45, Samba dancing, Cross-Fit and boxing, so look forward to these again plus more! Whether you want to lose that summer beer belly, cross-train for another sport or just keep healthy, there's something for you.

All levels are encouraged to join as you can go at the pace you want, and there's a no judgment policy. It's all about fun group fitness to de-stress and sweat it out. There are also change rooms and showers on campus which makes it far more pleasant for the person sitting next to you in the morning lecture. This year will run as a roster, so if you're keen to help run a session please get in contact with Milla or Anna to add you to the team!

Milla Mac



MIPS is a not-for-profit organisation formed to:

- support and protect the character and interests of its members;
- promote honourable and discourage irregular practice;
- consider, originate, promote and support or oppose legislative or other measures affecting members



nutrition

make lists - Save your wallet, waistline and watch

meal prep - Pick a night that works for you and sort out your meals for the week in advance

get into a weekly routine - Decide when you're going to shop, cook and eat

cook in bulk - Make one for now, one for later, and one for the freezer. Time savers are life savers!

healthy snacks - Have easy access to nutritious foods like almonds, carrots and apple pieces, and make homemade goodies for your sweet tooth

two for lunch, three for dinner - Follow this rule to make sure you're getting your daily dose of veg (and no, chips don't count)

coffee - Try and limit yourself to one a day, making sure you're staying hydrated, and snacking on fruit to keep your blood glucose up

tea - Green tea is an excellent alternative to coffee, and much easier to stash in your locker for a quick fix

breakfast granola

dry ingredients:

- 2 cups rolled oats
- 2 cups millet puffs/rice bubbles
- 1 cup chopped almonds
- 1/3 cup sunflower seeds
- 1/3 cup LSA mix
- 1-2 tbsp cinnamon
- 1 tsp nutmeg (optional)

wet ingredients:

- 20 dried dates
- 1/4 cup honey/rice malt syrup
- 1/3 cup chia seeds

1. Preheat oven to 100 degrees Celcius. Line 1-2 trays with baking paper.
2. Soak dates and chia seeds separately in 1/2 cup of boiling water each; let sit for five minutes.
3. Mix all dry ingredients.
4. Blend honey with dates and the soaking water. Add chia seeds, soaking water and another 1/2 cup of warm water; blend again.
5. Stir the wet mix into the dry ingredients, adding the wet mix slowly.
6. Bake for 1-1.5hrs at 100 degrees, checking every 20 minutes. Granola is finished when the muesli is light toasty brown.
7. Cool and store in a jar for up to 3 months.

build-your-own salad

for the base: a handful of mixed lettuce or baby spinach

for the veggies: pick three or four

- 1/4 tomato
- 1/4 cup diced cucumber
- 1/2 carrot, sliced/grated
- 1/4 cup frozen corn
- 1/4 cup diced tinned beetroot
- handful sliced raw cabbage
- baked sweet potato/pumpkin

for protein: pick one

- lentils or chickpeas: raw, or lightly fried with garlic, paprika and cumin
- chicken: chop into cubes and fry with garlic and mixed herbs
- tofu: chop into cubes and fry with garlic, ginger and soy sauce
- boiled egg
- veggie patty, chopped
- falafel

for carbs: serve in a wrap or sandwich, or add 1/3 cup of grains like rice, quinoa or cous cous

for fats: slice 1/3 of an avocado, add a dollop of hummus, or throw in a tablespoon of pepitas, sunflower seeds, almonds, or walnuts

for dressing: shake olive oil with lemon juice or balsamic vinegar, or just add soy sauce

bliss balls

1. Mix rolled oats, coconut, LSA, cocoa and almond meal in a large bowl.
2. Add the hot water/honey mixture, then the water, mixing in between. The mixture should clump together - add more water if needed.
3. Roll mixture into balls, around 1 tablespoon each.
4. Roll balls in optional extras. Keep refrigerated and eat the same week.

- 1/2 cup rolled oats
- 1/2 cup almond meal
- 1/2 cup dessicated coconut
- 1/4 cup LSA mix
- 1/3 cup cocoa powder
- 1/3 cup honey/rice malt syrup with 1/3 cup of hot water added
- 2+ tbsp water

optional:

- extra dessicated coconut
- extra LSA mix
- chia seeds

simple stir-fry

choose your veggies:

carrot	capsicum	zucchini	onion
broccoli	beans	broccolini	beans
snow peas	cauliflower	bok choy	

choose your protein:

tofu	chicken	chickpeas
sausages	tinned lentils	beef

choose your carbs:

basmati rice	quinoa	vermicelli	rice noodles
soba	hokkien	egg noodles	brown rice

choose your sauce:

- thai peanut: lime juice, peanut butter, curry powder, coconut milk, garlic, fish sauce
- vietnamese: lime juice, rice wine vinegar, rice malt syrup, garlic, chilli, fish sauce
- honey soy: sweet soy sauce, dark soy sauce, ginger, garlic
- hoi sin sauce

add garlic and ginger while cooking.

crush up a few peanuts or sprinkle over sesame seeds as garnish, with a drizzle of hot sauce if you like it spicy!

gyms

goodlife

Located at 312-320 High St. Belmont, Goodlife Geelong has heaps of group classes, a wide range of exercise machines, and a versatile free-weights area. There are friendly personal trainers as well as a women's only area.

You can start off with a 5-day free pass - check out their website and Facebook page to scope out free trials and deals.

It'll set you back between \$15-20/wk, and is open 24 hours.

snap

Snap is just down the road from uni and offers personal training and group classes, as well as all the usual weights and equipment. It's a relatively small space, but is very quiet - you'll often be the only one there.

Monthly contracts are available, with no joining fee and your first thirty days free (you may have to buy a keycard though).

It'll cost around \$15/wk, and is open 24 hours.

ymca waurn ponds

This YMCA is literally on campus - find it in building DA, just across the green from the medical school. You get a discount if you're living on res, as well as if you pay the trimester in advance, and they offer a no-lock-in contract with a "pause membership" option. The joining fee varies depending on your level of DUSA membership.

The equipment isn't extensive, and the opening hours are restricted, but it's easily the most convenient option and is generally very quiet.

Thanks to Clare Vincent, Anna Grove-Jones, Billy Robinson, Blake Vorias and Elliot Evans for their contributions to the 2017 Survival Guide

jetts torquay

A cheap and easy option for anyone living along the Surf Coast. This outlet has a small free weights section and plenty of machines for strength or cardio training., It's very quiet in the evenings, and is close to the Torquay shops and supermarkets.

You'll pay \$15/wk (less if you sign up with a friend), and the gym is open 24 hours.

anytime fitness

Bang in the middle of town, Geelong Anytime Fitness is one outlet of an enormous franchise - your membership allows you access to any gym in the company. The usual free weights, machines, and cardio equipment are available, as well as an empty multipurpose room.

Joining fees are negotiable - mention you're a new medical student and see if they'll do you a deal.

Membership is monthly, and it's open 24 hours.

Leisurelink is part of the Swim Sport and Leisure network which provides various health, fitness and recreation facilities throughout the Geelong region. With health, fitness and fun all under one roof and open all year round, this premier facility is the best place to exercise and play!

- 50 metre pool with divider (2 x 25 metre pools)
- Multi-use warm water pool with ramp access
- Toddler and learner pools
- Spa, sauna and steam room
- Waterpark including waterslides, adventure playground and splash pad
- Gym and functional training zone
- Group exercise rooms and cycle room
- Family change rooms, toilets and lockers
- Accessible change rooms, hoist, ramps and gym equipment
- Café, free car parking and WiFi

Mention you're a medical student and receive a free water bottle and towel!
(Ends 28th Feb)

For more information visit www.geelongaustralia.com.au/leisurelink

When you're ready
to quit just remember
how good you'll look in
that white coat



A photograph of a hospital hallway. On the left, a large window with multiple panes looks out onto a building. A man in a white lab coat and dark pants stands in the middle of the hallway, looking towards the camera. On the right, a person in blue scrubs is walking away from the camera. The floor is covered in green carpeting, and the ceiling has a grid of lights, including a decorative floral light fixture. A red fire alarm pull station is mounted on the wall near the window.

PLACEMENT AND CLINICAL SCHOOLS

placement

basics

Placement is one of the most exciting parts of your first year of medical school. These placements will provide you with wonderful insights into the world of medicine and may be your first taste of clinical experience. However, as in all areas of healthcare, there's a heap of paperwork and logistics to consider...

inplace & attendance

InPlace is Deakin's online portal that tells you where and when your placements are. Sometimes you'll get extra details, including whether to bring your stethoscope.

After each placement, you need to fill out a timesheet to confirm your attendance. You do this by clicking the "Detail" link beside the placement location, opening the "Schedule" tab, then clicking the date of the relevant placement and filling in a form. This needs to be done within a week, otherwise you'll get slapped with an extra essay as punishment.

Placement is mandatory, and you can't swap placements with other students. If you have issues, contact Claudia McLean.

journaling

Some year groups have had to complete compulsory journal entries about each of their placements. Whether or not this is the case for you, make sure you leave a comment in the time sheet, and consider logging your experience in the DP Logbook for a bonus entry.

dress code

Dress as if you were about to start your first day of work - it's better to be overdressed than underdressed! Don't wear denim, heavy perfume or low-cut tops, and make sure your shoes are comfortable as you'll probably be doing a lot of standing.

location

Some of the sites can be tricky to find, and aren't always intuitive (e.g. having to wait in the neurology department for your respiratory placement). Always allow extra time to find your destination, and if in doubt, call ahead.

Parking at Geelong University Hospital is a bit of a pain and can be expensive. There are a few paid parking options around the hospital, and some free ones further away if you're willing to walk. In desperate situations, you can park at the Westfield in town, but allow at least 15 minutes to walk to the hospital.

etiquette

Always introduce yourself to patients - it helps to break the ice, as you'll otherwise be spending a lot of time standing around feeling awkward.

Ask questions! Showing interest gets your educators on-side - if you're lucky, you might even get to touch a real patient (!). You get as much out of placement as you put in, so don't be a slouch.

year 2

For those who suffer from “too-many-lectures-itis”, also known as “pre-clinical years disease”, your second-year placements will be integral to your treatment plan. Two minutes interacting with a patient is all it would take for me to remember why I got into this medicine gambit!

As in first-year, one’s experience in a given placement is highly variable and, ultimately, heavily influenced by what you put into it. I was lucky enough to have several hands-on opportunities at placements in second year that got first-time nerves out of the way for third year!

day placements

Just like in first year, your day placements act as little tasters of different aspects of the healthcare system. They will be a little bit more clinically focused than your first-year, and you will get to practice various skills at some of them. Personal highlights included taking a 1 hour long history from a mentally unwell patient at the Swanston Centre (with delusions!!!), and taking a complete history and examination during aged care placement - my mini-mental state exam and summary alerted the patient’s GP to the fact that the patient’s dementia was progressing, which changed their management.

A word of warning to those who like to plan a sneaky holiday/conference in the later part of the year: the aged care placement is

not assigned until the start of semester 2, and contributes to your mark for DP that semester.

Some placements are far less hands on and can definitely frustrate you at times; just remember, even if you are not enjoying a placement, that people are still giving up their time to show you around. Save your frustrations for InPlace comments.

interprofessional learning

IPL is, like most placements, completely variable. One thing to remember is that the places people are vying for are not necessarily the best ones in terms of how much fun you will have. My advice is: it’s only a week, so go as rural as you can (at least it will be an adventure).

My placement was in Ararat, which was AMAZING. I scrubbed in on two surgeries and successfully inserted two cannulas - and that was only one day out of the four! I know multiple people who, after they had been on IPL, cried to me “I wish I had chosen RCCS!”.

It is definitely worth asking third years about their experiences to gauge the right fit for you. **Every single site is different.**

Placements in second year definitely feel like a level-up from first year. We all know that we all like to “play doctor” once in a while, embrace it. Good luck and enjoy!

Brittany Batten

ballarat

Ballarat Clinical School is a fantastic clinical site that is very popular amongst Deakin medical students.

Ballarat Base Hospital (BBH) is the largest regional hospital within the Grampians region. It has a high total bed number of 785. This means that there is a very large variety of patients that present to the hospital – allowing for a diverse exposure to patients and their presentations.

However, it is also slightly smaller than other clinical sites such as Geelong. This means that the student groups are smaller, which allows for a greater ability to interact with doctors as well as patients. The smaller hospital size also means there is a fantastic culture at the hospital that is supportive, inclusive and friendly.

The hospital prides itself on highly valuing their junior doctors and medical students. BBH is also shared with Melbourne University and Notre Dame University, which allows for opportunities to collaborate with other students

both in the hospital as well as out the hospital – such as at social events.

Furthermore, Ballarat itself is a great town. It has fantastic restaurants, all the food chains, great pubs/bars, amazing gyms, a large movie theatre complex and many places to shop. Everything is located extremely close to each other, making life that much easier. There is also a lot less traffic than Melbourne or Geelong, reducing travel times and making travel much simpler and quicker. Furthermore, there is a large scenic lake which offers a great opportunity to exercise or to simply unwind.

Additionally, Ballarat is relatively close to Melbourne, and so it is easy to drive back on a weekend to see friends and family!

Hopefully, this gives you some insight into Ballarat and the clinical school, and you consider it for your clinical site.

Adam Cohen

eastern health

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 the size of its catchment, this service receives patients from varying socioeconomic backgrounds and from both urban & regional areas.

Approximately 25% of patients are from countries where English is not the primary language, with a large group of immigrants and South-East Asian refugees. However, the Eastern region has a small Aboriginal & Torres Strait Islander population when compared to the rest of Victoria.

The Deakin medical program at EHCS is shared with Monash graduate & undergraduate students (around 100 across the state), with around 32 Deakin students attending annually. Students benefit from shared resources, and learn together in an integrated program with joint teaching & PBLs.; there's also the added benefit of networking with non-Deakin students, and gaining an understanding of the differences between medical schools.

Tutorials are run by experienced surgeons and physicians who offer insight into common conditions and treatments, which makes for a refreshing change from student-led PBLs. On the flip side, there are

some practical difficulties due to differing curricula, timetables, and academic requirements. The high expectation of self-directed learning provides excellent preparation for your intern years and to build your competence and confidence - strong internal motivation is a must!

Many Deakin students choose Eastern because of its central location in the Melbourne suburbs. There is also the opportunity to experience clinical placements at different hospitals and locations due to the size of the network; this does mean that travel between sites may be necessary.

There is a relatively small intake of Deakin students, so there is a strong sense of camaraderie within the cohort. Clinicians at Eastern Health also appreciate the maturity and independence of Deakin students, and teaching is often 1:1 or 1:2.

Living, working and studying in the Eastern region is rewarding and enjoyable - Eastern Health has wonderful, helpful staff, and along with the small Deakin cohort you get the opportunity to develop both professionally and personally. The local suburbs are full of leafy green hills and parkland, yet Melbourne CBD is just a short train or tram ride away. Eastern truly is a local community within a busy and professional city environment, with wonderful opportunities for clinical development as a future doctor.

Jessica Willacy

geelong

Geelong Clinical School (GCS) is the biggest of the 5 clinical schools at Deakin. Being the biggest school has both advantages and disadvantages, but I definitely love it! There are many things that I could tell you about GCS, but honestly, my best advice is to enjoy the start of med school and think about your clinical school when the time comes!

For those of you who *really* want to know, I think the positives of GCS far outweigh the negatives. Being a big school, it is necessary that GCS are pretty organised. The six rotations are well coordinated and there is plenty of support within the school and the hospital. You get to meet and learn from a broad range of clinicians, who are always willing to share some pearls of wisdom. The size of Geelong hospital is definitely an advantage in that you are exposed to numerous presentations. Geelong is often the first point of call for complex cases coming from rural Victoria, so the diversity of patients in Geelong is a huge plus.

Most importantly, you get to be with lots of your friends! The clinical years are stressful and locking in a good support network for both work and play is

essential. Geelong has about 60 students in both 3rd and 4th year, which allows you to find people who you are able to study well with. Additionally, GCSC organises and supports the entire cohort with regular MCQ, OSCE and information nights throughout the year. And of course, with the biggest clinical cohort, Geelong also has the biggest social events.

Some see the size of GCS as a disadvantage. Of course you can get lost in the crowd and easily blend in with the walls (which some may say is actually an advantage), but your clinical years are what you make them. The nature of these years requires you to be proactive with your own learning and sometimes create your own opportunities. Although I can't speak from experience, I would imagine this would be the same in most of the clinical schools.

This spiel only touches on the very surface of what GCS is. GCS offers a fantastic clinic program and the experiences that I have had at Geelong have been amazing. GCS offers a bit of everything, the best of all worlds, and I couldn't recommend it highly enough.

Katrina Tan

rccs

The Rural Community Clinical School (RCCS) is an integrated clerkship in which you get to complete your entire third year of medical school attached to a regional hospital and local GP clinic. The towns that participate in RCCS are spread across Western Victoria and accommodate 2-4 students each. While the clinical experiences can vary between towns, all students get to spend time on the wards, in urgent care departments, and in operating theatres.

RCCS is very different from the other four clinical schools, and its longitudinal nature means that you study all six rotations concurrently. While there is some loose structure for the long teaching component, there is a major emphasis on self-directed learning to ensure that equal and adequate time is devoted to all the content throughout the year. This means that you have a lot of autonomy in structuring your day-to-day activities, and time to chase hands-on experience. This may involve seeing patients on the ward to practice histories and examinations, performing cannulations and suturing in urgent care, or spending time scrubbed in and assisting in theatre. This is all made possible by the welcoming patients, who are all too happy to have you participate in their care and learning about the rural environment.

What makes RCCS truly unique is the parallel consulting sessions with local GPs. Students have two sessions each week during which they see patients independently before handing over their history and examinations to the doctor; you list differentials, suggest investigations, and can even offer a management plan (which the GP may even proceed with!). While daunting at first, this is an amazing experience that will expose you to a wide variety of patient presentations, and also provide you with plenty of OSCE practise!

Every six weeks or so, students return to one of the major clinical schools for a week of structured tutorials, lectures, and simulated teaching. Apart from these face-to-face weeks, structured teaching can be hard to find - however, ad hoc teaching by local doctors and visiting specialists is easy to come by, and you'll often find yourself in a personal tutorial on a topic of your choosing.

RCCS is an excellent program for personal and professional development before you rejoin your peers at the major clinical schools for fourth year. The self-directed learning, combined with the ample clinical experience, makes it a challenging but rewarding placement, which goes a long way towards making you work ready.

Josh Anderson

warrnambool

In recent years, Warrnambool has become a hotly contested clinical school site. It's not hard to see why - the place is pretty much Pleasantville, home to gorgeous beaches and just a stone's throw from the Great Ocean Road. It is renowned for its whale sightings, and also for being just a little bit windy (it makes Geelong weather look tame).

Many who haven't been to Warrnambool tend to think that it is a lot smaller than it actually is. It also isn't as far out in "woop woop" as people make it out to be - about 2 hours by car from Geelong and 3-3.5 to Melbourne. Many students jump on the train Friday nights to go home or visit friends for the weekend - it's also quite convenient to bring your laptop along and do some study. If you have a partner in Geelong or Melbourne, regular visits are definitely a possibility - however, third year is pretty busy, so it's unlikely that you'll be going home every weekend.

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 most students find their own accommodation privately, Deakin has some houses around Warrnambool just for medical students, charging just \$100 a week (all bills included). However, unless you live within walking distance from the hospital, you will need a car to get around.

As far as the clinical school goes, Warrnambool is second to none. The

hospital has recently undergone an upgrade and expansion and a new cancer centre opened last year. The clinical school facilities are fantastic with a clinical skills lab, simulation room, new tutorial rooms and a fully decked out common room! Importantly, the hospital coffee is also a reasonable standard, but 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 frequently run extra sessions to help with MCQs or OSCE stations. Due to the small rotation groups, you also interact a lot with the interns, registrars and consultants - it's quite common to join them for coffee or drinks at the pub during rotations.

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 perhaps the most difficult year of medical school. We also boast a history of good academic results, and have produced the Dux of the School more than once in recent years!

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.

compare

	hospital size	distance	pros & cons
ballarat	785 beds	1.5 hrs to Melbourne by train or car 1hr drive to Geelong, train via Melbourne	pros: rural without being remote, low cost of living, close to city cons: transport delays, crappy weather
eastern	multiple hospitals	varies - closest school to Melbourne CBD	pros: in the city, visiting different hospitals cons: high cost of living, melbourne curriculum
geelong	394 beds plus off-campus	1hr to Melbourne by train or car	pros: well organised, don't have to move cons: large group sizes
rccs	varies depending on location	varies - previous locations include Horsham & Portland	pros: independence, hands-on experience cons: moving house, distance from cities
warrnambool	approx. 150 beds	3-3.5 hrs train to Geelong, 2.5 hrs by car	pros: small group sizes, low cost of living cons: lack of public transport, distance

Remember, you don't have to choose your clinical schools until well into your second year - this is just food for thought, and inspiration to keep you going through your pre-clinical years!

GROUPS AND OPPORTUNITIES





The Deakin Surgical Interest Group (DSIG) is a student-run organisation under the Deakin Medical Students' Association (MeDUSA), built on the foundations of our members' common interests in surgery. Since its establishment in 2012, DSIG has continued to develop each year, such that we now offer numerous annual seminars, including Careers in Surgery, Women in Surgery, as well as the Surgical Skills Workshop. Through these events we not only strive to share our passion and excitement for surgery, but aim to facilitate networking opportunities between students and respected members of the surgical community, as well as other Surgical Interest Groups around Australia.

Our Careers in Surgery seminar in 2017 exposed students to the remarkable life stories of some of Geelong's most respected and accomplished surgeons. Subsequently, the Women in Surgery seminar provided an opportunity for students to meet and learn from practicing surgeons, and offered invaluable insights into the professional journey of a female

surgeon. Finally, our Surgical Skills Workshop once again proved to be a major success, providing students with an opportunity to learn core surgical skills, including suturing and knot tying, from surgeons themselves.

In addition to these seminars, DSIG has been progressively developing surgical anatomy tutorials. These tutorials, coupled with the remarkable insights provided by the surgical registrars who have volunteered their time as tutors, are continuing to grow in popularity and proficiency. The anatomy tutorials will continue to be held regularly throughout this coming year.

The DSIG Chair for 2018 is John Kefalianos. We are excited to announce that our agenda for the year includes our surgical seminars, surgical skills workshops, as well as our anatomy tutorials, plus one or two additional events – more on that to come!

Find us on Facebook @DeakinSIG or email us at dsig@medusa.org.au

John Kefalianos

nomad

NOMAD is Deakin's Rural Health club. We're a multidisciplinary student group, in that our members consist of students from medicine, optometry, medical imaging, and nursing.

The aim of NOMAD is to promote rural and regional health to our members through information exchange, volunteering/leadership opportunities, support and advocacy. The club runs a number of events and activities including Rural High School Visits, the Close the Gap Indigenous Health panel discussion, and the Warrnambool clinical school tour. We also run a number of social gatherings throughout the year, such as our barefoot bowls event down at the Torquay Bowls Club which we host at the start of the year to help our members get to know one another.

One of the significant branches within NOMAD is the NOMAD Teddy Bear Hospital. The Teddy Bear Hospital is educational program established and actively run by volunteer NOMAD students, with

the aim of familiarising children to health care environments and medical treatments in a fun and interactive way. The NOMAD Teddy Bear Hospital conducts school-based visits throughout the year, and culminates in a public event at the Westfield shopping centre in Geelong where we interact with kids from the wider community. For NOMAD members, this provides a valuable opportunity to practice interacting with children in a clinical environment whilst also giving back to the community.

We also keep you in the loop about opportunities such as scholarships, conferences and other national events.

Membership only costs \$5 for the whole length of your degree, and grants you cheap tickets to events, and certain privileges including the opportunity to volunteer for the NOMAD teddy bear hospital.

Camille Awburn

crossing borders

Crossing Borders is a medical-student-run initiative which aims to reduce the barriers in access to healthcare for refugees and asylum seekers. Crossing Borders was established at Deakin University in 2013 and continues to raise awareness of the pertinent health issues surrounding refugees and asylum seekers, both those contained within indefinite detention, and those who have been resettled into the community. Crossing Borders is an internationally recognised organisation; the Deakin chair operates closely with colleagues at Monash University, University of Melbourne and AMSA Global Health.

Crossing Borders is a fantastic way to become engaged with global health issues, and to broaden your understanding of the challenges faced in trying to provide the global community with health equity. We run events and programs for those who would like to be more informed about refugee health and wellbeing, and to

promote cultural awareness, with a particular focus on healthcare. In previous years those events included a refugee health information session, a screening of the film 'Chasing Asylum' as well as the colourful event 'Feast on Diversity'. This was a fantastic event involving sport, live music and dance.

Crossing Borders is 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 is, or you're already planning your dream Medecins Sans Frontieres mission, we'd love to hear from you! If you're interested in being part of the Crossing Borders crew, check out the Facebook page at [/crossingbordersdeakin](#), or send Joy or Jacinta a message!

Sachira Chandrasekara

Joy Drieberg Thompson

john flynn

In line with my passion for rural medicine, I applied for the John Flynn Placement Program (JFPP) and was lucky enough to be accepted. Even if you're not interested in rural practice, you get heaps of hands-on experience on JFPP that your peers often won't get until their intern year. The program offers students the opportunity to work alongside medical practitioners in a rural and remote community for eight weeks, returning over the course of our four-year postgraduate degree. Placements are exotic and varied; this year Deakin students found themselves on placements in Darwin, Mount Isa, Byron Bay, rural Tasmania and for me, in the South Western Queensland town of Roma.

The town of Roma was a far cry from my expectations of rural Queensland. Having spent much of my undergraduate and high school weekends in rural Victoria, my expectations of rural Australia were largely defined by R.M Williams, Moleskins and John Deere combine harvesters. Roma accentuates what it means to be rural - locals walk around proudly wearing Akubra hats, burrs on the back of their boots, and belt buckles bigger than a med student's ego. The town boasts the largest cattle sale yards in the southern hemisphere and has been largely been propped up by the mining industry for the last decade.

I spent three weeks at the Roma Hospital and stayed at the nurses' quarters with junior doctors and other allied health professionals. Roma hospital is a 39-bed hospital, with an operating theatre, emergency department, intensive care ward and antenatal clinic. I was

given ample opportunity to experience all four areas, with a strong emphasis on emergency medicine.

Admissions were always animated. We saw patients ranging from critical motor vehicle accident injuries, to snake bites and farm-related trauma. I spent several days in theatre with a general surgeon, gastroenterologist and ophthalmologist, all of whom allowed me to scrub in and assist where possible, observing a varied list of conditions and surgical procedures. I spent one day in the antenatal clinic speaking with expecting mums and performing neonatal ultrasounds. However, it was my trip with the Royal Flying Doctor Service to Emerald, 400km North of Roma, which I consider to be the most exciting component of my placement. I spent the day with a general surgeon seeing patients & scrubbing in for surgery, and flew home in the cockpit, observing the intricacies of flying into the dusk over rural Queensland.

My placement was more than the clinical experience I received at the hospital; I developed a deep appreciation for the local community and what it means to be a rural doctor. In a climate where good doctors in the country are few and far between, this exposure has been invaluable and has left a lifelong impression on me.

A JFPP info session will be held early in the year on-campus at Deakin - in the mean time, head to ACCRM.org.au for more information.

Mathew Rawlings



uhad

Welcome to medicine and, importantly, welcome to UHAD (Universal Health at Deakin)!

UHAD is Deakin's global health group, formed by passionate individuals who strive to raise awareness and work towards health equity across the world. Despite being a local group, UHAD is affiliated with the Australian Medical Students' Association (AMSA) and therefore we provide a unique opportunity to network with like-minded students throughout Australia. In particular, we organise a group of Deakin medical students to attend the national Global Health Conference (GHC), where we are inspired by some of the most renowned global health leaders in the world (and don't forget the social nights)! We are lucky to have AMSA GHC 2018 in Melbourne this year, and are looking forward to having a massive Deakin representation!

UHAD also offers the opportunity to work more closely in special interest areas, including sexual reproductive rights (also known as Code Red) and climate health (also known as Code Green). UHAD is also involved in organising the Victorian Global Health Conference, Change X Unzipped, providing a great opportunity for you guys to upskill and get involved in organising and running such a phenomenal event.

We're also super keen to bring back *Feast On Diversity*, the biggest and best festival on campus – where we welcome the local refugee and asylum seeker community! It's exactly what the name suggests – a FEAST! Food, sports, dancing, singing – you name it, we got it!

And...if your interest is more in maternal health, then not to worry, we've got that covered too! Come along to our maternal health evening, be inspired by our speakers, and make a practical contribution to reducing maternal and neonatal deaths across the world. Also, join us for some fun at our charity wine tour, and help us raise funds to reduce maternal and infant death rates in Papua New Guinea.

After all that, it's pretty clear you have one job to do – GET INVOLVED WITH UHAD! Sign up online via DUSA [here](#). We have many first-year subcommittee positions opening up soon and would love to hear from you. Otherwise, we are looking forward to seeing you at our fun, exciting, sensational, inspiring 2018 events and activities!

uhad.deakin@gmail.com

Francesca Sasanelli



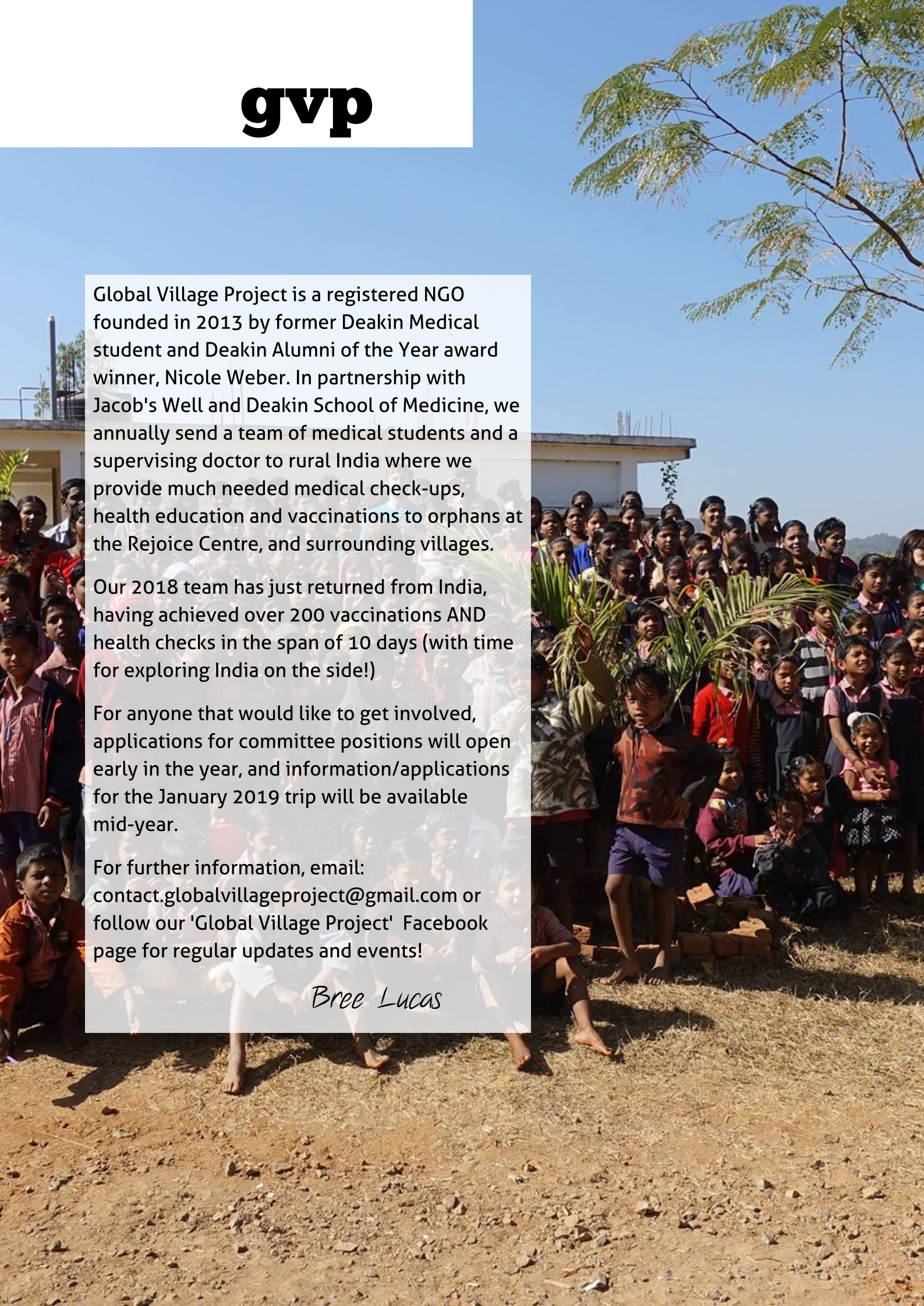
Global Village Project is a registered NGO founded in 2013 by former Deakin Medical student and Deakin Alumni of the Year award winner, Nicole Weber. In partnership with Jacob's Well and Deakin School of Medicine, we annually send a team of medical students and a supervising doctor to rural India where we provide much needed medical check-ups, health education and vaccinations to orphans at the Rejoice Centre, and surrounding villages.

Our 2018 team has just returned from India, having achieved over 200 vaccinations AND health checks in the span of 10 days (with time for exploring India on the side!)

For anyone that would like to get involved, applications for committee positions will open early in the year, and information/applications for the January 2019 trip will be available mid-year.

For further information, email: contact.globalvillageproject@gmail.com or follow our 'Global Village Project' Facebook page for regular updates and events!

Bree Lucas



Deakin's General Practice Student Network is a medical student group aimed at promoting primary and community health and ultimately encouraging students to consider the career pathway to General Practice! Every medical school across Australia has a GPSN club, which are all overseen by General Practice Registrars Australia (GPRA) - helping to create a nationwide network of like-minded students and clinicians. Together we work with the local community to host some great events and raise money for healthcare related charities, as well as helping to upskill our members with workshops and careers nights.

GPSN Deakin isn't just for students interested in becoming a GP; we run some great events throughout the year including our upcoming trivia

night, incentive day and Ballarat Clinical School visit, as well as Relay for Life Health Check Huts to help students gain skills in obtaining basic vital signs in a public setting.

Get involved and apply for either our first-year representative position or publications and promotion manager (stay tuned and like our Facebook page for application open dates!) Also, keep your eye out for tickets to trivia night on the 21st of March - enjoy a parmi while we all raise funds for Men's Shed and Men's Health.

Join us today! Membership is FREE! Contact us at deakin@student.gpra.org.au, follow our Facebook page at /DeakinGPSN, or visit the website at gpsn.org.au.

Bec Webster



AUSTRALIAN
MEDICAL STUDENTS'
ASSOCIATION

MEDUSA & AMSA



MeDUSA

what's medusa?

MeDUSA (Deakin's Medical Students Association) was established to represent and serve the student cohort. We have a proud history of hosting a broad range of events across all year levels, and across all clinical sites. A few notable events from our academic portfolio includes Careers Night, Hospital Information Night and an Electives seminar.

More importantly, as the student body our great working relationship with the School of Medicine means we are in the fortunate position where our voices and concerns are taken seriously, and this allows us to best represent students' needs.

The social calendar is just as if not more packed with events including the highly anticipated annual Cocktail Night, MedCamp and MedBall to name a few. In addition, at MeDUSA we strongly believe in the cultivation of all interests within medicine, and this is represented in our subcommittees, Deakin's Surgical Interest Group (DSiG) and Crossing Borders. Simply put, MeDUSA is here for you and your needs.

As the student body, we are also always looking for like-minded individuals who are keen on joining

the team and are enthusiastic about student experiences. Being a committee member provides an invaluable opportunity to develop teamwork and leadership skills whilst at university as a stepping stone into the real world. It also allows you to work closely with students from other year levels and clinical sites.



If this sounds like something you would like to be involved in, please contact your pre-clinical president at president.preclinical@medusa.org.au.

Nathan Duong

what's amsa?

Hello reader! My name is Jeigh and I am your AMSA Chair for 2018.

Congratulations on making it here!

Now, for the moment you've all been waiting for:

what is AMSA?

AMSA is a student-run organisation that represents, informs and connects all of Australia's 17,000 medical students. It is made up of hundreds of medical students from all 21 medical schools in Australia who work together in various capacities, such as:

- Advocacy (providing a strong voice at the national level, ensuring the concerns of Australian medical students are heard)
- Events (providing social, educational and leadership opportunities through renowned national events, such as National Convention, Global Health Conference and the National Leadership Development Seminar)
- Projects (from LGBTQI* health, refugee health, mental health, climate change, Vampire Cup Blood Drive and everything in between)

what do we do?

As part of the AMSA team here at Deakin, our main role is to act as a conduit between you and the wonderful world of AMSA. We will keep you informed of any AMSA-related events and opportunities, as well relaying your concerns and opinions on pertinent medical student topics at National Councils.

why should you care?

Because your happiness and future as a doctor depends on it! AMSA provides you with many opportunities to develop professionally and upskill, network with other like-minded individuals, pursue passions outside of medical learning, and just generally have a good ol' time. At the same time, AMSA is creating a unified voice for all Australian medical students, ensuring our future as junior doctors and beyond.

If you have any questions, please contact your preclinical representative Ricky at

amsa.preclinical@medusa.org.au or

myself at

amsa.clinical@medusa.org.au.

Jeigh Tiu



AMSA GLOBAL HEALTH CONFERENCE



**SEE THE SPECTRUM
MELBOURNE 2018**

AUG 17-21



[FACEBOOK.COM/GHC2018](https://www.facebook.com/GHC2018)



[INSTAGRAM.COM/GHC_2018](https://www.instagram.com/GHC_2018)



[GHC2018.COM](https://www.GHC2018.COM)



community & wellbeing

Hi everyone! The Community and Wellbeing team are part of MeDUSA, and work to ensure all students feel part of the medicine community, the Deakin community and the Geelong community. We also aim to promoting wellbeing and a sustainable approach to your studies. This means that we focus on the mental, social and physical health of all you guys!

This year we plan to run lots of fun activities, including regular free massages, pilates, a 'mental health week', chilled catch ups and community volunteering. We are always after new ideas and fresh faces, so feel free to get involved and contact us if you have great suggestions or simply want to help out!

Contact us on community@medusa.org.au; we will also have a few meetings advertised throughout the year, so make sure to come along!

Johanna Mousley





getting involved

Very soon, the Deakin Medical Students' Association (aka MeDUSA) will be looking for a number of enthusiastic, social, fun-loving students to be involved in the Preclinical Committee. There will be a number of positions available encompassing academic and social issues as well as various subcommittees, including the Australian Medical Students' Association (AMSA), Community and Wellbeing, Deakin Surgical Interest Group (DSIG) and Crossing Borders. You can apply for as many positions as you would like, however, only MeDUSA members can apply for committee positions. So make sure you're signed up!

Why bother getting involved? It's a fun way to meet a lot of new people! This includes getting to know students from different year levels and other Australian medical schools. You'll also work closely with MeDUSA committee members and Deakin academic staff to develop personal and professional skills such as organisation and leadership. Additionally, you'll have the opportunity to give something back to the Deakin community and contribute to the positive learning environment that Deakin is known for. Keep an eye out for the elections which will take place over the next few weeks.

Daniel Marie

The Australian Medical Students Association (AMSA) is the peak representative body for the medical students of Australia. AMSA does a lot in all areas of medical school life including advocacy, events, policy, global health, mental health, rural health and much more. Each of these initiatives are run by students for students.

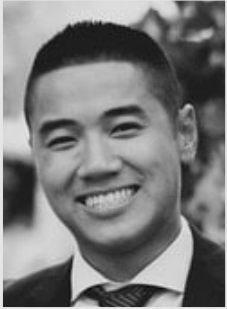
The amazing thing about AMSA is that it caters for anyone, no matter your interest. Remember that how you shape your medical degree is up to you. You could take it day by day until graduation, or be like other past AMSA enthusiasts and write policies, represent AMSA overseas, network with pioneers in the medical field, make new friends all over Australia, run a conference and much more!

What are you waiting for? Head to amsa.org.au, like AMSA on Facebook or check out @youramsa on Instagram and see what you can get up to.

Ricky Le

your student reps

EXECUTIVE COMMITTEE



President
Tom Vu



Vice President
Ryan D'Cunha



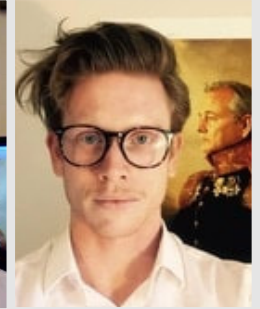
Treasurer
Bobby Ou Yang



Secretary
Nathan Duong



**Preclinical
President**
Daniel Marie

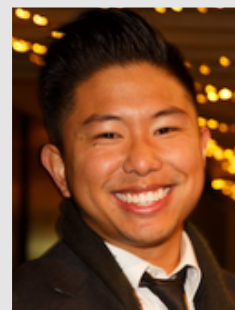


**GCSC
President**
Carl Cosgrave

GENERAL C



Academic Chair
Terrance English



AMSA Chair
Jeigh Tiu



Social Chair
Amy Froud



**Sponsorship
Co-Chair**
Heather Gray

your student reps

PRECLINICAL COMMITTEE



Preclinical Vice President

Nicholas Shearer



Preclinical Social

Rory Fairbairn



Preclinical Academic

Joseph Femia



Preclinical C&W

Brynn McKenzie

Not pictured:

Preclinical International

Rika Anhda

COMMITTEE



Community & Wellbeing Chair

Johanna Mousley



Publications Chair

Eibhlinn Cassidy



Sponsorship Co-Chair

Steph Dimopolous

Not pictured:

Junior AMSA Chair

Ricky Le

IT Chair

Terence Kha

Clinical International

TBC

your student reps

CLINICAL COMMITTEES

EASTERN



3rd Year Rep
Merlyn Matthew



4th Year Rep
Melissa Catanzarite

GRADBALL



Convenors
Katrina Tan



Eliza Petering

WARRNAMBOOL



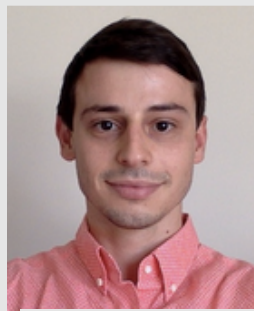
4th Year Co-Rep
Martin Perry

Not pictured:

3rd Year Co-Reps
Mat Rawlings
Brooke Khoo

4th Year Co-Rep
Sarah Lum

BALLARAT



4th Year Rep
Adam Cohen

Not pictured:

3rd Year Rep
Madison Phung

Not pictured:

RCCS/IMMERSe Rep
Madeleine Goss

RCCS

SPECIAL INTEREST



DSIG Chair
John Kefalianos



**DSIG
Preclinical**
Elise Ho

your student reps

CLINICAL COMMITTEES

GEELONG



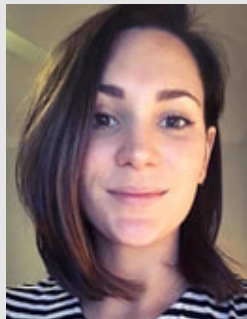
**3rd Year
Academic**
Jordan Walter



**4th Year
Academic**
Katrina Tan



Secretary
Phillip Te



**Publications
Chair**
Sian Brooker



**Sponsorship
Chair**
Ryan Moxham-Smith

Not pictured:

Social Chair
Mina Hanna

INTEREST GROUPS



**Crossing Borders
Chair**
Sachira Chandrasekara



**Crossing Borders
Preclinical**
Joy Thompson