# THE PULSE -

# **Autumn Edition 2019**





MeDUSA Deakin Medical Students' Association

# THE PULSE

The Pulse is a medical student magazine published on behalf of the Deakin Medical Students' Association, the official representative student organisation for the Deakin Medical School.



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# MESSAGE FROM THE PUBLICATIONS CHAIR

Welcome to the first issue of the Pulse! We are almost half way through the year, and I hope you get the chance to have a read through the first issue of the Pulse!

In this issue, we decided to focus on the great contributions that Deakin medical students have done abroad in Vietnam and India over the summer break.

Please feel free to share the link with friends and family :)

Liem Tran - MeDUSA Publications Chair 2019

#### **GLOBAL HEALTH FEATURE**

# **DEAKIN DOCTORS IN VIETNAM**

#### By Emina Hajdarevic (2nd Year)

A country diverse in culture and rich in history, Vietnam became the backdrop for me and fifteen other first year Deakin medical students earlier this year. We were afforded the opportunity to strengthen our understanding of the nation and its healthcare system through the governments New **Colombo Mobility** Program. The grant program included a structured cultural and academic tour in the capital city of Hanoi and a clinical placement program in the bustling south of Ho Chi Minh City. The aim of the program was to explore the multifaceted healthcare system of the country with an emphasis on rural and regional healthcare and to analyse the social determinants of health

specific to the nation. Furthermore, the tour allowed for greater insight into the Vietnamese culture and its effect on health, strengthened our medical education and people-to-people ties and allowed for development of our own clinical knowledge and skills.

The first week in Hanoi saw the start of our cultural and rural health tour in Viet Tri City and the town of Phu Tho. There we were given a tour of the sacred Hung King Temple and welcomed with traditional Xoan Singing. Across the week, we were warmly welcomed by hospital administrators and government delegates as we visited different hospitals. Primarily, the Pho Tho General



Hospital and its attached medical training college as well as the private Hung Vuong General Hospital. Each evening saw us greeted with a gala dinner, fed with unprecedented amounts of delicious Vietnamese food and entertained with singing and performances.

Our final two weeks were spent in the sunny City of Ho Chi Minh, where we completed a clinical placement in the unbelievably busy Cho Ray Hospital. We were assigned to departments across the hospital including the intensive care unit, neurology, surgery and infectious diseases departments. Given my interest in the field, I was fortunate enough to be placed in the oncology department.

#### **GLOBAL HEALTH FEATURE**

My placement saw myself and another Deakin student explore all the attached services of the oncology department including the radiation therapy, PET and CT facilities. However, most of our time was spent in the chemotherapy and consulting outpatient rooms. It is here where we became privy to the processes involved in managing patients with cancer, the clinical reasoning and decision making behind treatment regimens and a firsthand insight into the unique emotional strains placed on patients and their families in an oncology setting. Each day saw us meeting over 100 new patients while we shadowed our senior oncologist supervisor. We gained skills such as analysing MRI and CT images, reviewing blood results to determine treatment choices and palpating for signs of disease such as neck lymphadenopathy. Simply, my placement was one of the most rewarding, eye-opening

and humbling experiences I think I've ever had and will forever remain etched into my memory.

Our trip across Vietnam was a whirlwind but we also had plenty of time for exploring and fun. Beyond the scenic rooftop views, traditional architecture and amazing street food, I watched Hanoi's famous water puppet show, visited the Temple of Literature and Hoan Kiem Lake and explored Saigon's War Remnants Museum, I laughed my way across the Mekong Delta in traditional Vietnamese boat and hat, kayaked across the breathtaking views of Ha Long Bay, slid my way through the historic Cu Chi Tunnels, relaxed along the beaches of Phu Quoc, fearlessly fired a loaded AK rifle and shopped my way through the famous Ben Thanh markets. More importantly, I did it all in the great company that was the other

Deakin students.

The Deakin Doctors in Vietnam trip was a melting pot of culture, entertainment, reflection and learning. It is an example of how active efforts to understand others and their culture can improve communication and health outcomes, and the need for improved global health equality.

#### Emina Hajdarevic

# PHOTOS FROM THE TRIP











#### **GLOBAL HEALTH FEATURE**

### We sat down with Sunny, to hear more about his recent Deakin volunteer experience in India...

Global Village Project is a medical-student run registered NGO founded in 2013 by former Deakin Medical student and Deakin Alumni of the Year award winner. At GVP our mission isn't to change the world but it is to make a small difference by connecting health students and professionals with opportunities to volunteer their time and skills in resource-poor countries, through this we aim to be community leaders in sharing knowledge, resources, and education.

In partnership with Jacob's Well foundation and Deakin School of Medicine, we annually send a team of medical students and supervising doctors to Koraput district, Odisha, in rural India where we provide much needed medical check-ups, health education and vaccinations to orphans at the Rejoice Centre, and surrounding villages. Our 2019 team has just returned from India, having achieved over 250 health checks and

65 vaccinations along with touring a local hospital in the span of 10 days (with time for exploring India on the side!)

Brittany Butten is a fourth year Deakin medical student located at Warrnambool clinical school and events coordinator for GVP. Britt has been on the India trip previously and this is what she loved most about the trip. "My favourite thing about GVP was sharing the idea of primary care to the adults and children we were working with. Showing that doctors are not just for when you are sick and health care doesn't always have to be a scary experience. That message was probably more lasting than any individual health check we gave."

In 2018, we had numerous fundraising events throughout the year to support the Global Village Project initiative including bake sales, an Indian lunch and the Sirius(ly) magical Harry Potter trivia night.

With our new committee GVP had a great start to 2019, we successfully completed the Harry Potter trivia night raising over \$1200 and we had an extremely successful Easter raffle raising over \$900. All of the proceeds will go towards much needed medical supplies and vaccinations for the India trip. From the GVP team we would like to thank all of you for your continued support. Follow us on Facebook and Instagram for news of upcoming events.

For anyone that would like to get involved, applications for the January 2020 trip will be available mid-year.

For further information, email: follow our 'Global Village Project' Facebook page for regular updates and events!

#### Sunny Panuganti

Vice-President GVP

# PHOTOS FROM THE TRIP











#### **FEATURE**

## EMMA SUTTON (2nd year) has started a new mentor program between Deakin medical students and biomedicine students interested in studying medicine

Hi there, my name is Emma Sutton, I am one of the second-year med students this year and I've been lucky enough to be given the opportunity to talk to you a bit about our new mentoring program at Deakin!

The Med Mentors Program is an opportunity for medical students to be paired with a mentee of any of Deakin's undergraduate degrees who is interested in pursuing medical school.

Inspired in part by the addition of the Deakin Bonus given to undergraduate Deakin students applying to our medical school allowing more of our fellow Deakin students to join us in the SOM in years to come, and partly by the huge generosity and comradery throughout our amazing cohort. Deakin (unlike

other medical school program's not to be named) is known for its relatively low sense of competition and collective support throughout the student body. Undergraduate degree's sometime lack this sense of community and support and it would be great to extend this encouragement from our cohort to theirs and foster a larger community of future doctors helping future doctors, an attitude we can hopefully take with us throughout our careers to decrease workplace bullying and harassment in the hospitals.

The aims for our undergraduate mentees are to give them somebody to ask silly questions to, someone to voice concerns with, a role model, a friendly face for some on their first day of medical school, an ongoing friendship throughout our careers.

The aims of this opportunity for medical students was to create a program flexible enough that students keen to be involved can get the most out of it no matter how big or small their commitment might be. Our goal is to help improve leadership, public speaking, mentoring and teamwork skills through a variety of roles within the program and upcoming events.

MED MED MENTORS GUIDANCE TODAY FOR THE DOCTORS OF TOMORROW We know medicine is a time poor and stressful course and that some volunteer or representative roles can be overwhelming, or have limited roles available, we aim to offer a role to anybody interested and accommodate for their time schedule and help them achieve or improve new skills.

Applications for mentor positions will be out shortly and anybody from any year level is welcome to apply using our survey monkey form to match you with your mentee! Once matched you will receive an email introduction and it is up to you and your mentee how your communication will continue from there, it can be entirely over emails, through Facebook if you chose or in person if you're at the same campus. There will be a handful of email prompts through the year containing ideas of what to speak about with your mentee surrounding events like application deadlines, interviews and September GAMSAT as well as ongoing

support offered from the mentor team should you find yourself a bit too snowed under to dedicate time to your mentee at one time or another, the goal is a low time commitment but a big impact! We also have a number of events in which you can be involved whether or not you wish to be a mentor.

Our first event of the year was wonderful, running an introductory session at the Burwood campus with our second-year cohort presenting inspiring talks on their unique journey to medical school, their experience as a Deakin medical student and any advice for they would give their former undergraduate selves. This was followed by a panel presentation where undergraduate students were able to ask burning questions to 10 of our generous second-years students. The event finished with a break out session where potential mentors and mentees could meet and continue to ask questions and get to know

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each other. It was a very inspiring and empowering event and we look forward to the next session run by our first-year med students in Waurn Ponds. Future events this year will include a mock interview session in **Burwood and Waurn Ponds** as well as a GAMSAT tips and tricks session at each campus prior to the September GAMSAT. All roles are open to anybody interested! All participants will receive a certificate of appreciation for your contribution in leadership/mentorship form our partner team Deakin Universities Biomedical Society and the Med Mentor Team to add to your CV!

If you're keen to become part of the team or have any questions please feel free to message me on Facebook or shoot through an email to <u>esutton@deakin.edu.au</u>











## **FROM SOCIAL**

#### MEDUSA PRESENTS



Saturday 13th of July, 7.00pm Mt Duneed Estate

#### **FROM UHAD**

## 2019 UHAD x CROSSING BORDERS RATION CHALLENGE



Join us for the 2019 Ration Challenge and help us reach our fundraising goal!

UHAD x Crossing Borders will be running a group ration challenge from the 21st of May until the 28th of May (we have moved the date of the ration challenge from the allocated dates of Refugee Week 16th of 23rd of June to accomodate for our upcoming Exams) To join, simply sign up to the ration challenge https://actforpeace.ration <u>challenge.org.au</u> and join the UHAD x Crossing Borders team on the website and get fundraising!

Over 11 million Syrian people – nearly half the country's population – have been displaced because of war. They are some of the world's most vulnerable people; mothers and fathers struggling to feed their children; sons and daughters missing out on an education; people dying for want of basic medical care that we take for granted in Australia; and families who, after losing everything, are not getting the support they deserve to rebuild their lives.

The money you raise will help provide food ration packs to the most vulnerable – the same food you'll be eating during the Challenge – as well as hygiene kits, medical help and psychosocial support.