



MeDUSA

PRESENTS

2019 1st year survival guide

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Artwork by Brydie Clark

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Table of Contents

01 President's welcome

02 Surviving Medical school

23 Social Team

26 Perspectives from Past 1st years

33 Life in Geelong

39 Health and Fitness

45 International Students

47 Placement and Clinical Schools

56 Deakin Interest Groups

71 Library

Editor's Welcome

Dear reader,

A big congratulations on getting into medical school at Deakin! I hope you find this guide useful - it has been a pleasure putting this together this year. This is a guide that has been written by your peers for the incoming cohort. I look forward to meeting you all soon.

Keep an eye out for the MeDUSA medical student newsletter - the Pulse - later in the semester!

All the best,

The survival guide



The survival guide is proudly published on behalf of MeDUSA, the official representative student body for Deakin Medical School

Liem Tran

Publications Chair



CONTENTS

President's Welcome



Welcome Class of 2022! Congratulations on your entry to Deakin Medical School!

My name is Ryan, and I am the 2019 President of MeDUSA. We are a student society that is ultimately here to make your medical school experience as enjoyable and smooth as possible. But in the more immediate future, we are here to help as you transition into medical school life.

Firstly, a massive congratulations is due for success in getting onto the program! Deakin Medical School is a popular course, and is constantly getting more difficult to enter. I'm sure many of you have had your challenges finding your way in, but now you can put the GAMSAT PTSD behind you, and enjoy this next step in your journey.

I can tell you personally that I have enjoyed every moment through this course so far. While at times it has been challenging, you are well supported every step of the way.

We hope this book helps you navigate yourself through the course, but never forget there are plenty of happy faces around that are always willing to help if you need also.

Once again, congratulations, and welcome class of 2022!

Ryan D'Cunha
President of MeDUSA

SURVIVING MEDICAL SCHOOL

My top 5 tips to survive 1st year

Katerina Lau

Congratulations! What a feeling. From GAMSAT to interview to offer letter, it's finally happening. You're in... and now you need to pass.

1. Curriculum changes

Deakin's BMBS is currently transitioning to the MD, so there are going to be many changes to the current program. We're the guinea pigs.

2. Studying

On Mondays and Fridays, you have PBL, which is essentially small group discussions on patient cases. If you don't keep up with the lecture content during the week, you will have little to contribute and may find PBL boring and be unengaged. It also means you will have to catch up on study later, which is difficult in a fast-paced course like med. Essentially – don't cram and don't 'learn and dump'. Your first block, Human Biology, is relatively easy especially if you're coming from a physiology/anatomy background, so use those months to try different study techniques and routines before the content gets harder.

3. Hobbies

Having hobbies makes the year so much more enjoyable and I strongly encourage you continue your existing activities and/or seek new ones. No matter how busy study gets, make time for some extra-curriculum activities to keep you sane and help avoid 'burn out'. First year is the perfect time to test out different routines and, in the end, do whatever works for you.

4. Healthy Lifestyle

Exercise often, sleep adequately and eat well – easier to preach than execute. Don't go down the rut of ordering takeout and eating junk. Learn a handful of simple and healthy recipes and keep up the exercise.

5. Everyone is going through something

Starting a new degree, in a new place with new people = a lot of changes. You're not alone, and there is help around. Aside from your friends, family, fellow students and lecturers, the School of Medicine has its very own counsellor, Jacqueline.

Most of all, reality check. Remember you're more than just a med student. P's get degrees, so enjoy first year and see you around!

Red Hot Study Tips

Brydie Clark

4

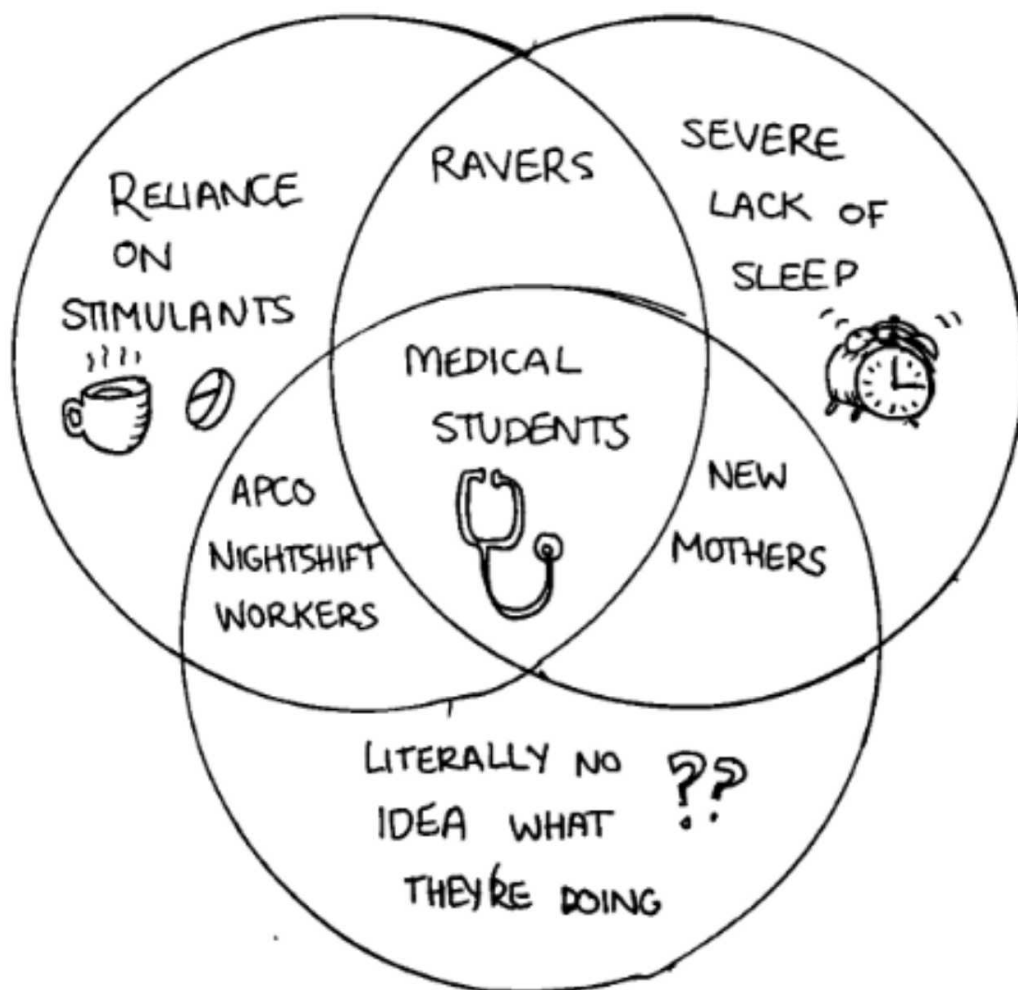
You may have heard rumours that being a medical student is about dedicating your life to the textbooks and forfeiting all social interactions and leisure activities....and maybe there is some truth to those rumours, but for your first preclinical year at Deakin, there are many strategies you can use to prevent becoming one of *those* medical students. Save that for your intern year. This far-from-exhaustive list aims to skip the typical stuff that you've heard a thousand times over since school (we all know sleep is important, Facebook probably shouldn't be open in another tab and that bed and desk are not analogous). Here are my hottest tips for maximising study efficiency:

- 🔥 AnkiApp (Anki) – download this genuine gem of an app on your phone and laptop and create virtual flashcards that will sync automatically across all your equipped devices and that you can share with your friends. Flashcards are an effective study tool if used properly, as they allow you to optimise your recall – which is exactly the skill you need for most exam questions. Use the weekly quizzes provided on CloudDeakin and Learning Objectives as a guide for making cards, and revise continuously throughout the semester to reinforce concepts. Spacing is more effective than cramming (sorry, I know this is one of those tips that you've heard a million times) and Anki is the closest thing to a “fun” way of achieving it.
- 🔥 PBL – PBL is compulsory, so you will be attending regardless of whether you decide to actively participate - but not participating is a big mistake. Do what you can to be maximally prepared for your PBL class on a Friday. Use the class to reinforce what you know and be forthright with what you don't. Your peers are a wealth of knowledge and might have a different way of explaining a concept or a clever mnemonic that works for you better than the lecture or textbooks. Speak up, draw on the board, discuss and clarify. There is no shame in asking questions.
- 🔥 Group study – as above, your peers can be one of the best resources you'll have. Even better, you can make friends and study at the same time – productivity goals! The additional benefit of organising a study group is that you can hone your DP (...Doctor and Patient) skills by practicing with friends. Organising a regular study time may also provide some extra motivation to study.
- 🔥 Khan Academy and Osmosis – both of these video services offer some excellent videos that explain a number of concepts relevant to first year medicine. Particularly useful for covering the fundamentals for those who are not from a biological science background (or a refresher for those who are!)
- 🔥 CV physiology and pharmacology (<https://www.cvphysiology.com/>) – it is very possible that the lectures covering the cardiovascular content may leave something to be desired. Luckily, there is CV phys and pharm: two exquisitely thorough, reliable sites that will have your back in the CR block (as well as some HB lectures)
- 🔥 Life in the Fast Lane (<https://litfl.com/>) – LITFT is another excellent online resource. While the layout is not particularly user-friendly (which really isn't a surprise for a blog run by middle-aged doctors), if

you know what you're looking for, LITFT offers up-to-date, relevant summaries of a number of clinically relevant topics that come up in both KHI and DP and seems to be a favourite of the tutors.

5

- 🔥 John West Lectures (available on YouTube) – Prof. John West is a bit of a legend in the world of respiratory physiology, having made major research contributions in the area of ventilation-perfusion relationships in the lung. Being the ripper bloke he is, he has made a series of videos available on YouTube where he explains the fundamentals. He also has a lovely voice.
- 🔥 Summarise – Avoid getting bogged down with the details. Understanding broad stroke concepts is much more important in the long term and also much more clinically relevant. If you are time poor (which you will be), focus on making notes that reflect the main concepts covered in lectures. It is impossible to retain all the tiny details but it is possible to have a firm grasp on the fundamentals that you can continuously build on with time. Re-read your summaries at the end of each week (remember – spacing > cramming). These notes will be much easier to digest for future study.
- 🔥 Don't compare yourself to your peers – while I am an advocate for groupwork and sharing with peers, it is important not to compare yourself constantly with others in the cohort, however tempting it may be. Everyone has different levels of knowledge and different backgrounds, and it can, at times, be demoralising and demotivating if you feel as though you know less than your peers. It is important to remember that everyone has their strengths and weaknesses – and perfection in medicine is a myth!



Textbooks

Jonathan Somic

6

Put your wallet away. There is no reason why you should be spending any money on textbooks this year.

All of the textbooks I mention here will become available to you in your first few days and weeks at Deakin via the infamous “Med Bible” USB drive that will inevitably make its way into your hands. All for free and all for you. So breathe a little easier and think about all the lovely things you can now spend your textbook budget on. Here is my short, sweet and not at all comprehensive Top 5 list of most useful textbooks to help you through your first year and beyond.

1. ‘Clinically Oriented Anatomy’ by Keith L. Moore (aka Moore’s Anatomy) –

This is one of many anatomy textbooks included in the Med Bible and whilst many people swear by Grey’s Anatomy for Students (an excellent anatomy text in my mind) Moore’s gets the nod here due to the fact that the anatomy practical worksheets that you will be working on week in and week out take their questions and most of their figures from Moore’s. If you are wanting to save both time and brain power (both of which will be in short supply for you all soon enough) this should be your go to for getting the most out of your anatomy learning.

2. ‘Pathologic Basis of Disease’ by Kumar, Abbas and Aster (aka Robbins and Cotran or just Robbins) –

This is the go-to book for pathology to help you make sense of what you are seeing when you spend hours upon hours looking through histological slides and going through case studies in the pathology labs. This book does a great job of integrating the pathological processes with the normal physiological goings on and it should be your first port of call as it explains what you need to know about all the disease processes you will encounter in first year in relatively easy terms.

3. ‘Talley and O’Connor’s Clinical Examination’ by Talley and O’Connor (aka the one book you should buy if you really want to spend your textbook money on textbooks) –

This book is your gospel when it comes to your clinical skills and your approach to actually treating patients. This book is key for your second year practical examinations or OSCEs and is the only book I would happily give over my hard-earned money for. Just because it’s essential for second year doesn’t mean that you can’t get the most out of it in first year. Every week you will be required to do some pre-tutorial preparation for the ‘Doctor and Patient’ theme and the answers and questions asked of you will likely be taken out of Talley and O’Connor.

Textbooks

Jonathan Somic

7

4. 'Jekel's Epidemiology, Biostatistics, Preventive Medicine, and Public Health' by Katz, Elmore, Wild and Lucan (aka the question factory) –

Your best friend when you're studying for Public Health (PHM) midsem tests and end of semester exams. The main reason? You're more than likely to find more than a couple of the example questions in this textbook copied nearly word for word in the exam. Apart from this obvious advantage the textbook itself is a handy resource for some of the more concrete concepts like biostatistics and epidemiology. It's less useful when it comes to anything Australian based as the book is heavily targeted towards American medical students.

5. 'Toronto Notes' by Toronto Notes (aka how to look like you know what you are talking about in PBL) – By far my favourite book I've encountered this year. A resource that is full of useful mnemonics and succinct and concise differential diagnoses and treatments for pretty much every disease we are likely to encounter in our careers. Set out in Alphabetical order by area of interest from 'Anaesthetics' to 'Vascular Surgery' this textbook outlines the pathology and presentations of disease in a more real world setting than anatomy and pathology textbooks are likely to show. Especially useful are the tables throughout that allow you to "compare and contrast" similar diseases which will become very useful both when you are ready to present in front of your PBL groups and when you are on a ward at 2am in the morning.

Honourable mentions: Notably missing from this short list is a physiology textbook. This is not because there is no need for one but because there is no real standout amongst a great number of physiology textbooks. Any of Boron's Physiology, Martini's Physiology and Sherwood's Physiology will be a helpful addition to your learning. Go through each one to find which one suits your learning style and stick with it. That being said the majority of figures included in the lectures were from Boron so if you really can't decide just go for that one and don't look back!

Extra resources

Jonathan Somic

8

HOT TIP: To further your anatomy skills you can access 'Acland's Video Atlas of the Human Anatomy' via the Deakin Library online database. These series of videos really give you a more realistic idea of the inner workings of the human body as they use 'fresh' donor bodies that have not been embalmed or preserved. If you want to impress both your peers and your anatomy demonstrators I recommend previewing these videos before each anatomy session with a physical donor body.

HOT TIP: Geeky Medics is an outstanding online resource that basically condenses the teachings of Talley and O'Connor and other clinical examination texts and presents them in an easy to digest format online. Just google 'Geekymedics + whatever particular examination you are interested in' and you will be presented with videos, step-by-step OSCE checklists for mock exams with your peers and also some quizzes and questions to really compound your knowledge and boost your confidence when it comes to physical examinations and patient interactions.

HOT TIP: Search "Shotgun Histology" on Youtube and you will find the simplest and easiest explanations of most of the histological slides you will see. This channel does a great job of quickly and succinctly identifying and pointing out the most important characteristics you should be looking for through the microscope when all you are really seeing is lots of reds, pinks and maaybbeee purple?!!

HOT TIP: Youtube is your friend. If you are struggling with a concept in public health just type it into a google or youtube search and you will very rarely come up wanting. There are some especially "high yield" videos on epidemiology and case studies that really help solidify concepts and will make exam time that little bit easier. Search for "USMLE Step 1 Epidemiology Principles: Study Designs" and you'll save yourself hours.

Stethoscopes

Jonathan Somic



9

You've got your offer. It's all confirmed. But are you really a med student if you haven't bought a stethoscope yet? Probably not. Luckily for you I have developed a quick little buying guide to help you make simultaneously the least and most important purchase of your medical life.

1. The Littmann Cardiologist IV.

Possibly overkill and expensive in anyone's eyes at \$280; this is a beautifully well-made piece of equipment that will instil confidence in you whether you are taking patients' vitals or listening for heart murmurs. The Cardio IV is advertised as having the best audio profile of the stethoscopes on the market but in your preclinical years you might have a bit of trouble distinguishing any difference between this and cheaper alternatives.

Verdict: 3.5/5. The Cardio IV is an impressive stethoscope that only loses marks because of its high price and is noticeably heavier than other alternatives. You won't have to buy another stethoscope for a very long time so factor this into the price and it becomes less of an extravagance and more of a long-term investment decision.

2. The Spirit Classic Stethoscope.

A cheaper alternative that you can get for less than \$50 brand new. This is a reliable, light and dependable stethoscope that gets the job done. This is more than enough for what you will be doing as a medical student in your preclinical years and you will see these on the wards being used by nurses, doctors and other health professionals. If you are after a reliable tool that won't break the bank and is comfortable to wear this one is for you.

Verdict: 4/5. If you are after a reliable tool that won't break the bank and is comfortable to wear this one is for you. Loses marks only due to the fact that it only comes with a 1-year warranty. This is offset partially though by the fact that it is so much cheaper than most other alternatives.

3. The Littman Classic III

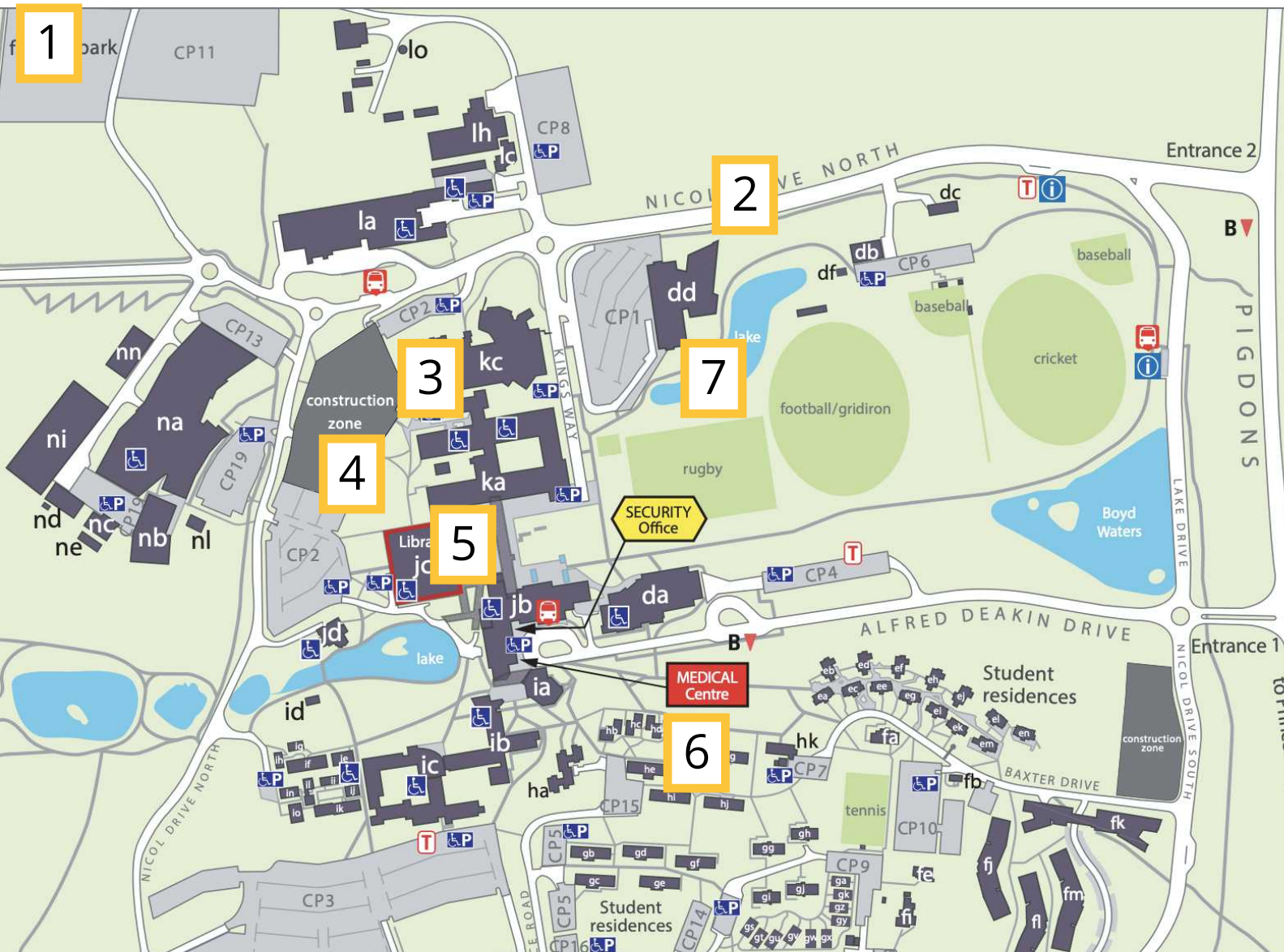
The Goldilocks stethoscope. Not the cheapest and not the most expensive with a 5-year warranty. This is my choice of stethoscope to pick up and after looking around the clinical skills corridor throughout the year most other students think the same. This stethoscope is all you need and at around \$120 it won't break the bank.

Verdict: 5/5. If you haven't bought your stethoscope yet and are wondering what to get this is where you should probably be looking towards. With a lot of funky colours and free engraving the Classic III can look as professional or playful as you want it to look.

Campus Map

10

- 1. The only free car park on campus** - a fair walk to the lectures, but worth it to save on permits
- 2. Building DD, aka REACH** - the best lecture theatre. Midsems and Monday morning lectures are usually held here.
- 3. Building KA**, aka your home away from home - anatomy, path, clinical skills and PBL happen here. You'll also find the common room, reception, and most of the unit chairs' offices.
- 4. Library** - there's a quiet study area downstairs, and the med library is on the second floor. Also features a cafe for your caffeine-fuelled study sessions.
- 5. Building JB**, aka the union building - here you'll find the food outlets, the main cafe, the union bookshop, security, and the student health centre. Free shuttle buses to town leave from the roundabout outside.
- 6. Medical student residences**
- 7. Athletics track, exercise equipment and basketball court** - MedFit often happens along here, and the uni gym is across the way in building DA 8. Transport hub for local



The Lingo

Amy Rogers

Preclinical Vice-President

The first few weeks of med at Deakin are kind of like learning a new language. Here's a translation:

	SHORT FOR	WHAT IT IS
MD	Medicinae Doctor/Doctor of Medicine	The degree you're doing.
PBL group		Most things are timetabled according to PBL groups, so you'll be with these guys a lot. PBL groups change each semester. See PBL .
Med bible		A hard drive full of handy resources passed from cohort to cohort of Deakin med students, improving each year. Includes completed past LOs and pracs, practice exams, textbook PDFs and more.
Theme		Like a subject or unit at other unis, except each semester of the MD is technically all one unit, and the themes are interrelated. The 3 themes include MSCP , PHM , and ELP .
MSCP	Medical Science and Clinical practice	The biggest theme in the MD , covering basic science content and clinical skills. Broken up into topics .
Block		Topics covered in all themes based around MSCP content/body systems. Includes HB , IDR , CR , and RG in first year.
HB	Human Biology	The first topic in MSCP , including introductory biomedicine, physiology, and anatomy covering a wide variety of topics to bring everyone up to a minimum starting point.
IDR	Infection, Defence, and Repair	The second topic in MSCP covering immunology, microbiology, inflammation, tissue repair, and malignancy.
CR	Cardiorespiratory	The first topic in second semester of MSCP , covering respiratory and cardiovascular physiology, pathology, and anatomy of the thorax.
RG	Renal and Gastrointestinal	The final topic of first year, covering renal and gastrointestinal pathology and anatomy of the abdomen.

	SHORT FOR	WHAT IT IS
ELP	Ethics, Law, and Professionalism	A smaller theme , covering ethical and legal issues relevant to medicine.
PHM	Public Health Medicine	A smaller theme , covering public and global health and the role of doctors and the health system.
PBL	Problem-based learning	Small, student-directed group class where you discuss a fictional case and generate LIs . Each week's MSCP content is based around PBL. Supervised by a facilitator .
LI	Learning Issue	Gaps in your PBL group's knowledge identified on Monday in PBL . You're supposed to investigate these and discuss them on Friday.
LO	Learning Objective	For MSCP , released on Friday after PBL , essentially outlining the things you were supposed to cover in PBL and pracs that week. Exams are heavily based on LOs. ELP and PHM may also outline LOs for each lecture, which they base their exams off as well.
Facilitator		Educator who supervises PBL to make sure it doesn't go off the rails. Usually an academic. Does your professionalism report .
Class		What Deakin calls lectures.
Workshop		Practical anatomy and pathology classes in MSCP .
Prac	Practical class	What everyone calls MSCP workshops .
Pre-prac		The work assigned for each Tuesday MSCP prac that is meant to be completed beforehand.
Clinical skills sessions		Practical classes where you learn clinical skills in the CSL . Taught by clinical skills staff . Part of MSCP
Clinical skills staff		Educators who teach us practical doctory skills in CSL, mostly experienced nurses.
DOPS	Direct Observation of Procedural Skills	Hurdle assessments where you perform a procedure in front of an assessor.
Tute	Tutorial	Classes where you sit and discuss things, usually clinical applications of knowledge. Led by your tutor . Part of MSCP .

	SHORT FOR	WHAT IT IS
Tutor		Educators who also teach us practical doctory skills in MSCP . One tutor teaches each PBL group per topic and does your ITA assessment.
ITA	In-task assessment	In preclinical years, basically your tutor's rating of your demonstrated ability when they've seen you. An assessment that happens once per topic .
Tute prep	Tutorial preparation	A worksheet you're supposed to submit before attending Wednesday MSCP clinical skills/tutes .
TBL	Tutorial-based learning	What tutes are called in PHM .
Seminar		What tutes are called in ELP .
OSCE	Objective Structured Clinical Examination	A practical assessment of clinical skills that you don't have to do in first year.

IT things

Cloud	Deakin Cloud	Online portal where you can access lecture notes, assessment details, timetables, submit assessments, discussion boards, etc -. Deakin's version of Moodle or Blackboard. This is your main source of resources for classes and assessments.
InPlace		Deakin's placement coordination system where you can find your assigned placements. Also where you need to submit your vaccine and other forms.
DeakIn Sync		Deakin's portal. You won't need to use this much but it does link to Cloud, email, InPlace, and Student Connect.
Student Connect		Deakin's portal for enrolment, HECS/fees, exam timetables, results, and other admin stuff.

Places

KA		The building containing the School of Medicine, PBL rooms, CSL , and anatomy/pathology labs.
DD/Reach		The building near the oval across the carpark from KA . Contains the big lecture theatre you'll have most lectures in.
CSL	Clinical Skills Labs	Classrooms in KA built like mock wards. DOPS and clinical skills sessions are done here.

	SHORT FOR	WHAT IT IS
PBL rooms		Classrooms in KA where you do PBL , tutes , TBLs , and seminars . Where you interviewed if you interviewed at Deakin, and also where you'll do OSCEs in second year.
<i><u>Old terms faculty/older students might use</u></i>		
KHI	Knowledge of Health and Illness	A theme covering the science content and pracs, merged with DP to form MSCP in 2019.
DP	Doctor and Patient	A theme covering clinical skills, merged with KHI to form MSCP in 2019.
ELPD/ELPC		What ELP used to be called



KA Building



REACH Building

Sample Timetable

Amy Rogers

Preclinical Vice-President

HME102 WEEK 11 (RENAL/GASTROINTESTINAL 1)						
	Monday 17/09/18	Tuesday 18/09/18	Wednesday 19/09/18	Thursday 20/09/18	Friday 21/09/18	11 30
8:00am	KHI (RG) CLASS		KHI (RG) CLASS	CLINICAL PLACEMENTS	ELP CLASS	8:00am
8:30am	[dd2.101 - REACH Building]		[dd2.101 - REACH Building]		[dd2.101 - REACH Building]	8:30am
9:00am		KHI (RG) CLASS	DP CLASS		ELP CLASS	9:00am
9:30am		[dd2.101 - REACH Building]	[dd2.101 - REACH Building]		[dd2.101 - REACH Building]	9:30am
10:00am					ELP CLASS	10:00am
10:30am		Practical	Clinical skills		[dd2.101 - REACH Building]	10:30am
11:00am	PBL	[Anatomy Lab - ka2.228]			ELP TUTE	11:00am
11:30am	Groups 1-15	10am-12pm: Group 1-5A 12:30-2:30pm: Group 6-10A 3-5pm: Group 11-15A	[CSLU / PBL rooms] 10am-12pm: Group 1-5 12:30-2:30pm: Group 6-10 3-5pm: Group 11-15		[dd2.101 - REACH Building]	11:30am
12:00pm	[PBL Rooms]					12:00pm
12:30pm		[Dry Lab - ka2.221]			PBL	12:30pm
1:00pm		10am-12pm: Group 1-5B 12:30-2:30pm: Group 6-10B 3-5pm: Group 11-15B			Groups 1-15	1:00pm
1:30pm					[PBL Rooms]	1:30pm
2:00pm						2:00pm
2:30pm						2:30pm
3:00pm	KHI (RG) CLASS					3:00pm
3:30pm	[KA3.403]					3:30pm
4:00pm	KHI (RG) CLASS					4:00pm
4:30pm	[KA3.403]					4:30pm

Colour key:

ELP Theme

PHM Theme

KHI Theme

DP Theme

Other

*Note that MSCP in 2019 is a combination of what were two themes in 2018 (DP and KHI).

Sample Timetable Explained

Amy Rogers

Preclinical Vice-President

Summary:

Each week is based around a PBL case, which is introduced in the Monday PBL session. PBL is most related to MSCP* content, but can incorporate ELP and PHM content as well. The lectures throughout the week will give you content you'll use to complete your PBL work for Friday. There are also MSCP practical/clinical skills classes and ELP and PHM lectures/tutes.

All content is grouped into "blocks" – first year includes HB and IDR in semester 1 and CR and RG in semester 2.

FAQ:

Does prac/clinical skills go all day?

No! Only 2h. Pracs/clinical skills are split into 3 groups. There are 3 timetable "groups" made up of PBL 1-5, 6-10, and 11-15. In 2018 each of these groups did MSCP practicals and clinical skills sessions in 3 2-hour sessions at 10-12, 12:30-2:30, or 3-5.

Anatomy/pathology workshops may be longer in 2019 – check your timetable. The timing rotates halfway through semester so you'll take a turn in every timeslot throughout the year.

Am I A or B?

The Cloud will also have a practical timetable which has an "A" or "B" next to each person's name. For MSCP practicals, A's start with anatomy then change to pathology, B's the opposite.

How do I find out about timetable changes?

Good question! The main timetable is updated frequently but this isn't usually for things in that week. Sometimes you'll get an email reminding you about a change, but often not. Topic coordinators make their own summary timetables for the MSCP content which will also say when there's an unusual class scheduled. Classes are

sometimes cancelled last minute, where there will be a Cloud announcement the night before. Your cohort's Facebook group is a great place to post updates to keep everyone in the loop. TL;dr there's no one place to find out when the timetable is different and you have to stay on your toes.

How often do I get Thursday off?

Most of the time!

What's compulsory?

Every week (~8-10h):

- PBL
- Clinical skills
- Some ELP seminars
- Anatomy/pathology workshops

Some weeks you also have to go to:

- Placement (0.5-4h, about 12 times per year)
- DOPS and ITAs (twice per semester)
- Intra-semester tests (1hr, usually in a lecture slot)

Description of classes

Amy Rogers, Preclinical Vice-President

17

Class	What to bring	Relevant work/assessments
Compulsory		
PBL <ul style="list-style-type: none"> Monday and Friday 2h each Small group class Supervised by facilitator (academic) Follow a case and identify LIs on Monday Friday discuss LIs LOs (the "correct" LIs) released after Friday PBL - not all Los are covered by PBL and are addressed in lectures, workshops and clinical skills sessions 	<ul style="list-style-type: none"> Laptop Food (if assigned) 	<ul style="list-style-type: none"> MSCP , ELP, and PHM test/exam content LIs/LOs (MSCP test/exam questions are based on LOs)
MSCP clinical skills/tutorials <ul style="list-style-type: none"> Wednesday 2h Either in CSL learning clinical skills or in PBL rooms doing a tute Practical doctor stuff practiced on dummies/classmates 	<ul style="list-style-type: none"> Stethoscope Name badge Laptop or notebook Sometimes need to dress professionally 	<ul style="list-style-type: none"> Prep work due before class DOPS (hurdle) are in clinical skills sessions ITAs are your tutor's assessment of you (once/topic)
Placement <ul style="list-style-type: none"> Usually Thursday In/around Geelong Between 0.5-4h Experience healthcare in a real setting Scheduled on InPlace, separate from normal timetable 	<ul style="list-style-type: none"> Name badge Dress professionally Placement guide Sometimes stethoscope 	<ul style="list-style-type: none"> Logbook?** <p>** We had to write logbooks on placements but I heard there will be no logbook in 2019. Refer to your unit guide for accurate assessment information.</p>

ELP seminars <ul style="list-style-type: none"> · Friday morning 1h · Most of these were compulsory in S1 2018 but not S2 – see your unit guide · Discussion of professionalism/ethics and reflection 	<ul style="list-style-type: none"> · Laptop 	<ul style="list-style-type: none"> · Were assessed S1 2018
MSCP practicals (anatomy and pathology) <ul style="list-style-type: none"> · Tuesday 1h each* (anatomy /path may be longer in 2019 - check you timetable) - Practical application of MSCP content · Content not covered in lectures · Anatomy: learn on models and cadavers · Pathology: go through process of diagnosis using tests and simulations 	<ul style="list-style-type: none"> · Lab coat · Safety goggles · Long hair tied back · Closed shoes · Laptop/notebook 	<ul style="list-style-type: none"> · You're expected to have completed the prac work before you come to prac · MSCP test/exam content not covered in lectures
<i>Non-compulsory</i>		
MSCP lectures <ul style="list-style-type: none"> · Run Monday-Wednesday · Mostly basic science · One clinical skills lecture · Normally 6 lectures but can be more · Given by academic lecturer or visiting clinician 	<ul style="list-style-type: none"> · Whatever you like to write notes on 	<ul style="list-style-type: none"> · Main source of MSCP test/exam content
ELP lectures <ul style="list-style-type: none"> · Throughout the week · ELP academic staff and guest lecturer · Ethics and law relevant to medicine 	<ul style="list-style-type: none"> · Whatever you like to write notes on 	<ul style="list-style-type: none"> · Assessiible in ELP intra-semester test/exam and assignments

PHM lectures <ul style="list-style-type: none"> · Friday morning · PHM academic staff and guest lecturers · Intro to public health 	<ul style="list-style-type: none"> · Whatever you like to write notes on 	<ul style="list-style-type: none"> · Assessible in PHM intra-semester test/exam
PHM TBLs <ul style="list-style-type: none"> · Friday morning · Application of PHM lecture and readings content · In lecture theatre or PBL rooms 	<ul style="list-style-type: none"> · TBL worksheet 	<ul style="list-style-type: none"> · Not assessible or compulsory but very similar to PHM test questions

DISCLAIMER: Due to changes in the curriculum in 2019, information given here may not be correct for 2019. Check your own Unit Guide for correct details for you



Commuting options

Catherine Zhang and Oli Le Grice

DRIVING

Driving usually a rather quick way to get around Geelong, however free parking is not always available, especially in the Geelong central area.

Parking options at Deakin University

- Purchase a 3 month or 12 month (better value!) parking permit
- Pay by the hour or day at a pay machine (card only) or via the CelloPark app
- Park at the free carpark (limited spots after ~8am)

Tip:

Unless you are getting to uni very early (i.e. go to 8am classes), ensure you leave yourself enough time to find parking and walk to class as parking can get very full

BUS

The bus is a good way to get around Geelong locally if you do not have a car however travel times can take much longer than driving.

Noteable bus routes from Deakin University to:

- Waurnd Ponds Station: Route 41 (8 mins), 42 (8 mins)
- South Geelong Station: Route 1 (19 mins)
- Geelong Station: Route 1 (31 mins), 40 (58 mins), 41 (39 mins), 42 (41 mins)
- Waurnd Ponds Shopping Centre: Route 1 (3 mins), 40 (3 mins)
- Geelong Hospital: Route 1 (25 mins to Moorabool Bus Interchange + 7 min walk), 40 (51 mins)
- Deakin Waterfront: Route 1 (28 mins)

N.B. Commute times are estimates only. Check the timetable on the PTV website for more accurate times.

TRAIN

The Geelong-Melbourne Vline train is generally used more for travelling between Geelong and Melbourne. It may be faster to travel by Vline for certain placements which are further away (eg. Corio, Lara, etc.)

Trains depart from Waurnd Ponds Station less frequently than from South Geelong or Geelong so it is worth planning ahead or you might find yourself waiting 40 mins for the next train. If in doubt, go to South Geelong Station.

PT Tips:

- Check the timetable on the PTV website/app and plan your journey before you travel to minimise wait times for trains and buses
- Bikes are allowed on trains which can save you time at each end and money on parking!
- Keep your myki and concession cards/health care card (if you have one) together for easy access

Commuting options

Catherine Zhang and Oli Le Grice

21

CYCLING

The active option

Geelong is a decent place to commute on a bike, with a growing bike culture (Did you hear about the bike bridge that was a meter too short :O). While some roads are busy there are always alternatives.

Deakin also offers two great Bike Hubs, one at DD and the other at the GTP building! They offer secure, undercover bike parking for your steed, lockers (a \$2 coin gets you in, recycle it to keep the locker indefinitely) and SHOWERS for the odd sweet morning!!

Cycling Tips -

- Look out for Bike servicing days and discounts from Hendry's Cycles in 2019!
- Load food and clothes into the Common Room fridges and Bike hub lockers to make you ride a little lighter!

DEAKIN FREE SHUTTLE BUS

Free shuttle runs between the Deakin Waurm Ponds campus and Waterfront campus via BVAC, Monday to Friday around every 15 mins. This can be a good option if you want a free ride to the Waterfront campus/library or surrounding landmarks eg. Eastern Beach, Westfield Geelong

You will need to show your student card.

Cycling Routes - Bike friendly - Minimal cars - less hills!

- **Grovedale (20min), Breakwater and South Geelong (30min)**
 - Take it easy and miss the traffic on the [Waurm Ponds trail](#)
- **Newtown(25min) and Geelong West (35 min)**
 - Pakington st has a has a large bike lane - Take it all the way to Rutland st to find Riversdale rd then follow Barrabool rd towards Highton - follow on below
- **Highton (15min) and Belmont**
 - Find the quiet Belle Vue Avenue for a leisurely climb with a separated bike lane. Take Fryers and Burdekin to get delivered onto Thornhill/Pigeons road and enjoy downhill roll to uni
- **Torquay (50 -1hr) and Armstrong Creek (30min)**
 - Horseshoe bend road or the Surf Coast Highway are both Bike friendly roads - Once at Armstrong creek the best bet is Whites road up to Ghazeepore all the way to uni!
 - Alternatively find your way to hayers road and zig-zag to the WP creek!

Podcasts

Liem Tran

Podcasts can be great way to pass time whether that be on your commute to uni or jogging off that uni stress. Here is my list of medical-related podcasts that you can listen to to get ideas and hear fascinating stories.

HUMERUS HACKS

Humerus Hacks is run by 2 x ex-Melb Uni medical students (now doctors) who talk about common medical conditions in each episode. They really try to dumb down the concepts in a hilarious way and feature several study tips which you can use as well.



ON THE WARDS

Onthewards release a podcast each week about a variety of different topics that may affect junior doctors and final year medical students. They sometimes get in an experienced consultant to talk about the topic and provides a good summary of the topic in a single podcast.

MED CONVERSATIONS

Similar to Humerus Hacks, med conversations is run by a team of young doctors aimed at helping medical students (and junior doctors) by explaining medical conditions in easy language. Word of caution...it can be abit dry sometimes and often is beyond the scope of what we need to know as medical students.

SOCIAL TEAM

Social team

Miriam Brownstein , *Social Representative*

YOUR SOCIAL YEAR FOR 2019

From day dot people are going to ask you how med school is going. You may think the answer is going to be 'a long, hard caffeine fuelled slog with a few tears on the side'. But I can assure you, the answer couldn't be further from this. Your answer may actually be more like 'Med school is the bomb.com. The people are great, the socials are minty phresh, this is livin' Barry.' And its true! Med School is what you make of it, and it has the potential to be amazing. So dive right in to this incredible year, get involved and just say yeah.

What to look forward to, you may ask?



COCKTAIL NIGHT, FRIDAY 1ST OF FEBRUARY

Do not miss out on this, it is definitely a highlight of the year. It is a perfect way to meet your peers in a casual environment and have a jolly good time.



MED CAMP, FRIDAY 8TH - SUNDAY 10TH FEBRUARY

Definitely do not miss out on this. This weekend exists purely for you! Continue building those life-long friendships, learn about medical pathways, learn clinical skills such as suturing and taking blood pressure. You will be joined by some ripper second years who will show you da way and give you hot tips about the upcoming year.



AFTER EXAM PARTIES

After every big (or maybe not so big) assessment, we all get together and have a merry time. What more could you want to rewind?



25

MED BALL

By far the biggest event of the year, it's an amazing evening to relax, wine and dine, get in your Sunday best and celebrate!



PRECLINICAL CUP

So naturally, there is always a bit of sport rivalry between the first and second years. A bit of healthy sport competition never hurt anyone! Get involved, lace up your sneakers and represent your year level!



OPEN MIC/TALENT NIGHT

Medicine is only a part of your life, why not celebrate all the other amazing talents you have? Whatever your special talent may be, show em off! It's a celebration of diversity!

+ So, so much more. All the committees are putting on stacks of events that really, double up as being social. Moral of the story, you are not going to be socially isolated here. There is plenty to be a part of! So what should you take away from this overload?

GET INVOLVED!!



Love Your social team 2019 (Ft Mim, Ryan and a first year representative??)



MEDCAMP 2019

- **When:** Friday 8th - Sunday 10th February 2019
- **Who:** Deakin University 1st Year Medical Students
- **Where:** Lady Northcote
- **What:** Friday scrubs party, Saturday social, Clinical Skills Day, talks from doctors
- **Price:** TBA includes 2 nights accommodation, transportation, meals, beer and wine, skills workshop, your first set of scrubs!



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

Keep an eye out for us during O'week for more information

PERSPECTIVES FROM PAST 1ST YEARS

MEDICAL SCHOOL FROM A SCIENCE/ BIOMED BACKGROUND

Paolo Masangcay
Preclinical President

If there's something more admirable than getting into medical school, it's definitely the fact that you are all not sick of learning intricate mechanisms and incomprehensible names for random parts of the body yet. Medical school is a journey in itself. Here is some advice that I wish someone would have told me when I started medical school.

1. Be flexible with your study techniques!

We're used to studying in a way that "works" for us to get those H1s and HDs. Except now, you have 18 weeks of content in the semester and you learn an entire semester's worth of physiology in 2 lectures. If you can't handwrite every word in the lecture anymore, maybe it's time to start typing up notes, watching youtube videos or group-studying. Coming from science backgrounds, Human Biology, the first block, will be relatively more chill so this presents an opportunity to try out new techniques. Remember: it's about studying smart, not studying hard.

2. Questions, questions, questions! What's the bigger picture?

I used to be deathly afraid of practice questions because I saw them as a predictor of my final grade but this year, I found doing practice questions to be instrumental in my learning. Answering questions in medicine requires more than rote-learning. So it's really useful to understand the clinical context of diseases and piecing together the physiology concepts to see the bigger picture. Questions are absolutely essential for this process and will help in your clinical reasoning!

3. Say goodbye to cramming!

Many of us are expert crammers but with 18 weeks of content, it becomes near impossible to learn everything the week before exams (near impossible because some of us still do it – including me!). Try to learn and consolidate your knowledge during the week and make good notes. Find a study group to discuss concepts every week. You'll thank yourself in Swotvac when you have to learn the ~80 transporters of the kidney.

4. Try not to fall behind!

As PHM has drilled into us all year, study "little and often". With the pace of medical

school, it is easy to fall behind but do a little bit everyday and you won't find yourself having to learn so much content days before a test.

5. You're not always going to be the smartest person in class, and that's okay!

As high achievers from our previous degrees, we are used to being at the top. But the reality of medical school is that you're not always going to be the best. Coming to terms with this will do wonders for your mental health. The best part: these people can become your most valuable resource, especially if you're generous with your own knowledge.

6. Take care of yourself!

The reality is: many of us have had to sacrifice our mental health in the past in order to achieve good grades. But in medical school, one of the most important things to do is to take care of yourself. Medicine is a marathon, not a sprint. Trust me, 18 weeks is a long time and burnout will hit hard without the right coping strategies. Spend some time with family, outside-med friends, find a hobby, go to the gym. Find some time for you!

MEDICAL SCHOOL FROM A NON-SCIENCE BACKGROUND

Grace Wagon

Starting at Deakin this year was so exciting until the end of the second week when I was already two weeks behind. You will often hear about how HB (the first KHI subject) is the 'easy' subject (maybe even in this guide) and a chance to relax before the real work begins and that is definitely true...for those with a science or biomed degree who have already studied the content. For those whose science was limited to what they crammed in for the GAMSAT, HB will be difficult as the lecturer covers a topic in 45 minutes and then laughs and says, "I normally teach this to my undergrads over weeks!"

It was hard to shake my feelings of imposter syndrome in the first few weeks when I was sitting in PBL and people effortlessly explained things in great detail whilst

I was googling the words they were using. Sometimes people will go way beyond the lecture content (it might have been their passion in their undergrad) and rather than feeling intimidated, they are the best people to learn from and question. I also found that the lectures were sometimes too much information at once, so it is great to utilise extra resources, like online videos, to break down difficult concepts into something manageable. Then, ask questions – in your PBL or with your friends, and then revisit the lectures. Things will slowly start to make sense.

No matter how hard you study in HB you might still find yourself at the bottom of the cohort but don't despair, because soon IDR will roll around and you'll realise that your peers don't already know

everything and whilst IDR might be a shock to them, it won't be so bad for you, because you've already been studying so hard all year. It's also true what the lecturers say, by the time semester two rolls around, everyone is now in the same boat and HB will be a distant memory.

Congratulations on making it this far, and trust in your ability to work hard like you did to get here because you will make it through the year. Be proud of your achievements before medical school because it is valuable experience and that's why Deakin chose you. Though you might feel out of place at the start, you'll begin to see how you can incorporate your skills into DP, ELP and PHM and start to become an awesome future doctor. Good luck and enjoy your first year!

DEALING WITH THE 'MED BUBBLE'

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Matt Heard

Firstly, Congratulations to you all for getting into Deakin, it truly is a great accomplishment and all your hard work has paid off! I look forward to meeting you all.

The 'Med Bubble' is a term used to describe the hub that we as medical student surround ourselves with during our time at Uni. It is the people, the environment and the driven mindset that Medicine brings. Whilst, immersing yourself in 'Med Bubble' can be a good thing at times, it is also important to be able to step away from it to maintain a balance.

Throughout your journey in Medicine you will undoubtedly find yourself going through many ups and downs over the course of the academic year. Personally, I found my

first year of Medicine to be quite overwhelming and stressful at times. What I found was that knowing how and when to step away from Medicine from time to time made the world of difference in my mental well-being throughout the year, but also knowing when to utilise it. As I am sure will be mentioned to you, your cohort becomes your family very quickly. They become your extra support network and are people who you can bounce ideas off when studying and can be one of your best resources. As medicine is a highly stressful and incredibly unique experience, the people in your cohort can be your best guidance as they understand the pressures you are going through.

On the flip side, it is also important to utilise your pre-existing support

networks that you had prior to starting the degree. Your family and friends are also important and can also be used as good support lines for you. It is likely that they know you at a deeper level and may be able to give you a differing perspective on the pressures you face. Continue to do the hobbies you did prior to medicine where you can and do the things that make you happy. This is important because there will be times where times where you will need to take yourself away from Uni and the degree and knowing where to go to and what you can do can be incredibly helpful.

I wish you all the best of luck throughout 2019 and beyond and for any questions that you do have don't hesitate to ask me or any of the members of our cohort!

WORKING WHILST AT MEDICAL SCHOOL

Anton Sklavos

.....

For some students working part-time may be a necessity in order to support their family, partners or in pursuit of other goals with a high priority. Whilst for others a part-time job may be a means to take a break from study, and bring in some additional money to splurge on whatever luxury takes their fancy. In either case, working part-time and studying medicine are certainly compatible; however, you will need to assess your priorities and set realistic expectations about how work will influence your performance as a student.

During the first year of medicine I continued to

work on a part-time basis, averaging 20-25 hours of work per week. A typical week during the semester would have Thursdays entirely free, and a half day on Tuesday. On occasion placement would interrupt the routine, or the timetable would change.

Fortunately, other students in the cohort were often able to swap classes or placements, and the staff were able to facilitate this. In addition to work during the week, weekends are always a great time to put in some extra hours. I tried to organise work so that I would front-load the semester, and taper off

toward exam block, only working 8-10 hours during study break, and not working during exams.

Depending on the number of hours you put in, work can be detrimental to your academic performance, as would any other commitment that requires a significant amount of time. But work is rewarding for a number of reasons, and this should not be overlooked. I think that continuing to work has had a positive influence on my well-being as a student, and provides a particular satisfaction that doesn't come from hitting the books for hours on end.

LIVING ON CAMPUS

Carissa Boettcher

.....

As with most things with life, living on res has its ups and downs. Easily the best part about living on residence during medicine was leaving the house 4 minutes before class and rocking up only 3 minutes late. As the age old proverb says, 'Man who lives close - always late'. One year of living on res later, and I can comfortably say this is true. There are more pros to living on residence, and you'll figure those out as you go. So here are a few pointers I wish I had when living on res:

1. Have you heard the story of the big bad wolf? Well that's how residential services get if you feed the cats. I know, they are little bundles of joy in a barren wasteland. Just avoid the figurative blowing down of your house and don't do it.
2. When that guy invites you over to

his pod to watch the football/soccer/cricket, it's actually a great opportunity to make friends. You'll be living relatively close to each other for the next 11 months, and having solid people to borrow cornflour and a charger from is priceless.

3. Remember, all your bills are included, so get comfortable. Use the heater to your hearts content, take long showers, leave your window open. The world is your hypothetical oyster!
4. Take a pin and put it on your room front door. Then before you go into your room, hang your room fob on the pin. This means you will never lock yourself out of your room. You may still manage to lock yourself out of your house, but it's a lot easier to get into your pod than your room (still possible

though - DM for details).

5. Find your fire alarm. This will give you a better idea of how worried you have to be when you burn your toast (and you will burn your toast). Save yourself a panic filled run outside with a smoking toaster in one hand and flaming bread in the other.
6. Finally: I recommend you make friends with your Residential leader. Mine was a fairly ok bloke. He let me play Mario Kart on his Nintendo Switch and let me back into my pod after the toaster incident. Your RL will also make a good reference for rental applications in the future.

Enjoy this year - it is going to be amazing and I look forward to see you all around

RESEARCH IN MEDICAL SCHOOL

Jordan Nathanielsz

Getting involved in research provides a great opportunity to extend your learning during medical school and the post-graduate years beyond. Exposure to research helps to facilitate the development of analytical and critical thinking skills in students. Broadly speaking, these abilities not only help students to better understand disease- they teach us how to read and interpret scientific literature.

However, engaging in an research project during medical school should not be a decision that is made lightly. The demands of studying medicine are large and so to is your commitment to see a project through. As many of your fellow peers who have been involved in research can attest- research at times can be vastly time consuming, tedious and unfortunately is not guaranteed to yield publications or, as commonly misunderstood, authorship rights. It is for these reasons research should not be pursued as a

CV filler or thought of a tick on the checklist- after all your CV should be carefully crafted over time to be a reflection of your experiences, skills and ultimately your journey that has led you towards your future training program or job application.

Despite this, research is not without its own charm. Getting involved with research provides an avenue to study an area of interest in much greater depth than you will likely cover in medical school. Finding a research project on something you are passionate about can be a highly rewarding experience and is a fantastic way to determine your personal affinity for research in the future.

While it is true that competition for vocational and advanced training places is becoming fierce and research training and experience are increasingly being recognised as a beneficial learning in a student's professional pathway, this is highly dependent on the speciality program and for most it not

a necessity, and for some it is irrelevant. This is also partially addressed with the inclusion of a student research project to be completed as a requirement of Deakin's - Doctor of Medicine (MD) program.

Additionally, there are also other avenues where research can be pursued during medical school including- the Australian Medical Student Journal (AMSJ), of which there are Deakin representatives, approaching unit chairs and medical school facility to put you in touch with project coordinators and also seeking out you own contacts through previous honours, internship, or university supervisors to find projects whether during the semester or summer break. There are also many opportunities that will be available for students during their clinical and post-graduate years.

If you are interested in research, seek advice from your fellow students about their experiences and how they navigated the process.

LIFE IN GEEELONG

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

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 Waurin 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

36
UPDATED FOR
2019

ON CAMPUS

Library Café – under new ownership but it has never let a needy student down.

Barista Bar – Enjoy some timeout with a coffee overlooking the lake

Zouki Café – Need to escape Deakin and still got cravings? If you venture out to Epworth for some private study this is your place

PAKO AREA

King of the castle – Get your trendy Melbourne coffee fix here. The name says it all, these guys think highly of themselves and do a pretty great job.

Born and Bread – Got a craving for some of Geelong's finest baked goods? This is your spot. From Focaccia's to Croissants these peeps know how to make wheaty wonders.

Southside – Serving up mouth-watering food dusk till dawn, start with a coffee and polish it off with a beer. You'll have to deal with the social-media faux pas to get on the Wifi though.

Box Office – A bustling place just off Pako that knows how to serve up a good brew, this place sure knows how to grind. Duke's coffee and a great deal of tasty brunch options for your fancy.

Neighbour – A quiet place nestled amongst the Boom Gallery space, don't expect rapid service but for what it lacks in speed it sure makes up for in cheery service and delish brews and some of the best chips these sweet lips have licked.

Geelong west social club – Social in name and social in nature. Zac's go to - maybe it's the coffee or maybe it's the bagels? A worthy regular.

Coffee spots

GEELONG AREA

A spot for Joe – A classy number for your caffeine needs.

Kilgour St Grocer – The relaxed local you want on a slow weekend morning serving up all the classics and tasty drinks to boot.

Coffee Cartel – One of Geelong's original brew stops, give it a go and it just may push your buttons.

Fuel Coffee + Food – A Quick paced café for your study break needs. Just a short walk from Geelong Waterfront in case you need a Thursday pick-me-up

SOUTH OF THE RIVER

That Place – GOT A SWEAT TOOTH? These guys do cakes by the cm to fulfil all those naughty needs.

WoodHouse – Belmont's best hideout if that's your place

63 Degrees Highton – A bit of a chain but one of Highton's best

Pane di Matteo – The best Pastry close to Uni with a relaxed atmosphere

TORQUAY

Ocean Grind – The surf coasts local coffee roaster with a chilled out vibe – Come for the delicious coffee and all the paraphernalia you need, stay for a game of table tennis!

Pond – Everything you need for your beach-side local with great views of fishos beach. Highlights include the bottomless batch brew, beef brisket sanga and delicious lunch options.

Moby – The relaxed beachside shack come café you need for your slow mornings.

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

HEALTH AND FITNESS

Mental health

James Gaston

Around 1/5 people will experience depression AND 1/3 people will have suicidal ideations

TIPS

- Chat to your peers & 2nd years (we've been through 1st year)
- P's get degrees
- Make time for yourself – have at least one day a week where Med isn't the focus
- Find a hobby

ACTIVITIES

- April – Month free membership at LeisureLink
- September – R U OK Day
- October – Blue Week
- November – Movember
- Beaches – Torquay, Jan Juc, Anglesea & Lorne (little further) are awesome.
- Camping – grab a tent and a few mates to travel along the Great Ocean Road
- Play a social sport with uni friends at Deakin Sport

Mental health resources: *most external services have a >6 week wait

- Jacqueline Payne – SOM psychologist (Deakin Counsellor appointments are through 52271221)
- Headspace – resources and counsellors/psychologists
- Speak to your GP about a Mental Health Care Plan to have access to up to 5 subsidised psychologist visits
- [Beyond Blue](#) (for telephone or online).
- For counselling generally: Kardina Health
- Sports psychologist - Stephen Rendall (sport psychologist) – great feedback around overall performance.

Health facilities (bulk billed):

- Medical One Waurin Ponds clinic
- Deakin Medical Centre
- *Bookings can be made online and bulk-billed if you are student



Deakin Medfit





Deakin Medfit

Georgia Parker, Millie Chapman and Georgie Cuthbertson

Not only as students are we time poor, we are also poor financially. **MedFit** is a free weekly exercise session run by med students for med students.

It usually encompasses 45-60 minutes of fun filled activities ranging from circuits to interactive team exercises. Whether you're a couch potato or a marathon runner, these sessions are designed to be modified to everyone's individual fitness level.

If you think you're someone who lacks motivation we can also arrange a friendly reminder the evening before. Just ask some of the second years about the reminder service last year!

This year the MedFit sessions will be run on **Tuesdays at 7am on the Deakin Athletics track**. Pack a change of clothes and some breakfast and you will be ready to smash a day of study!

Testimonial:

Second year Dr in Training: *"MedFits the best, why can't MedFit be everyday?"*

We aim to engage as many people as we can to get involved, so if you have any ideas for sessions or would like to run part or the entire session please, get in touch via our Facebook Page.

Follow us on Facebook to keep up with the latest news at **"DeakinMedFit"**.

We look forward to metabolising some glycogen and stimulating some muscle hypertrophy every Tuesday morning with you!

GOODLIFE

Goodlife is one of those gyms that most people have heard of. It is located just a few minute's drive from Waurm Ponds campus; Goodlife Geelong is a large two-storey 24/7 gym and offers a wide range of exercise machines, a open space free-weights area and a variety of group classes. There are friendly personal trainers as well as a women's only area upstairs.

You can start off with a 5-day free pass - keep an eye out for uni student deals during O'week and early February.

It'll set you back between \$10-20/wk depending on what membership you want.



Gyms in Geelong

LEISURELINK

Just across the road from Waurm Ponds shopping centre, Leisurelink offers swimming, gym and group classes all under the one roof. The gym has cardio exercise machines, pin-loaded machines as well as the usual free weights (as well as spa, sauna and steam room too). The centre does have limited opening hours compared to the other options. They offer special memberships for Deakin students so keep an eye out during O'week!

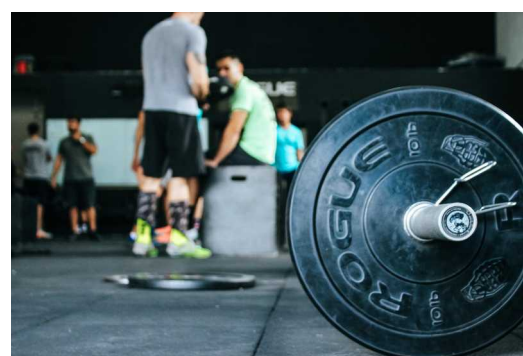
JETTS

Located in Belmont, Jetts is another 24 hour franchise gym. They have a good range of equipment including treadmills, bikes, machine weights and free weights. The gym space is quite small but the equipment is always clean and in good condition.

ANYTIME FITNESS

Anytime Fitness have 2 locations in Geelong – one in the middle of town and also another closer to Waurm Ponds in Grovedale (10 minute drive from Waurm Ponds campus). 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.



DERRIMUT

Derrimut gym is the closest thing you will get to Gold's gym. Located on the Princes Highway (20 mins away from Waurm Ponds), this gym offers a great variety of gym equipment, classes, cheap membership and staffed 24/7.

Gyms in Geelong

44

F45

For those inclined to do F45, there are 3 studios in Geelong area (Geelong, Geelong West and Grovedale). They offer a wide variety of different classes and combine strength and cardio based exercises in one full body workout. They offer free 7 day trial but membership can be expensive.



SNAP FITNESS

Snap Fitness is just down the road from Waurin Ponds campus on Rosack Drive and offers personal training and group classes, as well as all the usual weights and equipment. It's a small space, but is very quiet - you'll often be the only one there. It'll cost around \$15/wk and is open 24 hours.

DEAKINACTIVE GYM

Recently upgraded, this gym 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.



Gyms in Torquay

ANYTIME FITNESS & JETTS

A cheap and easy option for anyone living along the Surf Coast. Both gyms offer 24/7-member access and have plenty of machines for strength or cardio training as well as a free weights section.

It's very quiet in the evenings, and is close to the Torquay shops and supermarkets.

INTERNATIONAL STUDENTS

Medical school as an international student

Carissa Boettcher

My fellow international students coming from far and wide: I am very excited to welcome you to Deakin, which is far superior to Melbourne Uni. Whether you've come from an undergraduate from overseas or in Melbourne, getting used to medicine and Waurin Ponds campus can be a little bit of a challenge. Remember, you aren't alone and you will be not treated any differently because you're an international student. We are integrated so well into the medical program here and supported even better by the staff.

One point of advice for you: go to your peer mentorship meeting. The first reason, it comes with free coffee. The second reason is it gives you a chance to ask that question that's been burning at the back of your mind. You will be paired with students who have stood where you are now standing, and hopefully will prevent you from stumbling where they once stumbled. One final advice point: Take advantage of the events and programs the international association runs. You know the events that you kind of don't want to go to, but promised someone you would so you're stuck? Well those are the events that ended up being surprisingly fun (not to mention free food and bowling/laser tag/arcade games). It was a really healthy way to escape that medical school bubble. Being so far away from home, family, and friends makes us so much more susceptible of feeling socially isolated and falling deep into the medical bubble.

Now I'm not saying all international students will feel this way, but if you do: it's all good in the hood. There are so many resources Deakin offers, and us second years love helping out. We don't mind being a vault of knowledge and advice. I'm looking forward to seeing you guys around campus and at the events. It's going to be a stellar year!

PLACEMENTS AND CLINICAL SCHOOLS

1st year placements

Bevan Hirst

Placements are a fantastic way to solidify your learning and to progressively expose yourself to the day-to-day realities of various health disciplines.

They afford a broadly safe and supportive environment in which you can practice involvement and contribute to care of individuals.

These experiences, as with most things in the course, operate on the fundamental adage “the more you put in, the more you get out”

You can sit on auto-pilot during these sessions and absorb the things happening around you, but it genuinely pales in comparison to being assertive and adopting a 'can-do' attitude.

Below are a few tips for your placements:

- * Arrive early and dress professionally (no need

for a suit and tie, but a nice dress or collared shirt are important)

- * Introduce yourself and engage with the individuals around you, ask them questions

- * Smile!

- * Be proactive, try to involve yourself as much as you feel comfortable

- * Offer to help with procedures (assuming you are signed off to do so)

- * Ask if you can go and chat to patients (take a history or just ask them how their care has been)

- * Don't forget your name badge!

- * Bring your stethoscope along - you never know when you might get to use it

- * Carpool - you can check who you're on placement with on cloud Deakin

- * Don't forget to fill out your time sheet! Set yourself a calendar

reminder, lest you end up with an extra assignment...

- * Write up a log book entry - most placements will provide you with plenty to reflect on

- * Have a read through the placements guide - it will have extra information and Learning Outcomes for each placement

- * If you cannot attend a placement, let Claudia Mclean know, she may be able to organise a swap or alternate date

Most importantly - enjoy yourself! These experiences should enrich your learning experience and provide you with excellent networking opportunities, so make the most of them.

Feel free to hit me up if you have any questions or would like some more advice -
bshirst@deakin.edu.au

Getting to placements

Catherine Zhang and Oli Le Grice

Most placements in 1st year (you will find them out soon) occur in Geelong, often at the hospital. Placement guides are released the week prior so you can always organise a to carpool!

- For placements at Geelong hospital or close by driving may not be the easiest option
- Free 2hr and all day parking can be found on or south of Myers St - Get there early though
- Train or bike can be an easier way to get to placement
 - Waurun ponds to Geelong by train is only 10 minutes and you don't have to worry about parking
 - There is bike parking outside the Hospital and around Geelong City centre



GEELONG

Jordan Walter

Geelong Clinical School (GCS) is the biggest (and in my opinion, the best!) of the five clinical schools at Deakin. Being the biggest school has both advantages and disadvantages, but I 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 plan ahead, the positives of GCS definitely outweigh the negatives (in my opinion!). We are the most scheduled clinical school, having lots of tutorials (both bedside and classroom-based) with some of the best doctors you'll ever meet, and we are very well supported by outstanding administration staff and clinical skills instructors. University

Hospital Geelong (UHG) is a big enough hospital that you get to see all of the common conditions, but it still maintains the charm of a regional health service. UHG is also often the first port of call for complex cases being referred from Western Victoria, and there were multiple instances in third year where I was involved in the care of patients who had been transferred from my friends' RCCS clinical sites! We also have the Geelong Clinical School Committee, who organise weekly MCQ nights and OSCE practice, as well as academic and social events throughout the year to keep you sane.

But I think the biggest benefit is our cohort size - we have over 120 third and fourth year students at GCS, so there are always plenty of people around to study with and to seek support from. Though some may say that a

large cohort is a disadvantage, the size of the hospital means that there are plenty of patients to go around, and speaking from experience, you definitely do not miss out on clinical opportunities! The clinical years are heavily based on self-directed learning, and there are always opportunities to learn at UHG if you want them.

This is only a brief overview of the wonderful world of GCS, but I am more than happy to answer any questions you have if you want to email me: academic@medusa.org.au OR jmwalter@deakin.edu.au

Enjoy your preclinical years (and rocking up to uni in trackies) while you can - time flies by!



BALLARAT

Kat Alford

Ballarat has been a popular clinical site for Deakin students and it's not hard to see why! Ballarat Base Hospital (BBH) is within a regional centre that prides itself on growing well-rounded, patient centred doctors. Our small cohort feels like a family and when walking along the corridors of the hospital, the consultants recognise and chat to you about your studies.

Ballarat Base has 785 hospital beds that are filled with patients from all over the Grampians region and beyond, particularly with the helipad! Being a regional centre, the variety of patient conditions and often later presentations make for a unique experience and the patients' friendly country attitude means it's never an issue to find a patient to take a history from or examine. The culture at Ballarat is incredibly inclusive, with junior doctors and consultants encouraging you to present on rounds and

therefore receive valuable feedback and learning opportunities. You get to be part of a team that supports you to practice your clinical skills and be part of procedures, so you get real, hands on experience.

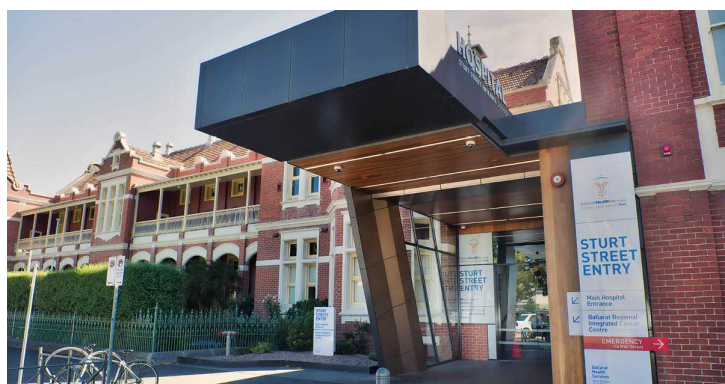
BBH is shared with Melbourne University students with the private hospital next door teaching students from Notre Dame. This provides an excellent resource to network with students from different universities, socialise with outside of the hospital walls and most importantly compete against in the netball competition!

Ballarat is a wonderful town. It prides itself on providing everything you need whilst maintaining that friendly country charm where everyone knows each other, and people say G'day on the street. It has excellent wine bars, pubs and restaurants, multiple gyms that suit everyone's needs, a movie theatre complex and many places to shop – all within walking distance! It's a cheap

place to live, so the Centrelink budget allows you to participate in the community without breaking the bank. And central to Ballarat, is the lake – an absolute must if you need to unwind, break a sweat or catch up with friends for a picnic. Just don't forget to come prepared with your winter woollies because Ballarat gets very chilly – however it's all the more reason to sit by the fireplace with mulled wine on a Friday night.

Ballarat has an added bonus of being an easy drive back to Melbourne on the weekends or even a mid-week gig! Staying in touch with family and friends is easy to do with its excellent location and allows for a great escape when the busyness of third year gets too much.

Ballarat is a fantastic clinical school where you can grow as a budding doctor and I can highly recommend considering it!



BOX HILL

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!

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.

Many Deakin students choose Eastern because of its central location in the Melbourne suburbs. There is also the opportunity



WARRNAMBOOL

Warrnambool is 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.

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!

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.

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.



Madeleine Goss

The Rural Community Clinical School (RCCS) is unique amongst the clinical sites, as we practice a longitudinal program where 2-4 students are based in regional/rural Western Victorian towns. Each student is attached to a local GP clinic and local hospital and has at least one primary supervisor who is consistent throughout the year.

The biggest challenge and blessing in RCCS is that you do all rotations together. While other clinical schools spend an allotted number of weeks doing children's health, women's health, medicine, surgery etc., in your town, you will see a mix of every specialty, every day. Initially, this can be overwhelming, but as the year progresses, every day turns into revision and you come out with incredible resilience and ability to think on your feet.

There is a large emphasis on self-directed learning, as some sites have little formal teaching beyond these weeks. I really enjoyed the autonomy given to us, which enabled me to identify and fill gaps in my own knowledge, which I found more efficient than a one-size-fits-all teaching schedule. This enabled me to find a good work-life balance (including weekends in the Grampians), which is an ongoing battle in third year! RCCS also allows you to practice practical skills more often than at other clinical sites, which has led to the RCCS cohort feeling extremely work-ready.

Some students are put off by RCCS because they do not know if they want to pursue a career in general practice, however this does not accurately reflect the opportunities and skills afforded by RCCS. In my cohort, there were aspiring

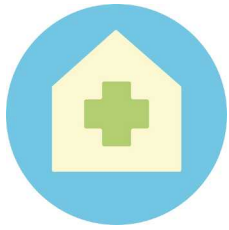
paediatricians, OBGYNs, surgeons GPs and physicians, who are all on-track to reach their career aspirations. Each site has a mix of visiting specialists who we spend time with one-on-one in theatre and/or whilst consulting. This is in addition to our parallel consulting sessions with our talented GP supervisors, who are true generalists – many of whom also staff the local hospital.

Finally, the clinical staff and supervisors at RCCS sites are an absolute pleasure to work with. I felt welcomed from day 0 and staff actively encouraged our participation and even sought us out when opportunities presented themselves.

If you enjoy being challenged, autonomy and learning on the job rather than in a classroom, then I would highly recommend RCCS!

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!

	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



NutMed
Nutrition in Medicine
Seminar Series



GROUPS



MEDUSA

Paolo Masangcay, *Pre-clinical President*

MeDUSA (Deakin Medical Students Association) aims to represent and serve medical students from all year levels. Established in 2008, we serve to advocate for all medical students to the School of Medicine (SoM), Teaching and Learning Committees (TLC) and Student Advisory Board for the Faculty of Health. But we also aim to incorporate all facets of student life, including social, community and wellbeing, crossing

borders and DSIG to name a few!

Thanks to our positive relationships with the School of Medicine, your MeDUSA representatives meet with the academic staff regularly to pass on feedback and work on improvements. Together, we work together to make your time at medical school as smooth-sailing as possible.

Social events set up by the team include the annual MedBall, Cocktail Night and

MedCamp. Our subcommittees such as Medfit and DSIG (Deakin Surgical Interest Group) ensure that you are not just studying, but also having fun and exploring your interests!

As the peak representative body of Deakin Medical students, there are many opportunities to get involved. We are always looking for like-minded students who are keen on improving their leadership skills and forging strong relationships with senior peers.



AMSA

Ricky Le, *Deakin AMSA chair*

Ciao fellow readers!

First of all, congratulations on your success and in joining us at Deakin Medical School. My name is Ricky and I will be your AMSA chair for 2019. As a medical student, you are given great privileges and one of those is to be able to immerse yourself in the world of AMSA, The Australian Medical Students' Association.

What's an AMSA?

AMSA is the peak representative body for all medical students across all of the Australian medical schools. AMSA Represents over 17,000 of us.

What do AMSA actually do?

Basically, a lot. AMSA's initiatives are based on the interests and needs of all Australian medical students, because AMSA is essentially a group of Australian medical students. There will be much more to learn about AMSA and many opportunities to get involved, but here's a non-exhaustive list just to give you all a taste of the splendour to come:

- Advocacy: AMSA provides a strong national voice to ensure all medical students' voices across the nation are heard, whether it be number of internships, the

international student experience, Aboriginal and Torres Strait Islander students, rural placements and more!

- Events: There's a lot but here are the main ones!

- o AMSA Convention (the largest student run academic/ social event worldwide),

- o AMSA Global Health Conference (an event expecting over 800 medical students to discuss pertinent global health issues)

- o Vampire Cup (a nationwide blood drive where it's medical school vs. medical school), AMSA Rural Health Summit (AMSA's peak rural health conference)

- o National Leadership Development Seminar (AMSA's peak academic and upskilling event to develop the next generation of leaders)

- o ++ MORE

- Projects: Teams within AMSA that focus on different priority areas including

- o AMSA Code Green: AMSA and climate health

- o AMSA Crossing Borders: AMSA and refugee and asylum seeker health

- o AMSA Health Communities: AMSA and non-communicable diseases

- o AMSA Reproductive Rights: AMSA and sexual and reproductive health

- o AMSA Mental Health: AMSA and mental health

- o ++ MORE

AMSA at Deakin, who are we?

Every medical school has a group of people to represent AMSA and AMSA at Deakin is MeDUSA's very own. We will act as the interface between you and AMSA to allow you to engage with all the beautiful opportunities AMSA has to offer. Keep a look out!

What will you get out of AMSA?

Medical school can be quite black and white, you can go through it all by not engaging with student initiatives and studying to the limits of human capability. But the medical degree offers so much more. AMSA allows you to:

- Explore passions outside of the medical school curriculum

- Upskill in areas where you never knew you could

- Network and develop friendships with medical students all over the Australia (and the world)

- Develop professionally

- ++ MORE

AMSA

Ricky Le, *Deakin AMSA chair*

Get involved

Sign up for a AMSA membership here and get started on your own journey:

<https://www.amsa.org.au/>

AMSA at Deakin Contacts

Facebook:

<https://www.facebook.com/AMSAatDeakin/>

Instagram: @amsa_deakin

AMSA Chair: Ricky Le

(amsa.clinical@medusa.org.au)

AMSA Preclinical Chair:

Alexander Cowcher

(amsa.preclinical@medusa.org.au)



UNIVERSAL HEALTH AT DEAKIN

Melinda Zsori, UHAD Chair

Welcome to medicine and welcome to Deakin!

Universal Health at Deakin (UHAD) is a society that is driven by creating change on both a local and global level. We believe in health equity as a basic human right for everyone across the world and we run events which aim to empower, teach and advocate for this ideology.

UHAD is closely affiliated with the Global Health division of the Australian Medical Students' Association (AMSA), which means that we provide the opportunity to connect with other like minded medical students across Australia. One of the largest events on the Global Health calendar is Global Health Conference. This year Deakin saw the largest attendance to date and we hope to follow that up in 2019 in Sydney with

inspiring global health leaders, innovative workshops and fantastic social nights!

If you have a particular interest in something, UHAD has a number of special interests groups that are likely to appeal to you! Our Code Red team are involved in HIV/AIDS awareness and sexual reproductive rights; Code Green works to advocate for sustainability and climate health and our new Healthy Communities team will be working hard to bring you new events focused on tackling non-communicable diseases. UHAD really has something for everyone!

We are also involved in creating Change x Unzipped, Victoria's largest student run health conference in association with Monash and UoM. So if Global Health Conference in Sydney is too far, this is an excellent local initiative to upskill and network.

Finally, UHAD and Crossing Borders work together to create the largest event on the



Med School calendar: Feast on Diversity! This is a huge festival held on campus which celebrates the culture and diversity within the Geelong region, where we welcome the local refugee community, have wonderful dancing, singing, sport and FOOD!

So what are you waiting for? Even if you haven't had any experience in global health it's the perfect way to gain a new understanding, get involved and have a great time! Our door is open to everyone!

See us at O-Week, say "Hi" in the PBL corridor, get involved and we cannot wait to see you at one of our many events! First year can be frightening, but when you get involved in a cause that you are really passionate about, it puts into perspective exactly why you are studying! Good luck!



COMMUNITY AND WELLBEING

Kerry Gordon

Hi Everyone! We are your Community and Well-being team and form part of the MeDUSA committee. We work to provide you with opportunities to engage with the local Geelong and Deakin community as well as promoting your overall well-being.

Volunteering gives you the opportunity to help and learn from the wider community and is an incredibly valuable experience. We currently run a variety of volunteering programs all advertised on our Facebook page: **Deakin Medicine Volunteering Group**, so be sure to join!

The C&W team are also here to look after your well-being. Our events are free and run

throughout the year aiming to improve all areas of student well-being from healthy eating, exercise, social events, managing stress and mental health. If you find yourself struggling with any aspect of life in medicine we're always here to listen so, do not hesitate to get in touch. We want every student to reach their full potential; to be healthy and thrive in the Deakin environment.

On a final note, we'd love to hear your ideas and for you to be involved! You can email community@medusa.org.au or come along to any of our meetings posted on Facebook. Deakin encourages an incredibly collaborative environment and you will definitely make some lifelong friends

over the next few months so get involved, look after yourselves and look after each other!

Good luck!

The C&W Team





DEAKIN SURGICAL INTEREST GROUP

Anton Sklavos, *Pre-clinical representative*

There are numerous surgical specialities, and surgery related specialities in the field of medicine. Of these specialities there is also scope for further sub-specialisation, and fellowship training across the globe. Therefore, each surgeon has a unique story or pathway to finish their specialist training.

The Deakin Surgical Interest Group (DSIG) is a student run group which organises events for students who might have an interest in surgery, and allows students to hear from some of the surgeons in the Geelong area. The group is not exclusive to those who wish to specialise in surgery and is open to any medical student at Deakin University. So all are welcome to the

events organised by DSIG, and we encourage you to attend. DSIG organises a number of events throughout the year, these include the Surgical Careers Night where you can hear from surgeons, or surgical registrars about what they do, and the road they took to get there. There is also a Women In Surgery evening, where last year we heard from some inspiring women in surgery who shared their thoughts on what surgery has to offer as a career, and their unique perspective on pursuing a career in surgery as a women. Another popular event is the Surgical Skills Night, this is a great opportunity for students to learn an important aspect of medicine, which is using their hands for suturing, knot tying, and also trying a tendon repair. Other

events are held throughout the year and in the past these have revolved around an anatomy tutorial delivered by one of the local surgeons.

This year our chair is Elise Ho, who has been with DSIG for a number of years. Our clinical representative is Blake Vorias who will be at the Geelong Clinical School. The pre-clinical representative is Anton Sklavos.





CROSSING BORDERS DEAKIN

Catherine Zhang

Congratulations and a big welcome to Deakin!!

Crossing Borders is a medical student-run initiative aimed at increasing engagement and promoting advocacy for the health rights of refugee and asylum seekers.

Working closely with MeDUSA, AMSA Global Health and other Crossing Borders branches, Crossing Borders Deakin aims to increase awareness around issues and barriers pertinent to refugee and asylum seeker health through a range of educational and advocacy events.

We run a range of

events throughout the year such as refugee and asylum seeker health information nights, film screenings as well as a large multicultural event 'Feast on Diversity' which brings together students and members of the Geelong community for an evening of cultural celebration through food, music and dance. We also partner closely with local refugee and asylum seeker groups and non-for-profit organisations.

Whether you just want to find out more about refugee and asylum seekers or want to be more involved in making a difference for refugee and asylum seeker health, we have a multitude of fun events and

opportunities for you to be involved in!

Join us on Facebook at 'Crossing Borders Deakin' to get the latest updates on events throughout the year and how you can be involved with Crossing Borders this year!

Looking forward to seeing you around in 2019!





GENERAL PRACTICE STUDENT NETWORK

Stephanie Ivezic, *GPSN Chair*

Deakin's General Practice Student Network (GPSN) is a student-run medical group which not only focuses on supporting the development of primary health skills to those interested in pursuing a fulfilling career in General Practice, but also engages with all medical students and the local community to promote primary health and prevention initiatives.

GPSN is a nationally recognised organisation with clubs present at every Australian medical school and is facilitated by General Practice Registrars Australia (GPRA), helping to create

a nationwide network of like-minded individuals.

Whether or not you have considered a career in general practice, our events throughout the year are not to be missed! We have some fantastic clinical and social events, including our upcoming charity-driven Trivia night, the Ballarat Clinical School Visit and the Relay for Life Health Check Huts which offer the opportunity to develop and practice skills in obtaining basic vital signs in a community setting.

As your executive team, we are very excited for the year ahead and

hope that you get take this opportunity to get involved by becoming a member of our community and/or applying for the first-year representative positions (stay in the loop on our application opening and closing dates by liking and following our Facebook page). Tickets to our first event of the year, our annual Trivia night, will be released soon. We hope to see you all there!

Contact us at deakin@student.gpra.org.au and follow our facebook page for updates at facebook.com/DeakinGPSN



Welcome and congratulations to all first years at Deakin Medical School. For whatever reason you've found yourself here at Deakin, we'd love to be a reason for you having enjoyed your time here and maybe even to influence your trajectories for the future.

NOMAD (Nursing, Optometry, Medicine and Allied health at Deakin) is Deakin's rural health club and leading voice of all things affecting rural health. In 2008, Deakin Medical School was commissioned in order to offer relief to the shortage of doctors across rural and regional Australia. It only made sense that medical students affected by and interested in these issues would band together and create the NOMAD community. Today, this community has grown to encompass all Deakin students from health backgrounds and has become one of the largest communities run by medical students at Deakin.

Throughout the year NOMAD runs multiple social and informative events such as our bare-foot bowls social night, the close-the-gap indigenous discussion panel, the Warrnambool clinical school tour and not to mention our beloved Teddy Bear Hospital operating throughout the year. The Teddy Bear Hospital has been set up to teach rurally located primary school children about good health and hygiene practices and provides an excellent opportunity for medical students to answer challenging questions from young children about health and about becoming a doctor.

NOMAD also organises visits to rural high schools in an attempt to reach-out to secondary students considering a career in the health industry. These visits allow Deakin students to share their own experiences and journeys from high

school to university in both a group and one-on-one format with curious secondary students. These visits are part of a greater, nation-wide imperative to place health workers back into these rural and regional communities.

We also remain sensitive and vocal on current affairs affecting rural Australians and often do so by running a raffle or other social event to raise both money and awareness on such issues (e.g. 2018 Parma for a farmer).

So if you hail from a rural or regional township, if you're considering going rural in your career, if you're keen to join in our events and programs or you're just interested in rural affairs, we'd love you to join us here at NOMAD

To get involved, you may purchase a membership at **www.dusa.org.au/club/nomad** for \$5 (\$3 if a current DUSA member). To find out more about who we are and what we do, you can follow us on Facebook and the NOMAD Teddy Bear Hospital on Instagram. We're excited to meet you all throughout O-week and for the busy year ahead. Good luck!



TEDDY BEAR HOSPITAL

By NOMAD Teddy Bear Hospital



One of the significant and much celebrated branches within NOMAD is the NOMAD Teddy Bear Hospital. We're a dynamic and expansive multidisciplinary student initiative established and run entirely by student volunteers. The NOMAD Teddy Bear Hospital is passionate about all things paediatrics. We aim to familiarise children with the health care system in a fun and interactive environment, while also giving volunteers a chance to build their paediatric communication skills. To achieve this, we run a school-based program throughout the year

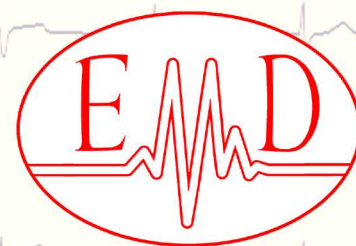
building up to our annual public event where we invite the wider community to take part in the program. Additionally, we seek opportunities and provide training for our volunteers through paediatric training nights.

The NOMAD Teddy Bear Hospital program includes stations pertaining to dental hygiene, healthy eating, exercise, normalising medical visits, and much more. This is an incredible opportunity for NOMAD members to interact with children in a clinical environment whilst also giving back to the community through health education.

Only NOMAD members have access to the NOMAD Teddy Bear Hospital. Sign up to be a NOMAD member, then join the Teddy Bear Hospital club by following the instructions on our Facebook volunteers page. Once you're approved, you'll be able to sign up to school visits, events and training nights.

Note that you will need to get in quick, schools visits take limited numbers of volunteers and are always booked out. On behalf of the NOMAD Teddy Bear Hospital, we look forward to having you join in the fun and serve the community of Greater Geelong!





Emergency Medicine at Deakin

Emergency Medicine at Deakin (EMD) is a student-run DUSA affiliated club that focuses on enhancing the emergency medicine and critical care educational experience for Deakin medical students. It spans across all four years levels with teams in Waurm Ponds, Geelong, Warrnambool, Ballarat, Eastern and RCCS.

Perhaps you're interested in becoming an emergency physician, an intensivist, a rural GP or you just want to be better prepared for emergency rotations as a clinical year student, intern or resident. Being involved in EMD means you can get practical, hands-on clinical learning to set you up for your future career in a fun and engaging way.

Our main event for the year is the **Emergency Medicine Challenge (EMC)**. This is a competition in the second half of the year where students from all four year levels come together to form mixed teams of 4-6 students. These teams then compete in multiple emergency medicine and critical-care themed stations. Don't worry - there are tasks to complete for students at all skill levels. Students will receive feedback on their performances with no assessment pressure and most importantly of all there are awesome prizes up for grabs! It is a fun way to learn, get involved and meet students across multiple year levels.

Some of the events at Waurm Ponds this year will include:

- **O-Week Clinical Skills Session:** Here we will give you a head start for the year by teaching you some of the basic practical skills of medicine. Like using your shiny new stethoscope! (But we will have some to lend to you if you need). Free for all members!
- **Med-Camp Practical Skills Workshop:** A short workshop where we'll take you through some useful emergency skills.
- **Multiple workshops the year:** Keep up-to-date to find out more!

To participate in these activities you will need to sign up to EMD, which you can do by going to dusa.org.au/club/emergency-medicine-at-deakin/, or at the O-week BBQ or any time thereafter. There is a small cost involved (\$5 for non-DUSA members, \$3 for DUSA members), but it all goes toward organising these wonderful activities. The membership also lasts all four years of your degree! You can keep up to date on everything happening by joining our Facebook group (link below).

Lastly, we will be looking for first-year representatives for the club in the first few weeks of the year, so look out for the online sign-up form if you are interested in joining the EMD team and helping us put on an incredible year of events! We are a new committee in 2019 and are keen to explore ideas on how we can make our club fun, useful and relevant for all Deakin medical students.

WWW.FACEBOOK.COM/GROUPS/EMDEAKIN/



NutMed

Nutrition in Medicine



Why is nutrition important in medicine?

- First year is tough you're going to need to bring your A-game & fuel your body and brain power as best you can
- If everything you eat becomes the building blocks for every cell in your body from your skin, to your heart, to your brain - you are what you eat, from your head to your feet - so don't be fast, easy or cheap!
- Setting up healthy habits during med school helps us carry them into our careers
- As future doctors we aim to be role models, how can we expect our patients to eat healthily and exercise often if we don't take our own advice?
- We learn a bit about nutrition & exercise in first year & how it is key to preventing and treating many of the most prevalent non-communicable diseases we will be helping our future patients combat
- There's nothing served in any drive-thru worth shaving years of your life
- Being able to cook is impressive & it saves you money!

Interested in nutrition?

- If you've been to learn more about how to get the most out of your own diet or nutritional advice for your future patients come along to our lunch time NutMed sessions throughout the year - healthy lunch on us!
- We are also looking for two first years to join the club & get involved with running info sessions & events! Keep your eye out for applications!

Where to shop on students budget:

- Head to the Fruit Shack on High St to save money on your fruit & veg shop each week!
- For those learning to cook for the first time, or those without a car, signing up for HelloFresh is a great way to get healthy food & recipes sent to your door & works out super affordable when shared with a friend! Increase those culinary skills!
- Torquay Farmers Market every Sunday 8:30-1



Tips and tricks

Staples: The basic must haves in your pantry - might save you during the year!

- ✗ olive oil
- ✗ soy sauce or tamari
- ✗ a hot sauce you like
- ✗ a nut butter you like
- ✗ your favorite grains - rice etc
- ✗ your favorite pasta noodles - italian style & japanese style
- ✗ Canned diced tomatoes - NO ADDED SALT!
- ✗ your preferred canned beans - yum chickpeas!
- ✗ canned/boxed veggie broth

Staple spices:

- ✗ basil, pepper, cumin,
- ✗ chili powder, garlic
- ✗ powder, cinnamon,
- ✗ oregano, thyme



Veggie Basics:

- ✗ onions, garlic, lemons & limes, carrots, green leaves like spinach, lettuce or kale

PRO TIPS:

Nutrition Australia recommends we eat at least 30 different individual foods per day to increase adequate nutrition. No meal is complete without something green on your plate. You always deserve food it is not something you 'earn'. No diet is perfect. Diets advertised on social media are usually BS! There is no such thing as a 'superfood'. 'Let thy food be thy medicine'.

Recipes:

PBL FAVOURITE: HUMMUS

Ingredients:

- 1 can chickpeas (or raw approx 0.75 cup)
- 2-3 tablespoons tahini
- 1-2 tablespoons olive oil (or stock or water)
- 1 tablespoon fresh lemon juice
- 3-5 cloves of garlic, crushed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 - 1 teaspoon paprika
- Pinch of turmeric or curry powder
- Salt & pepper to taste
- Pinch of chilli for the spice lovers

Recipe:

Mix chickpeas, tahini, lemon, garlic, spices & few tablespoons of water into a blender. Add oil/water in parts until desired consistency is achieved - keep in mind that once refrigerated the hummus will thicken up so more liquid may need to be added after!

Optional additions to make wacky flavours:

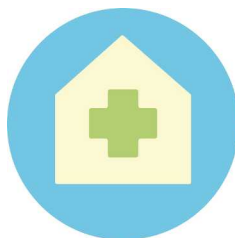
Fresh parsley; 2-3 tbs of pesto; taco or chipotle seasoning +/- chillies in adobo sauce; fresh chillies or jalapenos; beetroot; half volume of avocado or guac; 2ish tbs through & then top with harissa sauce



Tips: buy your chickpeas raw: save \$ and packaging, soak them overnight and cook in either pressure cooker for 10-15mins or boil for 45mins-1 hour until soft

QUICK AND HEALTHY RECIPE:

In a large pot sautee onion & garlic. Add cumin, coriander powder, turmeric, curry powder, garam masala, paprika & chilli. Add capsicum & carrots cook until soft - Yum!



Global Village Project (GVP)

Sunny Panunganti, *Vice-President*

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!)

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. Keep your eye for many more exciting GVP events in 2019!

For anyone that would like to get involved, applications for committee positions will open early in the year, and information/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!



LIBRARY

Tips from the library

Blair Kelly

Academic Librarian

Welcome to Medicine at Deakin! The Library is here to support your learning throughout your degree. Read on for an overview of the services and resources that will get you off to a good start in your first year.

Library website

The [Library website](#) is the starting point for accessing information resources you'll 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 physical and online access to these so you can study in a way that best suits you.

Online 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 Waurin Ponds campus. The Library there is open every day of the week and includes a 24 hour study area and computer lab. 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.

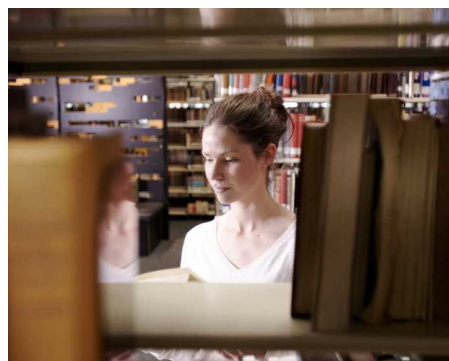
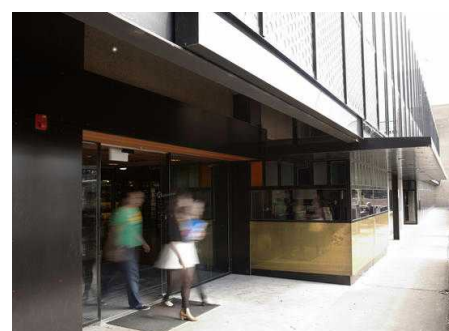
Using Library resources

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 a journal article or book you want, [just let us know](#) and we'll attempt to obtain a copy.

Library Tip:

These resources are consistently popular with our Medical students:

- [BMJ OnExamination](#)
- [UpToDate](#)
- [BMJ Best Practice](#)
- [BMJ Learning](#)
- [Access Medicine](#)
- [Case Files Collection](#)
- [Acland's Video Atlas of Human Anatomy](#)
- [Therapeutic Guidelines](#)



Tips from the library

73

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Beyond books and articles, there are other online tools to help you with your study. If you haven't studied at Deakin recently and you're not quite sure where to begin, then 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.

Get in touch with the Library

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 24 hour 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!

The Library is 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!

Library Search Tip: Try adding one of these series titles to your topic searches to find concise introductory texts:

- At a glance
- Medical secrets
- Fast facts
- Case files
- Ten teachers
- Clinical cases
- Essential pocket guide
- Made incredibly easy

