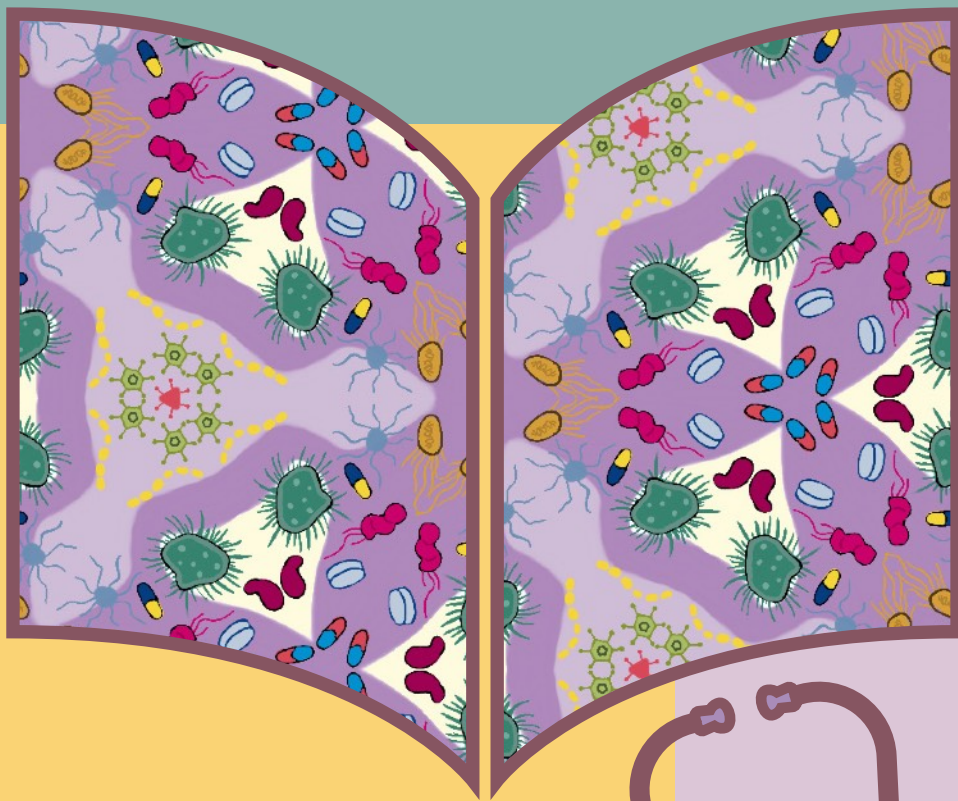


DEAKIN MEDICAL SCHOOL

Survival Guide



2020



Editor's Welcome

Congratulations on starting your medical school journey!

We are a big family here at Deakin and we look after each other, so a bunch of students in the years above have created this guide especially for you!

It is here to assist in navigating this year and pass on tips that we have learnt in going through what you are about to experience! Importantly, we all learn differently, so take the information in this guide as a supplement to how you will learn and adapt. This first year is all about finding your feet and making new friends. Some advice in this guide could change throughout the year, so it is always important to check the Deakin Cloud website for the most updated information, especially given the recent change to the MD.

We hope you find it useful and are as excited as we are for you to join the Deakin medical cohort.

Take care of each other and get excited for a challenging and rewarding few years ahead.

All the best!

Milla McLean

MeDUSA Publications Chair 2020, 3rd year Ballarat
If you're into design & writing email me to get involved!
publications@medusa.org.au



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



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- MEDUSA
- Medfit
- AMSA
- Universal Health at Deakin
- Deakin Surgical Interest Group
- Crossing Borders Deakin
- General Practice Student Network
- Rural Health Club (NOMAD)
- Teddy Bear Hospital
- Emergency Medicine at Deakin
- Global Village Project (GVP)
- More Publication opportunities

Massive thank you to all students who contributed to this guide!

All graphics, drawings and designs by Milla. Created with Procreate & Pages.



President's Welcome



Hello to all incoming first year students!

I would like to officially welcome you on behalf of the Deakin Medical Students' Association and congratulate you on making it into the wonderful world of medicine! The next four years will some of the most fun and exciting years of your life, and the relationships you will form over these years will be remembered forever.

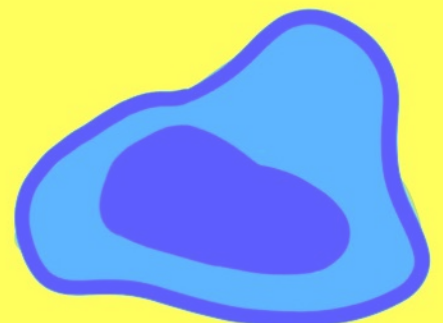
The Deakin Medical School is developing a strong reputation for producing some of the best doctors in Australia. We are very excited to have you as one of the next generation of Deakin doctors.

Best of luck for the coming years and I look forward to seeing you in the hospital.

Daniel Marie

MeDUSA President 2020

4th year Ballarat Clinical School



Pre-Clinical President's Welcome



Hello all and welcome to your first year of medical school! I wanted to first extend the warmest and most sincere congratulations, I know this is an incredible achievement and you should all be extremely proud of yourselves. Unfortunately, the hard work doesn't stop here – luckily you're going to be surrounded by a cohort of amazing people, many of which will get you through the late nights and the long days and many of which will be your friends for life.

MeDUSA is a big committee designed to help get you through too, from a much-needed party to academic support and advocacy. There's a big team with plenty of friendly faces that you'll definitely be meeting in your first few weeks, so please don't be afraid to stop us and say hi!

We'll also be recruiting a handful of first year representatives when you start, so if getting involved is your thing please put your hand up to join in and help represent the first year's voice in the school.

Congratulations again, and I look forward to meeting you all in the next few months!

Rachel Tobin

MeDUSA Pre-Clinical President 2020

PART 1
ENJOYING MEDICAL SCHOOL

Top Tips for First Year

By Laura Le Mercier

"You haven't learnt how to do it YET." - Jacqui Payne (Med School Counsellor)

If you can't get your head around something, don't fret, you just haven't found which learning technique works best for you yet. You got into medicine because you deserve your place here, so please never doubt your ability to overcome a challenge, be it with academics or otherwise. The study schedule can be surprisingly flexible. If PBL isn't working for you, form a study group with people you learn better with. If taking notes isn't your style, there are heaps of practice questions. If you need to work a little bit more one week, it isn't necessarily detrimental to your study to miss a few lectures in person. Don't feel as if you have to study like everyone else to fit into the 'med student box'- spoiler there isn't one.

You're here! You've made it!
Congratulations! This year has the potential to be your best one yet, and I promise, if you give it your all, med school will be every dreamy cliché you hoped it would be. So, without further ado, here are some tips that might just help get you through:

Become BFFLs with a second year (they are there to help!)

Second years have the most up to date information on almost everything and have literally just been there, experienced that. Promise we aren't scary, please come up to us and ask us anything if you need help! Transitioning into any new course or job can be overwhelming, we all get that and are more than happy to help make that initial sometimes-inevitably very steep learning curve a little less steep. We know how to make med school more manageable and know where to best focus one's energy to avoid that burnout. Plus, we love making new friends!

LOs = SAQs

One of the greatest techniques you need to master in order to do well in the mid-semester tests and end-of-semester exams is the ability to succinctly answer questions. Whilst some can be quite broad, the LOs are your best bet for practice, so do what you can, even if it's just coming up with five dot points for each. Be sure to try them all.



You're gonna ACE this year! And even if you don't do as well as you wanted, Deakin provides loads of support and wants you to pass.

Naps can be your saviour.

This is a nap-judgment-free-zone.

Four days per semester.

Everyone has a fair bit of life going on. To accommodate for this, we get four days off per semester - no permission slips needed (unless of course it's an assessment). So, if you need them, take them, nothing bad will happen I promise. That being said, all of the compulsory classes are super worth attending and at the end of the day, your future patients are depending on your integrity to have studied everything to the best of your ability, so as to serve them and help them as best as you can.

Say Yes to things that look fun!

(of course without compromising your wellbeing). To all the social events, fundraisers and extra-curriculars. Almost everyone at Deakin wants to be your friend. They didn't even let us in until they could be sure we were social enough, so you can't really go wrong, jump right into it! Here's the bonus- the more you throw yourself into the fun stuff, the more refreshed you are going to feel when you knuckle down into that study.

Check yourself before you wreck yourself.

Before starting any assignment or assessment prep, be sure to scan thoroughly through the 2020 Medbible (a digital drive full of loads of handy information and resources) for some hints on how to study or write your assignment with a bit more direction. Perhaps more importantly I would advise not doing any school shopping until you get your hands onto a copy of it...

And don't forget, you're starting a new course with new people in a new place and these next years will be memorable, challenging but incredibly rewarding. So be kind to yourselves and each other!

That's it for now.

If you have any more questions, please don't hesitate to ask! Good luck and I hope you are just as excited on the last day of Med as you will be on your first. See you around team!



Timetables, classes and the lingo!

By Joe Ibrahim with thanks to Amy Rogers

Summary of the timetable below:

Each weeks content is based around a PBL case introduced on Monday, with MSCP lectures, Workshop and Clinical Skills Sessions being related to the system/condition presented in the case. PBL is mostly related to MSCP content, but it can incorporate ELP and PHM also. The combination of all of your classes/tutes/etc will help you complete and present your PBL work on Friday.

All content is grouped into blocks – first year includes HB & IDR in semester one, and CR & RG in semester two.

You probably noticed that there are no classes on Thursday, and you're

right. Thursday is the day to do whatever you want, be it study, relaxing, or cleaning the house. On a serious note, Thursday's are actually reserved as placement days. You have ~8 placements a year, which can range from 0.5-4hrs.

There is also a difference in the Friday schedule in the above sample timetable, this shows how the ELP seminars replace the normal class slots (effectively reducing the number of lectures on Friday).



Sample Timetable (will be different 2020)

HME911 WEEK 14 - IDR4								
	Monday 29/04/19	Tuesday 30/04/19	Wednesday 1/05/19	Thursday 2/05/19	Friday 3/05/19	8		
8:00am	IDR 4.1 Immunisation Jo Molloy Location - DD2.101		IDR 4.5 Antibiotics Eugene Athan Location - DD2.101	CLINICAL PLACEMENTS	IDR 4.7 EMB Guidelines Vanessa Vaughan Location - DD2.101	8:00am		
8:30am							8:30am	
9:00am		IDR 4.4 Basic anatomy and pathology of the immune system Melanine Sullivan-Gunn Location - DD2.101	IDR 4.6 Vital Signs I-LECTURE Location - DD2.101		ELP Seminar 3 (gps 6-10) Location - PBL ROOMS 6-10	9:00am		
9:30am							9:30am	
10:00am	PBL 1 Location - KA3 Medicine PBL Rooms	Medical Science Workshop The Immune system Workshop 4/01 PBL 6-10 Groups A and B Location - KA2.221, KA2.228	Clinical Skills Vital Signs Location KA3 Clinical Skills Rooms & KA3 Medicine PBL Rooms		ELP Seminar 3 (gps 11-15) Location - PBL ROOMS 11-15	10:00am		
10:30am								10:30am
11:00am								11:00am
11:30am					ELP Seminar 3 (gps 1-5) Location - PBL ROOMS 1-5	11:30am		
12:00pm						12:00pm		
12:30pm						12:30pm		
1:00pm			Medical Science Workshop The Immune system Workshop 4/02 PBL 11-15 Groups A and B Location - KA2.221, KA2.228		Clinical Skills Vital Signs Location KA3 Clinical Skills Rooms & KA3 Medicine PBL Rooms	PBL 2 Location - KA3 Medicine PBL Rooms	1:00pm	
1:30pm								1:30pm
2:00pm								2:00pm
2:30pm								2:30pm
3:00pm		IDR 4.2 Academic Writing Workshop Dominique Martin Location - DD2.101						
3:30pm						3:30pm		
4:00pm	IDR 4.3 Immunological hypersensitivity Debbie Baldi Location - DD2.101	Medical Science Workshop The Immune system Workshop 4/03 PBL 1-5 Groups A and B Location - KA2.221, KA2.228	Clinical Skills Vital Signs Location KA3 Clinical Skills Rooms & KA3 Medicine PBL Rooms			4:00pm		
4:30pm							4:30pm	

HME911	WEEK 15 - IDRS							
	Monday 6/05/19	Tuesday 7/05/19	Wednesday 8/05/19	Thursday 9/05/19	Friday 10/05/19	9		
8:00am	IDR 5.1 Epidemic of atopic disease Debbie Baldi Location - DD2.101		IDR 5.5 Clinical virology Deb Friedman Location - DD2.101	CLINICAL PLACEMENTS	IDR 5.7 Diagnostics Debbie Baldi Location - DD2.101	8:00am		
8:30am							8:30am	
9:00am		IDR 5.4 Immunology tutorial Debbie Baldi Location - DD2.101	IDR 5.6 Introduction to Physical Exam Mark Dalglish Location - DD2.101		IDR 5.8 Healthcare Delivery Mark Dalglish - TBC Location - DD2.101	9:00am		
9:30am							9:30am	
10:00am	PBL 1 Location - KA3 Medicine PBL Rooms	Medical Science Workshop Microbiology (1) Workshop 5/01 PBL 6-10 Groups A and B Location - KA2.221, KA2.228	Clinical Skills Introduction to Physical Exam Location KA3 Clinical Skills Rooms & KA3 Medicine PBL Rooms		IDR 5.9 Healthcare System Jules Callahan Location - DD2.101	10:00am		
10:30am								10:30am
11:00am								11:00am
11:30am						11:30am		
12:00pm						12:00pm		
12:30pm						12:30pm		
1:00pm			Medical Science Workshop Microbiology (1) Workshop 5/01 PBL 11-15 Groups A and B Location - KA2.221, KA2.228		Clinical Skills Introduction to Physical Exam Location KA3 Clinical Skills Rooms & KA3 Medicine PBL Rooms	PBL 2 Location - KA3 Medicine PBL Rooms	1:00pm	
1:30pm								1:30pm
2:00pm								2:00pm
2:30pm							2:30pm	
3:00pm		IDR 5.2 Common infections in the community - 1 Deb Friedman Location - DD2.101	Medical Science Workshop Microbiology (1) Workshop 5/01 PBL 11-15 Groups A and B Location - KA2.221, KA2.228		Clinical Skills Introduction to Physical Exam Location KA3 Clinical Skills Rooms & KA3 Medicine PBL Rooms			3:00pm
3:30pm								
4:00pm	IDR 5.3 Common infections in the community -2 Deb Friedman Location - DD2.101						4:00pm	
4:30pm							4:30pm	




KA Building

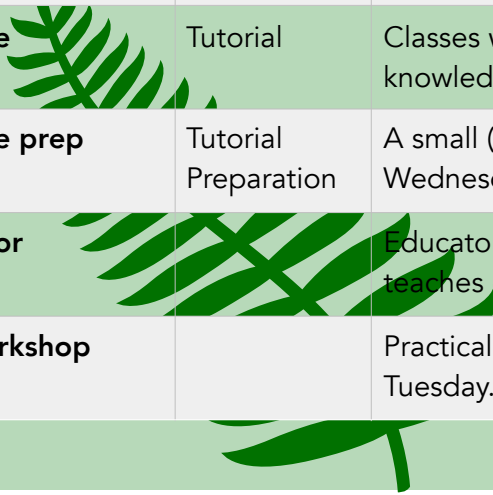


REACH Building


TERM	WHAT IT MEANS	WHAT IT IS
Block/ Topic		Topics covered in all themes based around MSCP content/body systems. Comprised of HB, IDR, CR, and RG in first year. There are two blocks per semester.
Class		What Deakin calls lectures.
Clinical Skills Sessions		Practical classes where you learn “real doctor” clinical skills in the CSL. Taught by clinical skills staff.
Clinical Skills Staff		Educators who teach you practical doctor-stuff in CSL, mostly experienced nurses and sometimes doctors.
CR	Cardiorespiratory	The first MSCP block of second semester, covering cardiovascular and respiratory physiology, pathology, and anatomy of the thorax.
DOPS	Direct Observation of Procedural Skills	An assessment where you perform clinical skills in front of an assessor during first year.
		*May be named something different in 2020
ELP	Ethics, Law, and Professionalism	A smaller theme covering the ethical and legal issues relevant to medicine.
Facilitator		An educator who supervises PBL to make sure it doesn't go off the rails and you get most of the weeks LIs. Usually an academic, and will often provide valuable comments about what you are learning. They also do your professionalism report/LNA.
HB	Human Biology	The first block of 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 block of MSCP, covering immunology, microbiology, inflammation, tissue repair, and malignancy.
ITA	In-Training Assessment	An assessment that happens once per block. It is based on your tutors rating of your demonstrated ability to perform clinical skills. Only applies to preclinical year students (year one and two).
LI	Learning Issue	Gaps in your PBL group's knowledge identified during Monday PBL. There can be LIs that do not directly relate to that week's MSCP content. You investigate these and discuss them on Friday.
LO	Learning Objective	A list of concepts you should have learned during a week's worth of MSCP lectures, Workshops, and PBL content. ELP and PHM also provide LOs for their lectures.
		*Exams are heavily based upon LOs.
MD	Medicinae Doctor/ Doctor of Medicine	The medical degree you are doing, to be a people doctor.
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, practise material, textbook PDFs and more.
MSCP	Medical Science and Clinical Practice	The main theme in MD, it covers your science content (blocks) and clinical skills (sessions). This is broken up into four main topics.



OSCE	Objective Structured Clinical Examination	A practical assessment of clinical skills for second year students, with more assessable content than DOPS.
PBL	Problem-based Learning	Small (9-11), student-directed group classes where you discuss a provided case to generate LIs. The PBL cases encompass that week's MSCP content, and add to it. You are supervised and guided by a facilitator.
PBL group		Most things are timetabled according to this group of people you are with, which is then subdivided into A & B groups. Your PBL group changes each semester (every two blocks).
PHM	Public Health Medicine	A smaller theme covering local and global public health issues, and the roles of doctors and the health care system.
Prac/Lab	Practical Class	What some people call MSCP workshops.
Pre-prac		A booklet (20+ pages) that is assigned to be completed before the Workshop. Please fill some of it before you enter, it'll save you time.
Professionalism Report/LNA	Learning Needs Analysis	A self-reflective task you submit to your PBL facilitator in order to gauge how you are going throughout the year.
RG	Renal and Gastrointestinal	The last MSCP block of the year, covering renal and gastrointestinal physiology, pathology, and anatomy of the abdomen.
Seminar		Basically tutes for ELP, not compulsory but can give you brownie points if you need to re-sit an assessment and have taken too many absences.
TBL	Team-Based Learning	Basically tutes for PHM, although there are small assessments you complete on the day or submit later with your PBL.
		*May be different in 2020
Theme		Like a subject or unit at other universities, except each semester of the MD is technically a single unit, because each theme is interrelated. The three themes are MSCP, PHM, and ELP.
Tute	Tutorial	Classes where you sit and discuss things, usually clinical applications of knowledge (clinical skills). Led by your tutor, and part of MSCP.
Tute prep	Tutorial Preparation	A small (2-3 page) worksheet you complete and submit before Wednesday clinical skills sessions/tutes.
Tutor		Educators who also teach us practical doctor-skills in MSCP. One tutor teaches each PBL group per block and does your ITA.
Workshop		Practical anatomy and pathology classes. Normally 2-3hrs long on a Tuesday.



IT Things		
Cloud	Deakin Cloud/ Unit Site	The online portal where you access lecture notes, assessment details, timetables, submit assessments, access discussion boards etc. It's Deakin's version of Moodle/Blackboard/LMS.
d2l.deakin.edu.au		This is your main source of resources for classes and assessments.
Deakin Sync		Deakin's main portal. This will link you to everything you will ever need for university. Direct links to cloud , email, InPlace and Student Connect .
sync.deakin.edu.au		
InPlace		Deakin's placement coordination system where you can find your assigned placements. You also submit your vaccine/WWCC forms etc. here.
placements.deakin.edu.au		
		Second link is for Placement Logbooks
Clinical Report		
deakin.edu.au/apps/health/logbooks-medicine/#/encounter		
Student Connect		Deakin's portal for enrolment, HECS/SA-HELP/Fees, exam timetables, results, and other admin stuff.
studentconnect.deakin.edu.au		
Places		
CSL	Clinical Skills Labs	Classrooms in KA built like mock wards. DOPS and clinical skills sessions are held here.
DD/Reach		The building near the oval across the carpark from KA . Contains your main large lecture theatre where you will learn and sometimes be assessed.
		Also used by others in the School of Medicine.
		* TBL may be assessed here fortnightly.
KA		The building containing the School of Medicine, PBL rooms, CSL , and anatomy/pathology labs .
PBL Rooms		Classrooms in KA where you do PBL , tutes , and seminars . Also where MMI's are held, as well as DOPS/OSCEs .
Old terms you might see in med bible or from lecturers		
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.
KHI	Knowledge of Health and Illness	A theme covering the science content and pracs , merged with DP to form MSCP in 2019.



Timetable FAQs

Does prac/clinical skills go all day?

No! Only for 2-3hrs depending on the content.

Pracs/clinical skills are split into 3 groups. There are 3 timetable groups made of PBLs 1-5, 6-10, and 11-15. The usual prac/clinical skills times are at 10am-12pm, 12:30pm-2:30pm, and 3pm-5pm. The timing changes halfway through semester so you will take a turn in every time slot throughout the year.

Am I Group A or B?

The Cloud will have a practical timetable which has an "A" or "B" next to each persons name. For MSCP practicals, A's start with anatomy, then change to pathology. B's are the opposite. This grouping is also used in PHM TBL's.

How do I find out about timetable changes?

The main timetable is updated frequently, and is found on Cloud. Normally these changes are for things that occur later on in the semester. Any changes that affect the current week are usually emailed to you, posted as a news item on Cloud or

will be mentioned in lectures. Sometimes classes are cancelled last minute, and often your MEDUSA reps will post it on your cohorts Facebook page.


TL;DR: check the Cloud and Facebook, there's always something different and no central source to verify changes.


What's compulsory?

Every week (~8-10hrs):

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


Some weeks there are also:

- Placement
 - DOPS and ITAs
 - Intra-semester tests (1hr, usually Monday 8am lecture slot for MSCP)
- 

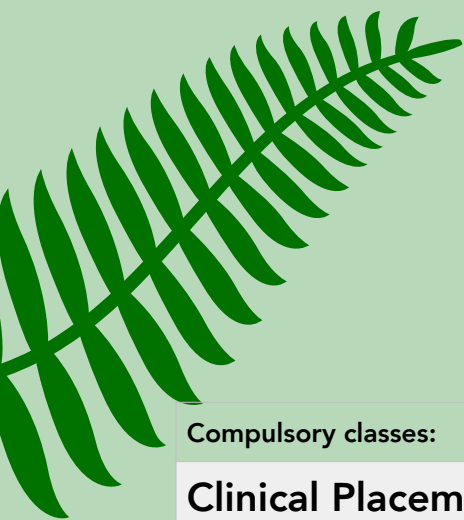


Description of Classes

Compulsory classes:	WHAT TO BRING	ASSESSMENTS
PBL <ul style="list-style-type: none">- Monday & Friday (2hrs each)- Small group class- Supervised by facilitator (academic)- Follow a case and identify LIs on Monday- Discuss/present LIs on Friday- LOs (the "correct" LIs) released after Friday PBL- not all LOs are covered by PBL and are addressed in lectures, workshops, clinical skills sessions or assigned readings.	Laptop Snacks! (Each person typically allocated to one session to bring snacks for everyone :))	MSCP, ELP, and PHM intra-semester test/exam content LIs/LOs (MSCP test/exam questions are based on LOs)
MSCP Clinical Skills/tutorials <ul style="list-style-type: none">- Wednesday (2hrs)- Either in CSL learning clinical skills or in PBL rooms doing a tute- Practical doctor stuff practised on dummies/classmates	<ul style="list-style-type: none">- Stethoscope- Name badge- Laptop/notebook- Professional clothes (sometimes!)	Prep work due before class DOPS* are viewed in clinical skills sessions ITAs are your tutor's assessment of your skills (once/topic) *DOPS may be called something different in 2020



Disclaimer: Due to changes in the curriculum, information given here may not be completely accurate. Please check your own Unit Guide for correct details if there is variation.



Compulsory classes:	WHAT TO BRING	ASSESSMENTS
Clinical Placements <ul style="list-style-type: none">- Usually Thursday (0.5hr-4hr)- In/around Geelong- Experience healthcare in a real setting- Scheduled on InPlace, separate from normal timetable	Name badge Professional dress Placement guide Stethoscope Notepad/book	Pre-placement logbook Post-placement logbook
ELP Seminars <ul style="list-style-type: none">- Friday morning (1hr)- Some compulsory, changes every year - see unit guide- Discussion of professionalism/ethics and reflection	Laptop/notebook	Come prepared having read the cases
MSCP Practicals (anatomy & pathology) <ul style="list-style-type: none">- Tuesday (2-3hrs total)- Practical applications of MSCP content- Content often more in-depth than lectures- Anatomy: learn on models and cadavers- Pathology: go through histological slides, cases, diagnostic process, etc	Lab coat Safety goggles (provided) Long hair tied back Closed shoes Laptop/iPad or printed worksheet	Expected to have attempted/completed the prac work before starting the prac Content is examined in its own exam, some information can appear in MSCP exams




Disclaimer: Due to changes in the curriculum, information given here may not be completely accurate. Please check your own Unit Guide for correct details if there is variation.



Non-Compulsory classes:	WHAT TO BRING	ASSESSMENTS
MSCP Lectures <ul style="list-style-type: none"> - Run Monday-Wednesday, ± Friday - Mostly basic science - One clinical skills lecture (Wednesday morning) - Normally 6-8 lectures but can be more - Presented by academic lecturer or guest clinician 	Note-taking device/ laptop/book etc	Main source of MSCP test/ exam content
ELP Lectures <ul style="list-style-type: none"> - Throughout the week - ELP academic staff and guest lecturers - Ethics and law relevant to medicine 	Note-taking device/ laptop/book etc	Content assessable in ELP exams and useful for ELP assignments (typically essay format)
PHM Lectures <ul style="list-style-type: none"> - Usually Friday morning - PHM academic staff and guest lecturers - Intro to public health 	Note-taking device/ laptop/book etc	Assessable in PHM TBLs/tests/ exams
PHM TBLs <ul style="list-style-type: none"> - Usually Friday morning - Application of PHM lecture and readings content - In lecture theatre for quiz or PBL rooms for tasks 	Electronic device to complete online quiz	Similar to PHM exam questions

Disclaimer: Due to changes in the curriculum, information given here may not be completely accurate. Please check your own Unit Guide for correct details if there is variation.





Study Tips

By Yacoub Jayoghli

1. Start Big-Picture, Narrow Down on Details

In the scientific world, it is very easy to be bogged down by copious amounts of detail that may seem trivial, yet all-important for those pesky multiple choice questions on an exam. To overcome feeling overwhelmed, start with a big picture of the concept, and then incorporate the finer details into studying so that you understand those minute details in the context of the bigger picture. For instance, in the RG (Renal/Gastro) block, you will be required to memorise the different transporters located in the renal tubules. Understanding the importance of reabsorption, and how different ions interact with one another and its importance, will then help in memorising the types of transporters located.

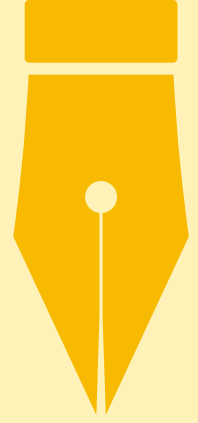
2. Keep On Top of Things (or try to!)

Many of us are accustomed to cramming, and while it can be done (NB: not advisable), it is not sustainable and it is inefficient. Making sure you attend lectures is vital, and staying up to date will not only allow you to be ready for PBL cases on a weekly basis, but also help you in the continuous delivery of information that happens every week of medicine. Make sure that you find a way to construct your own notes, and once completing these, review them. My personal study technique was to transcribe lecture notes before lectures, and then add extra details in after attending/watching the lecture. This was then great material to use over the weekend to recap material for understanding, and makes exam time significantly easier.



But remember, sometimes life happens and things get too much! If you feel like you can't stay on top of things that is a-okay. There are plenty of staff, peers and dedicated people who are open and willing to chat.

Also, marks in your first year do not matter so it is all about settling into a new environment and pace, and learning how to stay on top of things!



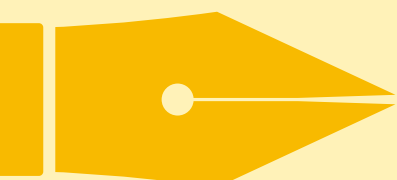
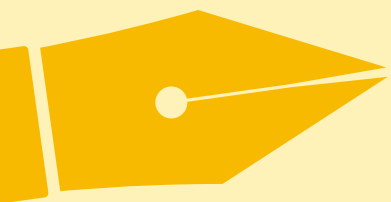
3. Understanding over Memorising

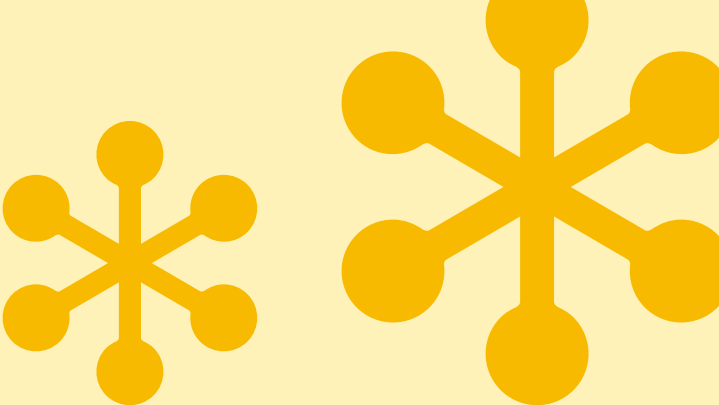
It can be very easy to sit and rote learn materials. However, in the context of medicine, understanding the material is paramount. Clinical cases will involve having to look at signs, symptoms, information collected from a history, and biochemical parameters to make a diagnosis. While at first year there is no expectation to make a diagnosis, it is *vital* that concepts are understood so that they are applied. Of course, as mentioned, there will be minute details that do require memorising for assessment purposes. However, tracking through medical school and even into our careers, the information that we take with us is the material that we have properly understood, and are therefore able to apply.



4. Keep in touch with Clinical

It is very easy to be bogged down by the sheer volume of material covered in the Medical Science theme of medical school. However, it is crucial to ensure that clinical skills are properly understood and developed over the year. This means making sure that you take clinical skills sessions seriously from day 1. Of course, this doesn't mean not having any fun - it simply means, making notes on the different types of medical histories, physical examinations and procedures, which we will use as doctors for the remainder of our careers. Additionally, it makes examination time a lot easier because it is embedded in our minds. Allocating time either weekly or fortnightly to catch up with friends, and practice taking a clinical history or performing a physical examination, allows you to keep in touch with basic clinical skills, and also gives an opportunity to fine-tune your skills based on feedback you receive.



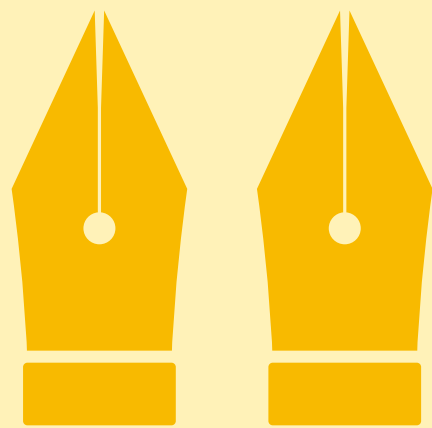
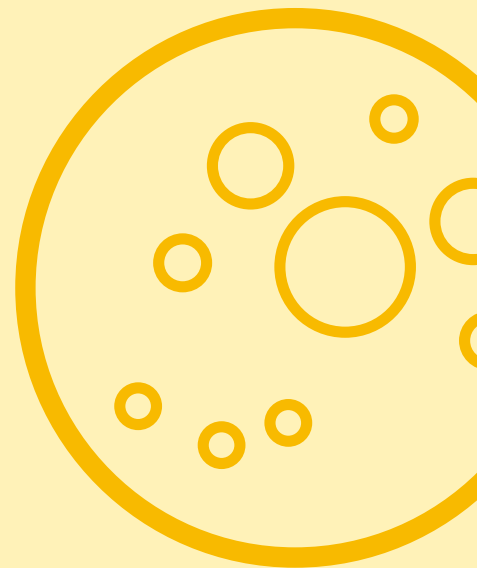


5. Studying is part of your life, not your entire life

Make sure that you do take regular breaks and make time for extracurricular activities. This can include going to the gym, going out for brunch/lunch/dinner with friends, or even just a lazy day where you decide to sit in bed and watch some Netflix. It is very easy to become consumed by medicine, and while staying on top of everything is important, productivity declines when you are not in the right frame of mind to study. When you feel like you're overwhelmed, stressed or just cannot look at material one more time, take a break. Even though you may feel it is wasting time, it will give your brain the reset it needs to then work productively and smash out the work required.

6. Anatomy and Pathology Practicals 101

Each week, you will have a practical that will have anatomy and pathology stations covering concepts that you will have learned about/will learn about over the week. To facilitate this experience, make sure you have completed as much as you can of the weekly workshop booklet before coming into the practical. This will streamline your experience, and help you fill in the blanks of your learning. Additionally, and I cannot stress this enough, use the anatomy/pathology tutors to facilitate your learning. They are amazing at what they do, and they are so knowledgeable. This means that if a particular concept doesn't make sense in a lecture, they will be able to clear it up for you and help in your understanding. Being on top of your game in Anat/Path practicals also helps make other lectures significantly easier, as you become more aware of the anatomical and pathological aspects of the disease or condition.



Textbooks

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 Path) 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

4. Jekel's Epidemiology, Biostatistics,

Preventive Medicine, and Public Health by Katz, Elmore, Wild and Lucan 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

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!

Podcasts & Other Resources

By Jane Theophillia Wijaya

Osmosis

(Youtube & website <https://www.osmosis.org>): You guys would probably know this resource already and some of you might even have used it for your undergrad if you're from a science/ biomed background. Their website has pretty much everything for MS, CP and even PHM. Up until now, I haven't purchased their subscription but I am going to very soon. I don't really like sharing my account with anyone else but some of our seniors suggested that a group of you can purchase the subscription with one account and access it together. The only drawback with this is that if your friend watches a video, it'll start from they've left off. One thing to keep in mind when using Osmosis' resources is that they are based in the US and some things are different for us here in Australia.

Amboss

(website: <https://www.amboss.com/us>): I mainly use it to look at the clinical side of things (different conditions, drugs, etc.). I personally don't purchase their subscription because I don't really use it that much (I mainly use it to fill in the CP tute preps), but if you love the way they present things, it might be worth subscribing. Hot Tip: I usually search the thing I want on Google and add the word "amboss" at the end - example: "heart failure amboss". This is just because sometimes amboss' resources don't come up right away on Google and I just like it better to search on Google rather than on Amboss' website so I can see results from other websites too.

Complete Anatomy (App)

(<https://3d4medical.com>): This is my go to app for anatomy! I have it on my MacBook, iPads (Pro and Air), and even iPhone - you can see how much I love this app. It gives you a 3D skeleton on which you can see most muscles, organs, nerves, blood vessels - you name it. It also gives a brief description of the item you are highlighting. For some of the muscles, there is even a feature where you can see how the contraction/ relaxation of the muscle affects the movement of a bone/ joint! It also has an AR function where you can virtually place a skeleton on the floor (I usually use it for fun not for studying, though). However, yes, it does come with a cost. The price is different for different devices but if you have it on one device, usually you get a discount for purchasing it on another device (just make sure you are logged into the same account). It is quite expensive for a student's wallet and if you're still unsure whether it's worth purchasing, they do provide a free trial for a certain period of time.

Rev.Med

(Instagram @rev.med & Youtube): I just found out about this account end of first year and feel it's a pity I didn't find this account earlier. They make really pretty anatomy drawings and post them on their instagram account. They also post short quizzes on their instagram stories and they're quite fun to answer! They also have a Youtube account but I have never watched any of them (yet) but they might be a good anatomy resource.

Geeky Medics

(Youtube & App): This Youtube Account really helps with the Clinical Practice (CP) aspect of the course. It has videos on how to take a history, and most importantly on how to do physical examinations of the different systems of the body. I really recommend this Youtube account! They also have an app, which I downloaded but never use, up until now. At a glance, the app has fairly similar video content to the Youtube channel although it contains more than just videos - quizzes, podcasts, etc. There are free features in the app but most of the content has to be purchased. For first year, I don't think it's worth purchasing the content just yet, but if you need it I don't see why not.

Armando

Hasudungan

(Youtube): Some of my friends really like this guy's explanation although I've only watched a video or two. I personally prefer Osmosis' videos (since they are shorter and I have a short attention span), Armando's videos are good for those who need step-by-step explanation of how things work.

Medzcool

(Youtube): I use this only to listen to different auscultation sounds for CP (heart sounds, lung sounds, etc.) but they do have videos on other things too.

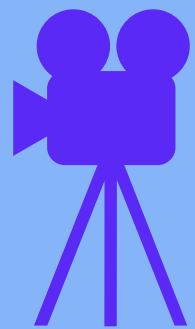
Acland's

Video Atlas of the Human Anatomy: 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.

Shotgun Histology

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 purples

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 'Geeky Medics' 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.





Library Tips

By Blair Kelly, Medical Librarian

Welcome to your first year of Medicine!

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

Library Website

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

In our collection we have copies of the titles on your prescribed and recommended reading lists. Wherever possible we have print and online access

to these, in order to increase access options and allow you to study in a way that best suits you.

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

Popular Resources For Medical Students

[BMJ On Examination](#)

[UpToDate](#)

[BMJ Best Practice](#)

[BMJ Learning](#)

[Access Medicine](#)

[Case Files Collection](#)

[Acland's Video Atlas](#)

[Therapeutic Guidelines](#)

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, plus a Library cafe with generous opening hours and excellent coffee. The Waterfront campus library is not too far away either and is open 24 hours. The free inter-campus shuttle bus takes about 15 minutes each way and provides Wi-Fi access to

passengers, meaning you can continue working while you're travelling.

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





Using Library Resources

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

Beyond books and articles, there are other online tools to help you with your study. If you haven't

studied at Deakin recently you may not be familiar with what's available. If that sounds like you, and you're not quite sure where to begin, then do have a look at the Library Resource Guides. These are Library-curated guides to some of the most useful resources for particular subjects. There are guides for Medicine, Medical Ethics and Evidence Based Practice.

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

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

Get In Touch

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

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



Here to Help!

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

Good luck with your studies!



PART 2
MEDICAL SCHOOL PERSPECTIVES



Medical School from a Science or Biomedical Background

Written By: Gabriel Lirios

2nd year, Preclinical Academic Rep 2020



Whether you've dreamt of becoming a doctor for many years, or have only recently found it as your calling, congratulations! You've done well in undergrad, conquered the GAMSAT, and impressed in the interview. The years you've spent in biomed/science will surely guide you towards success in medicine, right? While biomed/science provides a good springboard for understanding scientific concepts, medicine is truly a beast of its own. Here are some things we learned throughout first year, and things I wished I was told when I started:

1. Be adaptable. Workshops, tutorials, and practical exams give rise to new learning modalities and examinable content. Plus, the sheer volume of lecture content means you'll be studying at least double the amount you've had to before. Your previous study habits may have served you well to get H1s or HDs, but be willing to adapt or change them: perhaps start typing notes instead of handwriting, use flashcards to reinforce content, and pay closer attention to lecture learning objectives to flesh out high-yield topics. Whatever it may be, be open to change!

2. Avoid (or minimise) falling behind and cramming


Many of you have heard that learning in medical school is like drinking water out of a fire hose- this is true! For many, it is perfectly normal to be somewhat behind through the semester- but know your limits. If you're normally up-to-date and suddenly find yourself 3 weeks behind, then it's time to do something about it- ask your peers, tutors, and lecturers for help! Plan, use your time wisely, and refine those study habits to stay efficient.

3. Teamwork is more important now than ever before. Your cohort will have wonderful people from various backgrounds: pharmacy, physiotherapy, nursing, psychology, dentistry, and even non-science backgrounds. Not only are these people incredibly fun and friendly, they are also armed with a wealth of knowledge and experience. You may know intricate

biological process, but others may have amazing knowledge of anatomy, pharmacology, the hospital system, and even social skills that will help you build rapport with others. Collaboration is a big part of what makes Deakin great- it is essential for learning, tackling the mountain of challenges you'll face, and practicing your clinical skills. Help each other not only survive, but thrive in medical school!

4. It's okay not to know things. While many of us are seasoned high-achievers, there will be (many) times where you will find yourself not knowing certain things in multiple contexts. While it may not always feel good, remind yourself this is okay. Medical school is a multidimensional and multifaceted area where students and doctors are always learning. Take these moments as learning opportunities- ask questions, and collaborate with others to improve. This will not only do wonders for your mental health, it will also establish a healthier and more effective growth mindset to set you up for future success.

5. It's all about balance- try new things and take care of yourself! Medical school will offer exciting and incredible experiences you've never had before: clinical procedures, patient exposure, wearing scrubs, seeing surgeries, and more! While medical school is exciting and fun, it is also challenging and long- 18-week-long semesters are not easy to get through. Deakin's pass/fail system means that while you can keep your burning desire to achieve highly, you can also ensure that you find balance between medicine and other aspects of life. Take this opportunity to take care of your physical and mental health to avoid burnout. Maintain your relationships, continue your hobbies, keep your casual job, and challenge yourself to try new things, whether this be sports, volunteering, or leadership! Now is the time to build yourself not only as a competent doctor, but as a well-rounded individual. Most importantly, enjoy the journey you've worked so hard to get into!





Medical School from a Non-Science Background

Written By: Grace Wagon

3rd Year 2020




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!





Working While at Medical School



By Lachlyn Keiller

2nd year, 2020




For many of you, working will be a necessity throughout the course of the year. Whether this is to support a family, pay the rent, or simply maintain your livelihood, it's certainly an achievable feat, albeit one that requires patience, forethought, and a (borderline unhealthy) relationship with your calendar/planning app of choice. This leads me to my first tip for creating a work-life-study balance – take the time to schedule your working commitments as far in advance as possible. At the beginning of the year, you'll receive a rough outline of the overall timetable for each of the blocks. Combined with the more specific timetables you'll get for each of the blocks, and the unit guides that will give you information on when most of your assessments will be held, I found this to be great in getting a sense of when I would be likely to need time off (i.e. the weekends before medical science tests), and when I could continue working as normal.

The advantage of the first-year timetable is that you will have most Thursdays free. While I was able to get by only working on weekends (usually totalling anywhere from 12 – 20 hours per week), there were heaps of people who took these free Thursdays

as an opportunity to pick up extra shifts. This brings me to my second tip – knowing your own studying needs, and developing efficient study habits tailored to those needs. If you're from a science background like I was, your first block – Human Biology – will largely be revision. If you take this time to play around with study techniques, you'll find yourself better able to create a work-life-study balance. As an example, I shamelessly stole an idea from a friend, and started doing medical science workshop and clinical practice tutorial preps on the Sunday before the week we would be doing them, meaning I had more time for other things during the week.

Lastly, as difficult as it can be with balancing everything else – try and see work as a break from studying. It's easy to get caught in the med bubble and feel as though you're somehow going to be behind your peers who aren't working as much as you (or at all). To be able to set aside the mountains of lecture notes and physiology concepts for a few hours, though, gives you some perspective; medical school isn't all about studying.






Medical School As an International Student



By Jane Theophillia Wijaya



Congratulations once again for getting into Med! - although I'm pretty sure tons of people have said this to you. Whether you did an undergraduate degree in Melbourne or from overseas, it would still take time for you to adjust. But fret not! At Deakin, everyone is willing to lend you a helping hand.


To give you a bit of a background, I am from Indonesia, and although I did my undergrad at Melbourne Uni, English is still my second language (ESL). But being here at Deakin, this is good news! There are only about 15 international students (and some have English as their first language) in a cohort of 150 people (about 10%), and this is a really good opportunity for those who are ESLs to practice their communication skills and learn some Aussie slangs along the way!

Either in the orientation week or a couple of weeks into the course, there will be an international student meeting

with some (very nice and chill) academics who take care of international students as part of their role. Ask them lots of questions and they will be more than happy to answer your questions. If you have burning questions but you're too shy to tell them in person, just shoot them e-mails! (Ps: some of them will also be your lecturers).

I'm sure there will be some time where you get to meet some second year internationals as well so don't hesitate to ask our e-mail/facebook/whatsapp - we would love to help out! There would also be some peer mentoring program going on from the second years so watch out for that!

Lastly, don't stress too much (although I do sometimes). Take things one at a time and do seek help if you are struggling. Looking forward to meeting you all on campus!



PART 3
LIFE IN GEELONG (G-TOWN)

COMMUTING OPTIONS

By BRANDON HERNANDEZ

WALK

It may seem like there isn't much around campus at first, but there are heaps of stores and restaurants just walking distance from uni:

- ❑ **Waurm Ponds Shopping Centre / Grocery stores** (Coles, Woolsworths, Aldi) – 15 min. walk
- ❑ **Officeworks, Gas Station, Party Store, Thirsty Camel, Bunnings** – 10 min. walk
- ❑ **Restaurants:** Red Rooster, Town & Country (Italian), Decca (Indian), QinLin Hoptpot, Maccas (McDonald's), Subway – 15-20 min. walk

BUS

Myki Card \$6

- ❑ Buy from railway stations, 7/11 – load online or at stations
 - ❑ Don't forget to tap on and tap off

ROUTES FROM CAMPUS

- ❑ Waurm Ponds Shopping Centre – BUS 1, 40
 - ❑ South Geelong Station – BUS 1
 - ❑ Geelong Station – BUS 1, 40, 41, 42
 - ❑ CBD/Geelong Hospital – BUS 1, 40
 - ❑ Deakin Waterfront – BUS 1

TIP: The fastest way to get to the CBD/South Geelong/Geelong station is by BUS 1. BUS 40, 41, 42 go through different suburbs before reaching CBD.

TRAIN

- ❑ Great way to travel to Melbourne (1hr 15min) or placements (i.e, Corio, Lara)
- ❑ Trains depart more frequently from South Geelong or Geelong Station
 - ❑ Same Myki system tap on and tap off
 - ❑ PTV app/website for timetables
- ❑ Toilets, water fountains and outlets (by the water fountains) available on trains
 - ❑ Bikes are allowed

FERRY

- ❑ **To: Docklands (Melbourne), Portarlington** - (approx. 1hr)
- ❑ On-board café, free wifi, bike racks, charging stations
- ❑ Operates 365 days/yr – twice daily from Geelong to Docklands (\$36 return trip)
- ❑ Departs between Carousel and Pier at Geelong Waterfront

DRIVE

- ❑ **FLEXICAR** – hourly car-hire service available on campus parking lots (\$11/hour) – great for getting groceries with a few mates or driving to the beach for a couple of hours
- ❑ **AVIS (BELMONT)** – car-hire service for longer periods of time/longer drives – great rates and service at this location!
- ❑ **PARKING AT UNI** – 3month(\$220) or 12month parking pass(\$484) / Hourly or Daily: CellOPark app (\$1.40/hr, \$6.40/day) / Free Car Parks (get there before 8am!)
- ❑ **UBER/DIDI** – available in Geelong, DiDi is similar to uber but usually a few dollars cheaper

BIKE

Geelong can be hilly in some parts, but roads are very bike-friendly and there are heaps of trails to explore!

TRAILS:

- ❑ **BARWON RIVER TRAIL**
- ❑ **BAY TRAIL**
- ❑ **BELLARINE RAIL TRAIL**
- ❑ **COWIES CREEK TRAIL**
- ❑ **HOVELLS CREEK TRAIL**
- ❑ **TED WILSON TRAIL**
- ❑ **TOM MCKEAN TRAIL**
- ❑ **WAURN PONDS CREEK TRAIL**

DEAKIN SHUTTLE BUS

- ❑ **FREE** between Waurm Ponds and Waterfront Campus
- ❑ **MONDAY-FRIDAY / 15MIN.**
 - ❑ Flash student card

TIP: Save your bus fare and get to Geelong CBD, Eastern Beach, Westfield using the shuttle bus

Cycling

By Catherine Zhang and Oli Le Grice

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!

[Walking & Cycling Map of Geelong \(link\)](#)



Grovedale (20min), Breakwater and South Geelong (30min)

- Take it easy and miss the traffic on the Waur Ponds trail

Newtown (25min) and Geelong West (35min)

- 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!



Local Eats

By Katerina Lau

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. Relax on the beanbags in the outdoor lawn over summer
- 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

Eats

- Hot Chicken Project - Fried chicken, beer, and on Sundays - waffles! Always filling.
- Sober Ramen - The go-to place for ramen
- Yeah Boy - Vegan, vegetarian or meat-lover? There is something for everyone here. Oh, and the cocktails are only \$10!
- Sumi - Fantastic up-market asian barbeque. Perfect for date night.
- El Santo - Fresh and vibrant Mexican experience. Try the deep fried burrito!
- Fishos - Amazing 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
- Tomodachi - Small traditional Japanese restaurant blowing the sushi chains out of the water
- Bistrot St Jean - Expensive french cuisine, but best restaurant in Geelong. Perfect date night.



Cafés

By Katerina Lau

On Campus

Mr Tod - Cafe in the library. Download the skip app to skip the queue and keep track of your loyalty stamps, or order on the counter to receive a student discount

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

ZoukiCafe - Need to escape Deakin and still got cravings? If you venture out to Epworth for some private study this is your place.

Pakington Area

Winter's Cafe - Great brunch to go with your coffee.

Sodi - Dog friendly cafe outside, lots of power points inside to study, with decent food and drinks

King of the castle - Get your trendy Melbourne coffee fix here. They also do Matcha and Turmeric Latte.

Born and Bread - Got a craving for some of Geelong? finest baked goods. This is your spot. From Focaccias 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.

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.

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

63 Degrees - Delicious food. On par with Winter's cafe.



Geelong Central

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.

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

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

Two Wrens - A quaint drive-through or dine-in cafe located in Grovedale

That Place - GOT A SWEET TOOTH? These guys do cakes by the cm

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

63 Degrees Highton - A bit of a chain but one of Highton's best for food and coffee

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

Common Ground Project - Think Higher Ground meets farm and community garden project, a short 15 minute drive from uni in Freshwater Creek.

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.

Moby - The relaxed beachside shack come cafe you need for your slow mornings.



Staying Healthy

By Sally Barker

Studying medicine brings with it a unique set of demands. It can be overwhelming, especially when you add fending for and looking after yourself on top of that! It can be hard for your family and friends who haven't had the same experiences to understand exactly what you're going through. Thankfully there are heaps of new people around you that have just gone through what you're going through now – the second years. Please do not hesitate to strike up a conversation! They've been there and if they can help ease any anxiety you may have about the course or uprooting your life and moving to Geelong, they will or they'll direct you to who can.

General Health

Get yourself a GP sooner rather than later. It's good to develop that relationship early so they're aware of your circumstances in case you need to access services. Plus, they've been in your shoes!

Local bulk-billing GPs include:

- Deakin Medical Centre (5227 1221) at both Waurm Ponds and Waterfront campuses – the doctors here are familiar with the course, are easy to access and are fabulous at what they do. There is also a practice nurse you can see for vaccinations – get in early for your FluVax when it becomes available because appointments do fill up quickly!
- Dr Hadinata at Grovedale Medical Centre is one of the wonderful GPs you might get to do placement with throughout the year. Let reception know you're a medical student when booking to make sure it's bulk billed.
- Dr Corr at Medical One, Waurm Ponds is highly recommended by students.
- Belmont Bulk Billing Clinic on High St is a walk-in clinic, so go prepared to wait a bit.
- Kardinia Health on Colac Rd is a one-stop shop for everything primary and allied health related. This practice is not confirmed as being a bulk-billing clinic.

Deakin's Disability Resource Centre

provides services and support for Deakin students who have a disability or health condition that is affecting their study. Supporting documentation is required in order to access services, after which a team member will tailor a plan to your needs. For more info go to <https://www.deakin.edu.au/students/health-and-wellbeing/disability-support>.

A note on vaccines – if you haven't looked at that checklist Claudia sent you last year, get onto it **PRONTO!** If you got it filled out interstate, get it double checked – other states sometimes have different requirements and it could get rejected (speaking from experience). Immunisation-trained pharmacists are now able to administer influenza, pertussis-containing (usually coadministered with diphtheria and tetanus) and measles-mumps-rubella vaccines.

Mental Health

Statistically speaking, 1 in 2 medical students will experience burnout or emotional exhaustion throughout their studies and suicide rates within the medical profession are double that of the general population. While these stats are alarming, a culture shift is emerging. The first steps of which have been the acknowledgement and exposure of the toxic training environments for junior doctors – which I'm sure you are aware of coming into this degree.

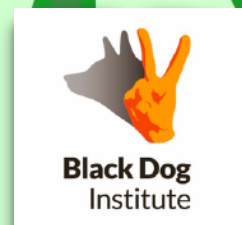
Developing strategies to recognise, manage and overcome burnout, emotional exhaustion, mental illness and the demands of medical school is incredibly important. It is not a sign of weakness to ask for help. The school is there to support you and help you succeed in this course and facilitates access to a variety of resources to achieve this:



- A dedicated **SoM psychologist**, Jacqueline Payne is available for appointments 9am-5pm Mon-Fri. You'll meet her this week! Appointments can be made via Deakin Medical Centre Reception on 5227 1221 and let them know you're a medical student when booking. Other counsellors are available at Student Life as well.
- A **Mental Health Care Plan** can be accessed via GP referral entitling you to 10 Medicare-subsidised sessions per year if you would prefer to access external support.
- The **SoM CARE program** is run throughout the year, providing free or inexpensive activities and classes to help distress. In 2019 sessions included weekly yoga, massages, pinch pottery classes and candle making. Keep an eye out for it in 2020!

As well as the SoM-supported services, a number of other services are available:

- **Headspace Geelong** provide counselling services to those aged up to 25 yrs. They accept both GP- and self-referrals and have offices in central Geelong, Corio and Drysdale. Appointments can be made on 5222 6690.
- **Beyond Blue** has a vast amount of information available. There is also an immediate 24/7 support line which can be accessed on 1300 22 4636 or via their website between 3pm and 12am <https://www.beyondblue.org.au/get-support/get-immediate-support>.
- **Lifeline** is a crisis line which can be accessed on 13 11 14.
- **AMSA** have curated an information hub all about med student mental health, including stories of past students' experiences and how to help friends who may be struggling with mental health: <http://mentalhealth.amsa.org.au/>
- **The Black Dog Institute** is doing a lot to raise awareness of mental illness and is a wealth of information. 12 incredible Deakin medical students rode from Geelong to Perth over the summer for @crossinthebor to raise money for the institute, so we're big fans: <https://www.blackdoginstitute.org.au/>



Fitness Activities By Sally Barker

Keeping fit is a way to destress, have time away from medicine and meet new people. As you'll find out in PHM, exercise is medicine so we ought to reap some of those benefits ourselves! While there's your standard gym options dotted around town, there's a bunch of free stuff too:

- MedFit is a free weekly exercise session for medical students, by medical students.
- Waurin Ponds campus has a 5km run beginning near the roundabout just inside Entrance 1 that takes the scenic route around campus



- The track and outdoor gym area located between DD and the gym are free for student use (MedFit typically takes advantage of this)



- Parkrun is a free 5km timed run every Saturday at 8am. There's Balyang Sanctuary, Eastern Gardens and Torquay courses nearby. For more info and to register head to <https://www.parkrun.com.au/>

- A free yoga session is available every Sunday at 8:30am at the Lululemon store on Pakington St, Newtown (current at the time of writing), and it is likely that on-campus free weekly yoga will be ongoing in 2020 under the CARE program

- There's heaps of great hikes and coastal walks around that vary in difficulty and length

- During Active April, there's free access to Leisurelink Geelong

Use this discount code in the De Grandi online shopping cart for a 10% discount!:

" MEDUSA2020 "

Gym Memberships

By Sally Barker

For those considering a gym membership, here's a run down on what Geelong has to offer:

- **DeakinACTIVE Gym** is the most accessible gym given that it's on campus. They offer a no-lock-in contract for \$11 or \$14 per week depending on membership type. If you're living on res you're eligible for a discount.
- **DeakinACTIVE Mixed social sport** competitions are run throughout the year including netball, futsal and basketball – get a team together and sign up!
- **Snap Fitness** is located nearby on Rossack Dr and offers all your typical gym equipment, weights section, group classes and personal training with the added bonus of incredibly lovely staff. It is open 24/7 and is one of the quieter gyms around. Membership will set you back about \$15 per week depending on what you go for.
- **Leisurelink** offers swimming, gym and group classes all under 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!
- **Goodlife Geelong** is located a few minutes drive from campus toward Belmont. It is a large two-storey 24/7 gym and offers a wide range of exercise machines, an open space free-weights area and an extensive group classes timetable. There are friendly personal trainers as well as a women's only area upstairs. You can start off with a 10-day free pass - keep an eye out for uni student deals during O-Week and early

February. It'll set you back between \$12-20/wk depending on what membership you want.

- **Jetts** is located in both Belmont and Torquay. Similar to the others, they offer a 24/7 training environment. 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** is another gym franchise option available, having facilities in Geelong, Grovedale, Highton and Torquay. One membership will allow you access to all of these locations – as well as all Anytime locations in the country. The usual free weights, machines, and cardio equipment are available, as well as an empty multipurpose room.

- **Strong Geelong** is a locally owned 24/7 strength-focussed gym offering facilities tailored to Strongman, Powerlifting and Weightlifting. Located in South Geelong, they offer programming and coaching and will set you back \$20 per week.

- **Body Fit Training** is the new functional training kid on the block. Offering 50 minute group classes, Body Fit have studios in Geelong West and Torquay with another opening soon in Highton. Membership here is a little more on the expensive side.

- **F45 Training** studios are located in Geelong, Geelong West, Grovedale and Torquay. Offering 45 minute group classes based around functional training and HIIT, F45 delivers a whole body workout in a small amount of time. A free 7-day trial option is available but ongoing membership can be expensive.

Nutrition

By Sally Barker

Eating a diverse, balanced, nutrient-rich diet is the basis for good health. A simple way to think about healthy eating is to follow the plate method. This method gives recommended portion sizes of different nutrients based on the proportion of the plate they take up: half the plate is made up of fruits and vegetables, one quarter is for carbohydrates and the remaining quarter is for protein sources. Healthy fats such as peanuts, avocados and olive oil are great additions to meals but should still only be added in small portions as they are very energy dense. Our go-to drink should always be water, followed by milk or a fortified plant-based alternative (e.g. soy, almond) and we should try to limit the amount of soft drink we have.

Myths Vs Reality

With social media influencers, celebrity chefs and every man and his dog seeming to have the one diet to cure all humanity, it can be hard to identify what's right and wrong when it comes to healthful eating habits. With so much misinformation out there, let's bust some myths.

Myth: Healthy eating is more expensive.

Reality: If you plan ahead for what you're going to be cooking, only buy what you need and freeze leftovers for a later time, you can seriously reduce your food budget. Legumes (chickpeas, lentils, beans etc.) are the cheapest form of protein around and really good for your gut health!

These are some local tips to keep in mind as well when grocery shopping:

- The Fruit Shack on High St in Belmont is seriously cheap and has really fresh produce! They also have stores in Geelong West and Leopold.
- The butcher opposite Woolworths in the Waurin Ponds Plaza offers a 10% discount to Deakin students, just show them your student ID.
- Know when the Farmers Markets are on!
 - 1st and 3rd Sunday of the month, 9am-1pm @ Geelong South Primary School
 - Every Saturday 8:30am-1pm @ South Coast Shire Council Car Park, Torquay

Myth: I have to buy organic.

Reality: Pesticide and herbicide use is heavily regulated in Australia by the Department of Agriculture and numerous studies and systematic reviews have concluded there is no nutritional benefit to eating organic foods over conventionally-farmed produce. Washing fruit and vegetables removes any chemical residue and should be done regardless of whether you're buying organic or not.

Myth: Frozen vegetables are not as nutritious as fresh.

Reality: Frozen vegetables are snap frozen at the time of harvest, with the food maintaining this nutritional value to the time of being eaten. Fresh vegetables often have to travel a long way or are kept in cold storage for an extended period of time before they appear on supermarket shelves. Frozen vegetables are often fresher with more nutritional value preserved, and are 9 times out of 10, far cheaper than buying it from the fresh produce section.

THE PLATE METHOD



Why do we recommend it?

**IT TAKES THE STRESS OUT
OF PORTION CONTROL**



**IT ENSURES YOU'RE
GETTING ENOUGH ENERGY**



**IT PROMOTES GOOD
TRAINING ADAPTATION**



A



B



Taking the guesswork out of grocery shopping

If you would rather take all the guesswork out of grocery shopping and menu planning, or you want to reduce food waste then maybe consider one of these home delivery options.

Meal Service	Format	Features	Min. Cost*
Dinnerly	Meal Kit	8 meal choices/week 5 step recipes Flexible subscription Digital recipes Fewer ingredient recipes	\$52.45
Hello Fresh	Meal Kit	UNIDAYS discount – 40% off first box then 10% off for 12 months Can order via an app Flexible subscription Benefits for ongoing use – free first box discount codes for friends 10 meal choices/week (classic) Printed recipe cards	\$59.95
You Foodz	Packaged Meals	No subscription, pay as you go Breakfast, drinks and snacks available as well as lunch/dinner Twice weekly FREE delivery Can order via an app Also available in certain stores	Variable
Nourish'd	Packaged Meals	One off or recurring plan options Athlete' meal options 18 meal choices/week	\$69.35
Fit Fast Food	Packaged Meals	Local Geelong business located on High St, Belmont Pick up or delivery available No plans, pay as you go	Variable

*inclusive of delivery unless otherwise stated



Recipes

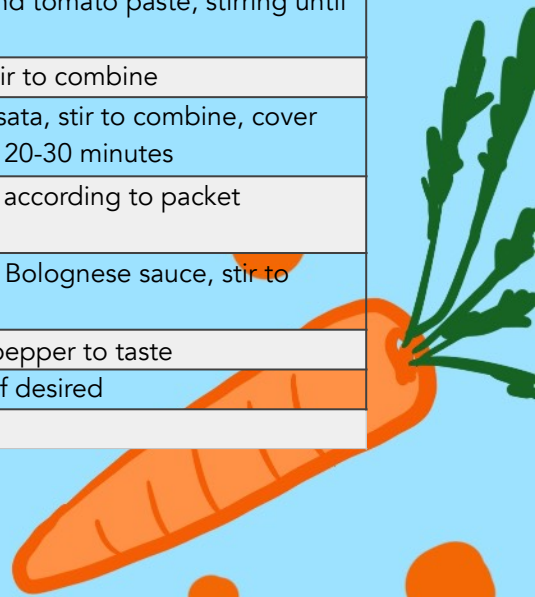
Fresh Mexican-inspired salsa

(4 serves as a side, 2 as a main)

Ingredients:	Method:
½ Lebanese cucumber	1. Dehusk corn cob, wrap it in aluminium foil and grill until blackened. Cool.
⅛ - ¼ Spanish onion	2. Quarter the cherry tomatoes
1 corn cob	3. Finely dice all other ingredients and combine in a bowl
½ avocado	4. Cut corn kernels from the cob and add to salsa mixture
1 punnet cherry tomatoes	5. Add lime juice and stir to combine
¼ - ½ bunch of coriander	
1 jalapeno chili, seeds removed	
Juice of ½ a lime	
Great as an addition to tacos or burritos, or as a side salad for grilled fish or chicken. Add some chickpeas or four bean mix and some rice or quinoa to make it a complete vegetarian or vegan meal.	

Spaghetti Bolognese (4 generous serves)

Ingredients:	Method:
½ red capsicum	1. Finely dice onion, capsicum and carrot
1 large brown onion	2. Heat olive oil over medium-high heat in a thick-bottomed saucepan
2-3 cloves of garlic (or 2 tsp minced)	3. Add onion, capsicum and carrot and cook until softened, crushing the garlic into the saucepan midway
1 large carrot	4. Add the mince, breaking it up with the cooking spoon and cook until browned
200g cup mushrooms	5. Add the Italian herbs and tomato paste, stirring until combined and aromatic
500g of beef mince (or quorn mince)	6. Add mushrooms and stir to combine
1 tin of no-added salt diced tomatoes	7. Add tomatoes and passata, stir to combine, cover and bring to a simmer for 20-30 minutes
700g jar of passata	8. Meanwhile, cook pasta according to packet instructions
2 sachets of no-added salt tomato paste	9. Drain pasta and add to Bolognese sauce, stir to combine
½ packet of spaghetti or pasta of choice	10. Season with salt and pepper to taste
1 teaspoon dried Italian herbs mix	11. Serve with parmesan if desired
1 tablespoon olive oil	





Build a Stir-Fry

Choose your vegetables:

Carrot

Onion

Spring Onion

Snow Peas

Bok Choy

Capsicum

Cauliflower

Green Beans

Coleslaw Mix

Broccoli/broccolini

Bean sprouts

Choose your protein:

Firm Tofu, dried and cubed

Chicken, cubed

Beef, thinly sliced

Tinned chickpeas, drained

Choose your carbohydrates:

Rice (brown or basmati)

Quinoa

Noodles (hokkien, vermicelli, egg, rice, soba etc.)

Choose your sauce:

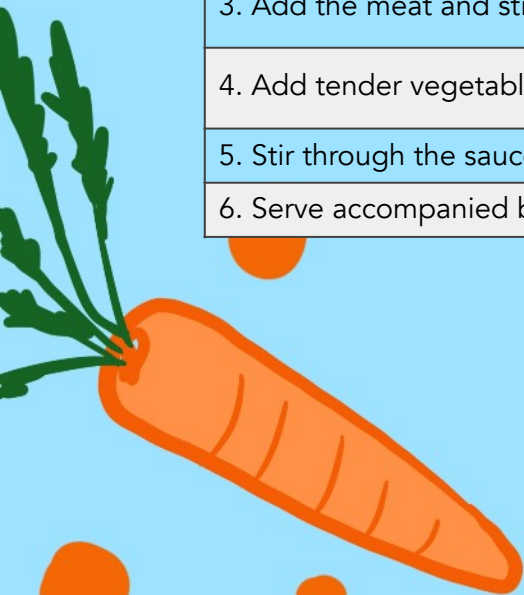
Thai lime and basil: soy sauce, fish sauce, brown sugar, lime juice, thai basil, red chili

Lemon sesame: soy sauce, sesame oil, sesame seeds, lemon juice, brown sugar,

Honey Soy Sriracha: soy sauce, grated ginger, crushed garlic, honey, sriracha

Method:

1. Warm 1 tablespoon of vegetable or rice bran oil over high heat in a wok
2. Add harder vegetables to wok (onion, broccoli, carrot etc.) and cook until softened
3. Add the meat and stir fry with vegetables until browning and almost cooked through
4. Add tender vegetables (e.g. bean sprouts, spring onion, bok choy etc.) and combine
5. Stir through the sauce, ensuring all elements are well coated
6. Serve accompanied by rice, noodles or quinoa



Groups involved in this space...



Nutmed offers lunch time seminars and activities related to nutrition and health. You will learn more about how to get the most out of your diet as well as nutritional advice for your future patients. There are also opportunities to get involved in the organisation of these seminars and activities if you are interested! Keep an eye out for information posted on your class Facebook page.

MEDUSAS COMMUNITY & WELLBEING SUBCOMMITTEE



The C&W committee are a part of MeDUSA dedicated to promoting community in the SoM and Geelong as well as our own health. They put on a number of events throughout the year promoting positive inclusion and important discussion about mental health. These include panel discussions, Blue Week and R U OK Day activities.



The C&W committee also have a Volunteering facebook page which we recommend everyone to join - here you can find the volunteering programs that are being run for 2020.

PART 4
CLINICAL SCHOOLS
(stuff to think about in the future)

Warrnambool Clinical School

By Ahmed Nada

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. 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 \$120 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. The clinical school facilities are fantastic with a clinical skills lab, simulation room, 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 very 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. They run weekly MCQ and OSCE sessions in the second semester for the 3rd years.

If the distance from Melbourne is not a big issue for you, seriously consider putting Warrnambool up high in your preference list - you won't be disappointed.



Rural Clinical School (RCCS)

By Lachlan Blackwood

RCCS is a unique experience where you are placed in country town for the year, anywhere from Colac or Daylesford, to Horsham or Portland, in groups of 2-3 students per town. We are all attached to a local GP clinic and have a GP mentor who looks after us for the entire year.

Heading rural will be a big change for anyone, especially if you've previously been based in Melbourne but the rewards are certainly worth getting out of your comfort zone. The RCCS model means that because there are fewer students in each town, each student has more opportunities to be heavily involved in clinical practice; we see patients in a GP setting independently within a few weeks, we see patients in ED almost immediately and have more chances to scrub into surgery or practice procedures.

This was amazing to practice your clinical decision making, and lets you diagnose conditions from day one, with the help of your supervisors! I found that this meant that I felt more 'intern ready'; rather than just reading conditions from a book, I could diagnose them myself.

The RCCS model also does means no rotations, or all of them at once. While this can be daunting early on, if you think back to undergrad and how easily you forget things by the end of the year, no rotations means you can fill gaps in your knowledge whenever they arise, you are not limited by whatever rotation you are in at that time, like you would be in other sites. It also means if – like me – you have the attention span of a goldfish, you can do 4 rotations in 1 day: scrub into surgery in the morning, sit in a paed's clinic before lunch, see patients on the ward and deliver a baby before dinner!

You also don't have a rigid timetable so you can choose what you want to do each day, and SWOTVAC can be a month long if you really want.



Horsham Hospital

The RCCS program is ideal for anyone who wants to do more, and really be a part of the team, rather than watching from the corner at the bottom of the food chain. You have the same supervisors for the whole year, and they become great friends by the time you leave. While you do spend a lot of time in GP practice, it is a great pathway regardless of which career takes your fancy, and you get to see heaps from visiting surgeons, physicians, ObGyn and paed's consultants.

I loved my time in RCCS and was sad to see it come to an end. If you love to learn by doing, can learn independently, and like to do (kind of) whatever you want each day then RCCS is for you. Good luck!



Ararat Hospital



Colac Hospital

Geelong Clinical School

By 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.

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

Ballarat Clinical School

By Mieke Foster



Ballarat Clinical School (BCS) is always a popular clinical site for Deakin students and it's not hard to see why!

1. Ballarat Health Services (BHS) is a large, 785 bed service that serves the whole Grampians region, and is a catchment hospital for a lot of northwest Victoria. There is a lot of opportunity to see complex, tertiary care covering almost all specialty interests.
2. BCS has a relatively small cohort, with small rotation groups. Within your rotation, you are generally allocated in pairs, and you are considered a part of the care team you are attached to. The junior doctors are keen to help you practice procedures, and the senior consultants encourage you to present at rounds. There is a lot of hands-on learning and access to patients, including all of your assessments (including procedures) being on real patients. Overall, there is a lot of opportunity to get involved and receive valuable feedback.
3. There are endless learning opportunities available at BCS. There is a rigorous schedule of tutorials and bedside teaching given by consultants for each rotation, clinical skills sessions including simulations, the fourth-year students deliver additional workshops, MCQ nights and mock-OSCE style practice sessions each week for third-year students, the hospital have an educational program for interns and junior doctors which you are welcome to attend and the on-site medical librarians are always keen to help direct you to useful rotation and exam resources.
4. BHS is shared between Deakin and the University of Melbourne, and Notre Dame students are based at the private hospital over the road (St John of God). There are a lot of academic and social activities that are run between the universities, including extra tutorials, careers evenings, internship application sessions, social events, wellbeing sessions and more. Some of the UoM tutorials are also open to Deakin students. The UoM and Deakin students are on different rotations at any given time, and so you still have

full access to all of the opportunities during your rotation.

5. The clinical school staff are well equipped to provide additional opportunities for students. Students can allocate themselves to sessions in pairs to go and do extra procedure practice with emergency department nurses. The school organise a mock OSCE with consultant feedback and exam revision sessions for each rotation at the end of the year. The BCS staff are keen to see everyone enjoy their clinical years and are there to support students as much as they can.
6. Students at BCS are encouraged to get involved in the community. The Ballarat Clinical School Committee run additional academic, social and community events, including a large Teddy Bear Hospital event in the hospital foyer, classes at local primary schools, a community services expo and much more.
7. Doctors from many Melbourne hospitals including the Royal Melbourne Hospital and Western Health rotate to BHS. There is a lot of opportunity to network and get career advice from doctors from all around Victoria.
8. Ballarat is a wonderful town. It prides itself on providing everything you need whilst maintaining that friendly country charm. It has excellent wine bars, pubs and restaurants, gyms and walking trails and great coffee shops. It's also a cheap place to live, so the Centrelink budget allows you to easily live near the hospital and participate in the community without breaking the bank. Don't forget to come prepared with your winter woollies though because Ballarat gets very chilly.
9. Ballarat has an added bonus of being an easy drive back to Melbourne or Geelong on the weekends or even mid-week, making staying in touch with family and friends very doable during the busy clinical years.
10. Ballarat is a fantastic clinical school where you can grow as a budding doctor. I can highly recommend considering it!

Eastern Clinical School

By Ash Qama

Eastern Health is a great place to complete your clinical rotations, and is the place to go if you want to experience life in a busy metropolitan hospital. Most people come to Eastern because they have ties to Melbourne – be that family, work, friends – and because they want more independence and flexibility than what some of the other clinical schools offer.

You will primarily be based at Box Hill and Maroondah hospitals in your clinical years. Box Hill Hospital is a 600+ bed facility with electronic medical records (that means no paper notes or charts!), a ton of specialist departments, 10 operating theatres, and a bustling emergency department. Patients that access Eastern Health services come from diverse socioeconomic and language backgrounds, which means you will get experience communicating with patients with varying levels of health literacy and who don't speak English as a primary language. Clinicians here often have joint appointments at other major hospitals (including RMH and the Alfred) and will actively give their time up to teach you anything, so long as you ask.

Eastern Health Clinical School is shared between Deakin and Monash. We have a dedicated staff member who manages the Deakin side of things, and every person in the clinical school is approachable, friendly, supportive, and familiar with Deakin processes. We have Deakin-only tutorials and teaching, in addition to being invited to Monash teaching sessions. Eastern runs a monthly patient tutorial session, where in small groups you practice your history-taking, examination and management skills under OSCE conditions and under supervision by a senior



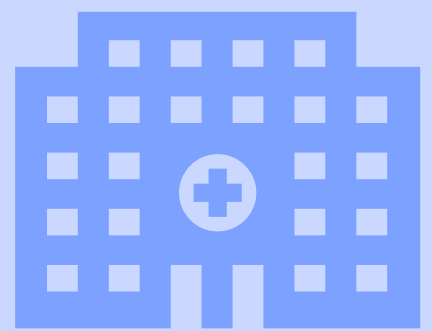
clinician. We also have a dedicated clinical skills nurse educator, who runs regular sessions in the sim lab so that you feel confident on the wards.

Eastern is more self-directed than some of the other clinical schools, in that most days it is up to you to choose what you want to participate in. There is an attendance expectation, but most of the time you have the flexibility to pick what clinical activities are best for your learning. There is never a shortage of interesting patients to practice on and learn from, and ample opportunity to assist the junior doctors with their workload and talk through treatment plans. Most junior doctors will give you informal 1:1 or small group teaching when they have time, and you will have plenty of non-ward time to study for your assessments.

We have a small cohort at Eastern (typically 30-40 students) and are a close-knit, supportive cohort with a culture of supporting each other. Fourth years offer their time to assist with OSCE and MCQ practice, and we have regular social nights as a group.

We don't need to sell you on Eastern's location or the proximity to Melbourne city – chances are if you're considering Eastern, you know this already!

Come to Eastern for a community feel in a metro hospital.



PART 5
SOCIAL & CLUBS

One social event that you won't want to miss...

MEDCAMP 2020



DATES: 14TH TO 16TH FEBRUARY 2020
WHERE: YMCA LADY NORTHCOTE CAMP

MORE INFORMATION TO COME!



Social Events that are in the calendar already...

MeDUSA's **Cocktail Night** on Friday 31st Jan

MeDUSA's **Med Camp** from 14th to 16th Feb

Crossing Border's **Movie Night** on Monday the 6th April

MeDUSA's **Med Ball** on Saturday the 18th of July



SOCIAL

Love your 2020 social team Chris and Em!

By Em Bellis, Medusa social rep 2020



MeDUSA

There is no denying that med school can be hard work, but don't worry the Medusa social team has your back organising heaps of fun events throughout the year to keep your social life on track!

Follow **MeDUSA – Deakin Medical Students' Association** on Facebook to make sure you never miss an event! If you have any questions or ideas for any events please contact us via Facebook or email social@medusa.org.au

Here are just some of the events to look forward to...

Cocktail Night

This is not an event to be missed! It is the perfect way to meet your peers in a casual environment and have a great time! Come and mingle with students from all year levels. Drinks and nibbles provided!

When: Friday 31 January, 8pm-12am

Where: Geelong Library & Heritage Centre

Dress code: Cocktail

Tickets: \$55 Medusa members, \$60 Non-members
– tickets available via Facebook

Med Camp

Definitely do not miss this! This is one of the highlights of first year for many students and a great way to build life-long med school friendships! Not only is this event a social highlight of the year but also provides opportunities to learn about medical pathways and tackle some clinical skills for the first time including suturing and taking blood pressure.

When: Friday 14 February – Sunday 16 February

Where: YMCA Lady Northcote, Glenmore

Tickets: Price TBC – tickets available via Facebook

Tickets include transport*, all meals, two night

accommodation, beer and wine,
skills workshops, and your very first

pair of scrubs! *bus spots limited, sign ups on first
served basis, otherwise BYO car

Med Ball

By far the biggest event of the year, this is not one to be missed! It's an amazing evening to relax, wine and dine and celebrate the year!

When: Saturday 18 July

Where: The Pier, Geelong

Tickets: Include 3 course meal, open bar and
entertainment

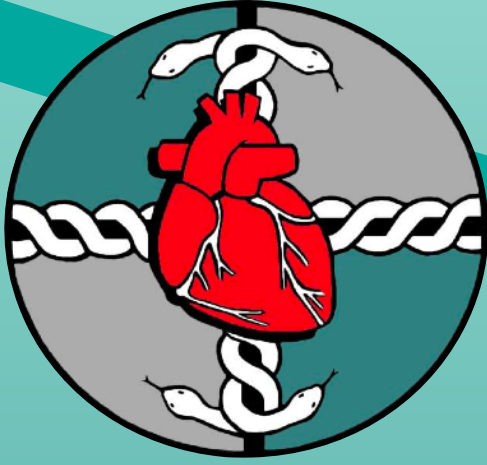


After Exams Celebrations

It's important to celebrate after a mid-semester test or exam period so we make sure you have an opportunity to do just that!

+++ more events to come! (There is a 1st year position available! So apply to join in creating fun!)





By Rachel Tobin, Preclin Pres 2020

MEDUSA



MeDUSA is the medical school arm of DUSA (Deakin University Student Association) and aims to represent and advocate for medical students within the school. We have been around since 2008 and help to coordinate events from the famous med camp to cocktail night to student revision lectures.

We're not all about partying though - the MeDUSA team have a great relationship with the school and meet regularly with staff to discuss feedback, suggest improvements and pass on your ideas. Our various subcommittees (which you can read all about here) also run a

number of events for those with special interests throughout the year.

There are so many opportunities to get involved and, having been involved in my first year, it is incredibly rewarding! You'll get to know staff members (which can definitely come in handy) and meet a huge range of people from all year levels who you otherwise might not have. You also get to play an important role in your year level and help your fellow students frequently. You'll hear all about these opportunities in your first few weeks, but if you have any questions, don't hesitate to ask one of the team!



MEDFIT

By Jen Cleary, MedFit Co-ordinator 2020



As medical students not only do we have to study around the clock, work to earn money, eat well, sleep well, we also have to make sure we are physically active. This is where MedFit makes it easy for you. It is a free exercise session for medical students run by medical students every week on campus.



MedFit is usually around 45-60min of a combination of interval training, body weight circuits and competitive/fun games that are catered to everyone's individual fitness levels. Whether you are a marathon runner, or an expert netflix watcher, MedFit is designed to be fun, to be social, and to get your heart rate up to keep that cardiovascular system in check!



This year MedFit will be held on Tuesday mornings at 7am meeting at the Deakin athletics track! So pack a spare change of clothes, some brekkie and a towel (so you don't stink out the lecture theatre) and get ready to release some endorphins to keep you going through the day.



Please follow us on Facebook at Deakin MedFit as this is where all our communication will come from. If you have any enquiries, don't hesitate to message us on facebook and more importantly if you have a special skill or talent and would like to run part or all of a session, we are always looking for variety so please let us know! We look forward to getting those hearts pumping and those muscles aching.

First of all, congratulations on your success and in joining us at Deakin Medical School. My name is Ellie and I will be your AMSA chair for 2020. 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 is 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.

The AMSA team at Deakin will act as the interface between you and AMSA to allow you to engage with all the beautiful opportunities AMSA has to offer. Be sure to follow us on [Facebook](#) to keep a look out!

What do AMSA actually do?

Basically, a lot. AMSA's initiatives are based on the interests and needs of all Australian medical students. Here is just a taste of what AMSA has to offer:

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, indigenous students, rural placements and more!

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

- AMSA Convention (the largest student run academic/ social event worldwide) which happens to be in Melbourne this year!
- AMSA Global Health Conference (an event expecting over 800 medical students to discuss pertinent global health issues)
- Vampire Cup (a nationwide blood drive where it's medical school vs. medical school)
- AMSA Rural Health Summit (AMSA's peak rural health conference)
- National Leadership Development Seminar (AMSA's peak academic and



upskilling event to develop the next generation of leaders)

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

- AMSA Code Green: AMSA and climate health
- AMSA Crossing Borders: AMSA and refugee and asylum seeker health
- AMSA Health Communities: AMSA and non-communicable diseases
- AMSA Reproductive Rights: AMSA and sexual and reproductive health
- AMSA Mental Health: AMSA and mental health
- ++ MORE



Welcome welcome welcome, congratulations you made it!

Whilst the start of medicine may be a little daunting, it's actually an incredible springboard to follow your passions for health

If you're wanting to make real change, breaking down health inequity, and are passionate about global health, UHAD (universal health at deakin) is the club for you. We are a group of passionate individuals who are keen to positively impact the healthcare world and drive change amongst our peers and the broader community. We pride ourselves on health advocacy, promotion, education and most importantly running some pretty amazing events in between.

Fancy drinking wine for an afternoon whilst fundraising for international health initiatives? Heading interstate to listen to leaders in global health with some of your best mates? Jetsetting to conferences through our connections with AMSA global? Or being involved in the biggest cultural event at Deakin whilst supporting recent migrant communities? These are just some of the opportunities that await when you jump on board.

UHAD comprises of a number of specialty streams including healthy communities, sexual and reproductive health (code red), and the environment (code green), whilst also teaming up with other clubs to advocate for, and support refugees and Indigenous Australians. So whatever your passion is within global health, there is an opportunity for you to follow it!

Whilst becoming a member opens you up to all of these opportunities, if you want to take it a step further and get involved in the club, we have a number of first year positions that will be promoted in the coming weeks.

To sign up jump on the DUSA website or come to one of our o-week stalls!

If you would like more information you can find it via our Facebook page or contact uhad.deakin@gmail.com.

We look forward to seeing all your beautiful faces at an event soon!





By Michael Lam, DSIG Committee 2020

DSIG

There are numerous surgical specialties, and surgery related specialties in the field of medicine. Of these specialties 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 with which organizes surgery related events throughout the year. These events are not only for those who desire to pursue surgery, but also for those who are interested in experiencing what the field of surgery entails and those that just want to improve their hands-on skills.

Everyone is welcome to the events organized by DSIG, and we highly encourage you all to attend. One such event in the Surgical Careers Night, where a number of surgeons and surgical registrars will speak about their story as a surgeon, what it entails, and the road they took to get there.

Our most popular event of every year is the Surgical Skills Night, where hands-on surgical skills such as knot tying, suturing and tendon repair are taught by surgeons.

This is a wonderful opportunity to practice these skills early on in your

career. There is also a Women in Surgery evening, where inspiring female surgeons share their unique perspective on pursuing a surgical career as a woman, including how raising a child can be juggled within a surgical career.

Make sure to follow the Deakin Surgical Interest Group facebook page to keep updated on events throughout the year and how you can be involved!



CROSSING BORDERS

By Sabrina Abdullah, Crossing Borders Chair 2020



Crossing Borders is a group here at Deakin under AMSA which aims to promote advocacy for refugee health rights amongst medical students. This is an important role that medical students and doctors have, especially in the current climate and the inequities that refugees and asylum seekers face in detention centers.

Not only do we work with MeDUSA, AMSA and UHAD here at Deakin, we also collaborate with the Crossing Border teams at Melbourne and Monash University.

We run lots of fun and exciting events to promote and advocate for refugee health rights including movie nights, symposiums, rallies in Melbourne and ration challenges! Our biggest event last year was 'Feast on Diversity' which invited a wide variety of community groups to Waurn Ponds to celebrate cultural food, dance and music. These are all great and fun

opportunities to be better informed and involved in making a difference to combat health inequity in Australia.



Like our page on Facebook, "Crossing Borders Deakin" to get the latest updates on the events we'll be running this year and to have a chat about how you can get involved. Looking forward to a great year with the class of 2023!





Breathing new life into general practice

GENERAL
PRACTICE
STUDENTS
NETWORK

GPSN

By Pia Herrera, GPSN Chair 2020

GPSN (General Practice Student Network) is a national medical student association that has university-based groups in all medical schools in Australia. Its main goal is to advocate for General Practice as a specialty, providing many opportunities for networking with other students and GP's at both a state and national level. Even if you're not interested in General Practice as a career, GPSN is open to all students and will be organizing many events throughout the year that you won't want to miss! It will be a great opportunity to meet new people, make friends, relax from the studying and practice those networking skills.

This year, GPSN will be running and participating in a series of events such as MedCamp (an event not to be missed!), our annual trivia night (one of the year's highlights), a state event where we will be partnering with Monash and

Melbourne University, clinical skills night to put into practice those skills for your OSCEs and our Ballarat clinical school trip to explore your potential 3rd and 4th year home, amongst others!

Make sure to pop by our stall during O-week and chat more to our team about what we have to offer. If you have a passion for General Practice, leadership or just want to get more involved with your cohort, we would love to have you apply for a position, with elections being held within the first couple of weeks of class.

For more information, check out our Facebook group (facebook.com/groups/GPSNDeakin) or visit the national GPSN website (gpsn.org.au)

Looking forward to meeting you all!



NOMAD

By Edwina Fry, NOMAD President 2020



Congratulations and Welcome to Deakin Medical School.

NOMAD (Nursing, Optometry, Medicine and Allied health at Deakin) is a rural health club that aims to promote rural and regional health to our members through information exchange, volunteering and leadership opportunities, support and advocacy. What once started as a group of Medical students that have been affected by rural workforce shortage and an interest in these issues coming together to create NOMAD has grown to encompass all Deakin health related degrees and students from a range of health backgrounds.

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 and the Warrnambool clinical school tour.

As a club we aim to be vocal on current affairs affecting rural Australians and work to raise both money and awareness on such issues. NOMAD also keeps you guys in the loop about opportunities such as

scholarships, conferences and other national events. A major branch of NOMAD is the Rural Highschool Outreach. This is where we organise visits to rural schools to reach-out to secondary students considering a career in the health industry which allows Deakin students to share their own experiences and journeys from high school to university.

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.

We're excited to meet you all throughout O-week and for the busy year ahead.

Good luck!



TEDDY BEAR HOSPITAL

By Lachlan Keiller, Teddy Bear Hospital Committee 2020

DEAKIN TEDDY BEAR HOSPITAL

The Deakin Teddy Bear Hospital (DTBH) is a multidisciplinary student-led initiative, run entirely through the involvement of student volunteers. Our aim is to familiarise and destigmatise healthcare settings for children, by creating fun and interactive environments for them to learn more about them. We also want to provide all our volunteers with the opportunity to build their paediatric communication skills, too! 2020 will be the first year the club runs as its own independent entity, and we're very excited to expand the range of opportunities we provide as a result - ranging from training in paediatric communication, to social nights, there's plenty to look forward to.

DTBH will run school visits throughout the year, where we'll move through a number of stations. These will cover topics like vaccinations, exercise, healthy eating, and mock medical visits. The visits are an amazing opportunity for all of our volunteers to interact with children in a clinical-esque environment, while also giving back to the local communities, by providing health education to some of the more underserved schools in the region. Because of the amazing opportunity these school visits provide our volunteers, they're often filled up quickly, so be sure to put your name down as soon as you see the visit go up!



EMD

By Amie Hilder, EMD Committee 2020



Emergency Medicine at Deakin Perhaps you're interested in becoming an emergency physician, an intensivist or a rural GP. Or maybe you just want to be better prepared for your emergency rotations as a clinical year student and intern... If any of these sounds like you, then becoming a member of EMD is a must! 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 of the medical course with members based across all medical campuses including Waurin Ponds, Geelong, Warrnambool, Ballarat, Eastern and RCCS. Being involved in EMD means you get practical, hands-on clinical learning which will help with not only your medical school studies; but will also mean you gain invaluable skills for your future career as a doctor! Throughout the year EMD will be holding many fantastic events. Some of these include: - O week Clinical Skills night: Here you can learn some of the most crucial medical skills, like how to use your shiny new stethoscope! This event is run during your very first week at medical school, so don't miss out! - Annual ECG and X-ray tutorial nights - The Amazing Case – your very own medical student run podcast where we interview clinicians. Find it now by searching for 'The Amazing Case' on any podcast platform! And our main event for the year is the Emergency Medicine Challenge (EMC). This is a huge competition that will be run during the first semester of 2020 where students from all four-year levels of the MD will come together to compete in multiple emergency and critical-care stations.

There will be real doctors giving students feedback (with no assessment pressure) and most importantly, there will be awesome prizes up for grabs! It is a fun way to learn, get involved and meet students across multiple year levels. So, keep an eye out for more information soon! All sounds pretty exciting right?

Well the last step to make sure you don't miss out on any of these awesome events is to become an EMD member. There are a few ways you can do this:

1. Sign up right now by going to dusa.org.au/club/emergency-medicine-at-deakin/
 2. Sign up at the O-week BBQ where we will be holding a stall.
 3. Or sign up any time after using the above link.
- There is a small cost involved (\$5 for non-DUSA members, \$3 for DUSA members), but it all goes toward organising these wonderful activities. And even better, the membership lasts for all 4 years of your medical degree, so you only need to sign up once!

Lastly, early in 2020 we will be looking for first-year representatives to join the EMD committee. Keep an eye out for more information if you are interested in joining the EMD team and helping us put on an incredible year of events! But for now, you can keep up to date on everything happening on our Facebook page... <https://www.facebook.com/groups/EMDeakin/>. Can't wait to meet you all in O week, THE EMD TEAM





GVP

By Jenna Cooke, Global Village Project Committee, 2020

Welcome to your first year of medicine, and welcome to GVP!

GVP, Global Village Project, is a registered NGO run by Deakin medical students. Founded in 2013 by a former Deakin med student, this organization connects health students and professionals with medical education and volunteering opportunities in resource-poor countries.

Our 2019 team has just returned from India having spent time between the JIPMER medical hospital, observing daily life in an Indian tertiary health centre, and the Rejoice Centre, performing vaccinations, medical check-ups, and providing health education for those at the orphanage and surrounding villages. In 2020 we will be

introducing a new program focusing on public health promotion in Samoa, so no matter your area of interest there's room to get involved!

Throughout the year GVP raises funds through events including bake sales, Indian feasts, and everyone's favourite, Harry Potter Trivia night. Keep your eye out for new events coming in 2020!

For anyone that would like to get involved, applications for committee positions will open early in the year, and information/applications for the January 2021 trip will be available mid-year. For further information, email contact.globalvillageproject@gmail.com or follow the 'Global Village Project' Facebook page for regular updates and events





PUBLISHING OPPORTUNITIES

GOT AN INTEREST IN WRITING OR DESIGN?

Medusa puts out a magazine called The Pulse. Call-outs for pieces (commentaries, fiction, research ideas or anything!) to be included. Look out on the 2023 group page for info!

Or email your interest here:
publications@medusa.org.au



