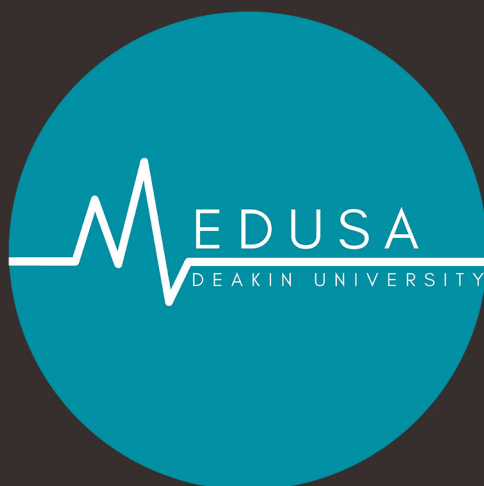


# 2021 FIRST YEAR SURVIVAL GUIDE



# Welcome to Country

We acknowledge the Traditional Owners of the land, the Wadawurrung people of the Kulin Nation. We pay our respects to Elders both past and present. We thank the Traditional Owners for custodianship of the land and welcome all Aboriginal and Torres Strait Islander people to the cohort of 2024.

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Adam Walsh

Publications Chair

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## Editor's Welcome & COVID-19 Preface

Congratulations on being accepted into the best medical school in Australia! It's a huge achievement and you've all battled through undergrads, GAMSATs and for some of you even given up careers to be here. So take a deep breath and pat yourselves on the back before digging into the 2021 edition of the First Year Survival Guide.

This guide is designed to give you a bit of a head-start on what to expect once you start and hopefully to relieve a little bit of anxiety around the new pressures and responsibilities you're likely to face. Some of the information in here may change as we get closer to the beginning of semester so make sure you stay tuned to your emails, the Deakin Cloud site as well as your year level Facebook page, which has been critical during the pandemic.

Deakin is a very community-based cohort - there is plenty of inter-year mingling and everyone is willing to help each other out. While it will be difficult with little face-to-face time to begin with, I encourage all of you to reach out to your peers and student leaders as much as possible - it really is the key to making the most of your time here.

We look forward to seeing you around campus (or the cloud)!

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So far, online classes have been delivered in the same time slots and with identical content so the following adaptations from the 2020 survival guidelines remain relevant. The major changes you need to be aware and ready for are:

- Medical Science Workshops and Clinical Practice Tutorials are delivered via Blackboard Collaborate. Some seminars are also delivered live on BB Collaborate. More on this later.
- Many lectures are repeats from previous years due to difficulty getting guest lecturers across borders and time constraints for domestic lecturers.
- Hands-on learning such as physical exams are generally crammed into a week or two at the end of semester to reduce contact hours during the pandemic.

The main message is don't panic! The school has been amazing in catering for students put out by the pandemic and extremely understanding of the hardships that online-only learning can carry. At the time of writing, it's been suggested that first years will do the majority of at least the first semester online. If you're not already, make sure you join the Medusa Common Room Facebook group as other year levels have run Zoom tutes, shared resources and supported each other while online learning is our reality. If you're stuck, feeling isolated or just have a burning question that is nowhere to be found in this guide, you can message me or any of the Medusa reps on Facebook and we can point you in the right direction.

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*Paolo Masangcay* **President's Welcome**

*Medusa President* Congratulations to you!

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On behalf of MeDUSA (Deakin Medical Students' Association), I would like to officially welcome you to Deakin School of Medicine.

The efforts you have all put in to receive your acceptance letter especially in the pandemic that we're in is nothing short of admirable.

This course will challenge you in ways you have never experienced but it will be just as rewarding. I cannot wait to see what you will achieve in your four years of medical school and beyond.

We are very excited to welcome you as the next generation of Deakin Doctors and I look forward to working with you all in the hospital.

Paolo Masangcay  
MeDUSA President 2021  
4<sup>th</sup> Year, Ballarat Clinical School

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*Alicia Chan*

## Preclinical President's Welcome

*Preclinical  
President*

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Hello and welcome to all of the first-year cohort! I want to firstly congratulate all of you for getting into medical school, undoubtedly, it has been no easy feat. I hope your next four years at Deakin is all you hoped it would be. I hope we will be able to all be together during the year as I can't wait to meet you all in person.



First year can be a scary and confusing time, but don't worry! Deakin's small cohorts mean that everyone will become incredibly close and there are so many incredible support services provided by the school to keep you on track to reach your dreams.

MeDUSA is also here to help you in both the academic and social aspects of med school, so make sure you sign up a member during O-Week. We have an awesome preclinical team consisting of a number of different representatives that will help guide you throughout the year. We're just a Facebook message away and we are always happy to help! There will also be opportunities for you later in the year to become part of the committee so stay tuned and stay involved. Congratulations again, and I'm super excited to be meet you all soon!

Alicia Chan  
MeDUSA Pre-Clinical President 2021

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*Grace Woolard*

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## How to Survive First Year

Hi everyone, and welcome to medical school! I had a bunch of plans regarding how I was going to study in 2020, and then a little thing called a global pandemic happened, which threw all my plans and routines out the window. I'm here to give you a bit of advice on how to start your year strong, and hopefully make it to the end in one piece.

- Schedule, schedule, schedule

Medical school requires at least some attention to a form of schedule. You'll pick up over the next few weeks which classes have either mandatory or strongly suggested preparation activities. Some of these you can tackle at any time, others will likely be better off waiting until after a particular class (for example, doing your anatomy workshop prep after your anatomy lecture that week). It makes it easier to keep track if you dedicate the same time each week to prep for each seminar/workshop etc.

- Make friends!

It can be easier said than done, particularly when classes are online. You're going to be seeing a lot of your PBL group over the coming weeks, so I do recommend getting to know them better. You should make a PBL group chat on your app of choice to share study materials (and memes). Otherwise clubs are a fantastic way to meet people. I do recommend joining any and all you're interested in, as they all host great events (both online and in person, if allowed) throughout the year that make meeting people easy. Doing med school online can take all the fun and social interactivity out of the year if you let it, so you'll have to chase those opportunities yourself.

- Be flexible with your study habits

You may have a tried-and-tested method for studying and revision, or you may be walking into your first lecture unsure of how you'll take notes. Either scenario is okay! What is important to remember is that any one technique doesn't work for everybody. Some people in our year love Anki and flashcards, others like practice questions, and others just rewrote and condensed notes. I flipped between all three methods multiple times throughout the year, depending on whether what we were learning was concept-heavy or rote-heavy. You'll also discover different resources throughout the year which can also impact the way you study. Also, what worked for you in your previous degree may not work in med school, so don't be afraid to change things up. Good luck to the Class of 2024, I'm sure you'll do brilliantly.



Joe Ibrahim with  
thanks to Amy  
Rogers

## Timetabling

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).

HME911 WEEK 14 - IDR4							
	Monday 29/04/19	Tuesday 30/04/19	Wednesday 1/05/19	Thursday 2/05/19	Friday 3/05/19		#
8:00am	IDR 4.1 Immunisation Jo Molloy Location - D02.101		IDR 4.5 Antibiotics Eugene Athan Location - D02.101		IDR 4.7 EMB Guidelines Vanessa Vaughan Location - D02.101	8:00am	
8:30am						8:30am	
9:00am		IDR 4.4 Basic anatomy and pathology of the immune system Melanie Sullivan-Gunn Location - D02.101	IDR 4.6 Vital Signs F-LECTURE Location - D02.101		ELP Seminar 3 (ggs 6-10) Location - PBL ROOMS 6-10	9:00am	
9:30am						9:30am	
10:00am					ELP Seminar 3 (ggs 11-15) Location - PBL ROOMS 11-15	10:00am	
10:30am		Medical Science Workshop The Immune system Workshop 4/01 PBL 6-10 Groups A and B Location - K42.221, K42.228	Clinical Skills Vital Signs Location K43 Clinical Skills Rooms & K43 Medicine PBL Rooms			10:30am	
11:00am					ELP Seminar 3 (ggs 1-5) Location - PBL ROOMS 1-5	11:00am	
11:30am	PBL 1 Location - K43 Medicine PBL Rooms					11:30am	
12:00pm				CLINICAL PLACEMENTS		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 - K42.221, K42.228	Clinical Skills Vital Signs Location K43 Clinical Skills Rooms & K43 Medicine PBL Rooms		PBL 2 Location - K43 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 - D02.101	Medical Science Workshop The Immune system Workshop 4/03 PBL 1-5 Groups A and B Location - K42.221, K42.228	Clinical Skills Vital Signs Location K43 Clinical Skills Rooms & K43 Medicine PBL Rooms			3:00pm	
3:30pm						3:30pm	
4:00pm	IDR 4.3 Immunological hypersensitivity Debbie Baldi Location - D02.101					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 - D02.101		IDR 5.5 Clinical virology Deb Friedman Location - D02.101		IDR 5.7 Diagnostics Debbie Baldi Location - D02.101	8:00am	
8:30am						8:30am	
9:00am		IDR 5.4 Immunology tutorial Debbie Baldi Location - D02.101	IDR 5.6 Introduction to Physical Exam Mark Daigleish Location - D02.101		IDR 5.8 Healthcare Delivery Mark Daigleish - TBC Location - D02.101	9:00am	
9:30am						9:30am	
10:00am					IDR 5.9 Healthcare System Jules Callahan Location - D02.101	10:00am	
10:30am		Medical Science Workshop Microbiology (1) Workshop 5/01 PBL 6-10 Groups A and B Location - K42.221, K42.228	Clinical Skills Introduction to Physical Exam Location K43 Clinical Skills Rooms & K43 Medicine PBL Rooms			10:30am	
11:00am					IDR 5.10 PHM TBL Location - D02.101	11:00am	
11:30am	PBL 1 Location - K43 Medicine PBL Rooms					11:30am	
12:00pm				CLINICAL PLACEMENTS		12:00pm	
12:30pm						12:30pm	
1:00pm		Medical Science Workshop Microbiology (1) Workshop 5/01 PBL 11-15 Groups A and B Location - K42.221, K42.228	Clinical Skills Introduction to Physical Exam Location K43 Clinical Skills Rooms & K43 Medicine PBL Rooms		PBL 2 Location - K43 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					3:00pm	

Joe Ibrahim with  
thanks to Amy  
Rogers

## The Lingo

**Deakin loves acronyms - don't get caught out confusing your PBLs for your TBLs!**

TERM	WHAT IT MEANS	WHAT IT IS
<b>Block/Topic</b>		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.
<b>Class</b>		What Deakin calls lectures.
<b>Clinical Skills Sessions</b>		Practical classes where you learn “real doctor” clinical skills in the CSL. Taught by clinical skills staff.
<b>Clinical Skills Staff</b>		Educators who teach you practical doctor-stuff in CSL, mostly experienced nurses and sometimes doctors.
<b>CR</b>	Cardiorespiratory	The first MSCP block of second semester, covering cardiovascular and respiratory physiology, pathology, and anatomy of the thorax.
<b>DOPS</b>	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
<b>ELP</b>	Ethics, Law, and Professionalism	A smaller theme covering the ethical and legal issues relevant to medicine.
<b>Facilitator</b>		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.
<b>HB</b>	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.
<b>IDR</b>	Infection, Defence and Repair	The second block of MSCP, covering immunology, microbiology, inflammation, tissue repair, and malignancy.
<b>ITA</b>	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).
<b>LI</b>	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.
<b>LO</b>	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.
<b>MD</b>	Medicinae Doctor/ Doctor of Medicine	The medical degree you are doing, to be a people doctor.
<b>Med Bible</b>		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.
<b>MSCP</b>	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.



<b>OSCE</b>	Objective Structured Clinical Examination	A practical assessment of clinical skills for second year students, with more assessable content than DOPS.
<b>PBL</b>	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.
<b>PBL group</b>		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).
<b>PHM</b>	Public Health Medicine	A smaller theme covering local and global public health issues, and the roles of doctors and the health care system.
<b>Prac/Lab</b>	Practical Class	What some people call MSCP workshops.
<b>Pre-prac</b>		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.
<b>Professionalism Report/LNA</b>	Learning Needs Analysis	A self-reflective task you submit to your PBL facilitator in order to gauge how you are going throughout the year.
<b>RG</b>	Renal and Gastrointestinal	The last MSCP block of the year, covering renal and gastrointestinal physiology, pathology, and anatomy of the abdomen.
<b>Seminar</b>		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.
<b>TBL</b>	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
<b>Theme</b>		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.
<b>Tute</b>	Tutorial	Classes where you sit and discuss things, usually clinical applications of knowledge (clinical skills). Led by your tutor, and part of MSCP.
<b>Tute prep</b>	Tutorial Preparation	A small (2-3 page) worksheet you complete and submit before Wednesday clinical skills sessions/tutes.
<b>Tutor</b>		Educators who also teach us practical doctor-skills in MSCP. One tutor teaches each PBL group per block and does your ITA.
<b>Workshop</b>		Practical anatomy and pathology classes. Normally 2-3hrs long on a Tuesday.

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

## Class Descriptions

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
<b>PBL</b> <ul style="list-style-type: none"> <li>- Monday &amp; Friday (2hrs each/wk)</li> <li>- Small group class</li> <li>- Supervised by facilitator (academic)</li> <li>- Follow a case and identify LIs on Monday</li> <li>- Discuss/present LIs on Friday</li> <li>- 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.</li> </ul>	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)
<b>MSCP Clinical Skills/tutorials</b> <ul style="list-style-type: none"> <li>- Wednesday (2hrs/wk)</li> <li>- Either in CSL learning clinical skills or in PBL rooms doing a tute</li> <li>- Practical doctor stuff practised on dummies/classmates</li> </ul>	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
<b>Clinical Placements</b> <ul style="list-style-type: none"> <li>- Usually Thursday (0.5hr-4hr), various weeks</li> <li>- In/around Geelong</li> <li>- Experience healthcare in a real setting</li> <li>- Scheduled on InPlace, separate from normal timetable</li> </ul>	Name badge Professional dress Placement guide Stethoscope Notepad/book	Pre-placement logbook  Post-placement logbook
<b>ELP Seminars</b> <ul style="list-style-type: none"> <li>- Friday morning (1-2hr), various weeks</li> <li>- Some compulsory, changes every year - see unit guide</li> <li>- Discussion of professionalism/ethics and reflection</li> </ul>	Laptop/notebook	Come prepared having read the cases
<b>MSCP Practicals (anatomy &amp; pathology)</b> <ul style="list-style-type: none"> <li>- Tuesday (2-3hrs total/wk)</li> <li>- Practical applications of MSCP content</li> <li>- Content often more in-depth than lectures</li> <li>- Anatomy: learn on models and cadavers</li> <li>- Pathology: go through histological slides, cases, diagnostic process, etc</li> </ul>	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

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

Hashni  
Senanayake

## Supplementary Resources

### MED BIBLE

Can't emphasize enough how amazing and useful the med bible is. It is a collection of resources from past med students. Med bible contains notes from several seniors, lecture slides, past papers, PDF versions of simply every textbook you need, and many more. I use the most recent notes (Rachel's revision notes) as my main study guide. This saves me a lot of time. I annotate those notes according to my liking. You will be provided with the link to the med bible on your first day of med school. Kudos to the seniors for the amazing job they did with the med bible.

### OnlineMedEd

In my opinion this is god sent. OnlineMedEd is a platform that contains videos, flashcards, notes and practice questions to review high yield content of different body systems covering physiology, pathology, pharmacology and a little bit of anatomy. Dr. Dustyn uses a whiteboard to map out physiological mechanisms, pathophysiology, treatment algorithms and such. You don't necessarily need to use the notes or the flashcards. I write my own notes from the videos using pen and paper. I find it much more useful. The videos are around 20 - 30 mins each and they are completely FREE. Just sign in using your email and you are good to go. <https://onlinemeded.org/spa/basic-sciences>

### Boards&Beyond

Deakin is a system-based curriculum (means we learn a specific body system and everything related to it in one block). BnB is a comprehensive review of those topics in a video format. Cardiologist Dr. Jason Ryan emphasizes the high yield points, explains concepts in a simple manner with easy to remember illustrations, pictures and diagrams and you can download his lecture slides as a pdf to annotate while watching the videos. I watch Boards and beyond vids a few weeks before the finals just to brush up my memory and to make sure that I understand all the high yield content. You can find some of the BnB vids in med bible. <https://boardsbeyond.com/homepage>

### iOSMOSIS

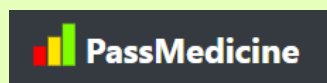
I think most of you have heard of osmosis. If you are a visual learner this will be your favourite resource. They present the high yield content in a clear, conversational style. Step by step, logical explanations with excellent animations will keep you awake even through a very boring topic. You can now access osmosis for free through Deakin library! Link: <https://www.osmosis.org/> Through Deakin library: <https://www.deakin.edu.au/library/a-z/databases> (Just type "Osmosis" in the search bar).



Good news! You can now access both these online resources using the Deakin library database. Since the anatomy workshops are more likely to be online I suggest checking out these two platforms. Anatomedia has real cadavers and dissected parts. It mimics the stuff you will see in an anatomy lab. It also has explanations for them. Our anatomy team use this in the workshops as well. Human anatomy atlas contains 3D models, illustrations and animations. You can use the 3D models to understand and better visualise how our body is actually put together. You can download the app on your phone, tablet or laptop. But remember! Whatever anatomy resource you use, drawing them out yourself (just ugly drawings will do) will make you remember and understand it 100 better than just reading or watching a video. Through Deakin library: <https://www.deakin.edu.au/library/a-z/databases> (Just type "Human anatomy atlas" or "Anatomedia" in the search bar)



I use this for my clinical practices. They have detailed history taking guides for every system in the body. Their YouTube channel has many videos on physical examinations, history taking etc. They are very useful as you get to see how to do an examination on a person or how to talk to a patient. I found it valuable as we didn't get to do hands on examinations due to everything being online. <https://geekymedics.com/>



This is a question bank that contains thousands of questions for you to do. It is FREE! Before exams it is important to do practise questions to see whether you can answer exam style questions. (Active recall is very important). It's all MCQs and they provide the answers and explanations as well. <https://www.passmedicine.com/>

## ZANKI: ANKI DECK

Zanki the ultimate premade Anki deck for med students! Now you don't have to make those Anki cards from scratch. For those who don't know Anki is a tool to make flashcards. You can download the app on your desired device & start making flashcards. This offers space repetition & active recall. It's very time consuming though. You can now download these premade Anki decks and do whatever changes you need to do. Follow the steps in this Reddit post or search in YouTube for a tutorial.

[https://www.reddit.com/r/medicalschoollanki/comments/iri0yg/anking\\_overhaul\\_v8v3\\_release\\_physeo\\_tags\\_skin\\_of/](https://www.reddit.com/r/medicalschoollanki/comments/iri0yg/anking_overhaul_v8v3_release_physeo_tags_skin_of/)



Helpful YT Channels: Ninja Nerd Science, Armando Hasudungan, Medzcool, Revmedz, Kharma Medic, Ali Abdaal  
Other Websites: Pathoma, Statpearls, Pubmed, BMJ Australia, Khan Academy, Kenhub, Radiopedia, Acklands anatomy, Amboss, Teachmeanatomy.

**What's important is finding the best resources that work for you. You don't have to and shouldn't use all these resources and overwhelm yourself! Med school is stressful enough so check these out, see what fits you the best and stick to it. You will change from one resource to another and that's okay. Don't put too much pressure on yourself. You will be just fine! Good Luck!**

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Sally Barker

## Staying Healthy

Adapted from  
2020

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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/Finding a Local Doctor

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 GPs include:

- Deakin Medical Centre (5227 1221) at both Waurin 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 Banksia 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, Waurin 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.
- Myers St Medical Practice in the Geelong CBD is open 8am to 8pm 7 days a week and is always accepting new patients in case of an emergency that's not quite worth the ED

### 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-andwellbeing/disability-support>

Sally Barker

## Staying Healthy

Adapted from  
2020

**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. During the pandemic, a further 10 sessions (20 total) have been added after a review with the GP who wrote the initial plan.

□ The **SoM CARE program** is normally run throughout the year, providing free or inexpensive activities and classes to help destress.

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

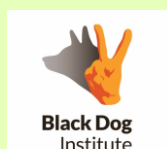
□ **Headspace Geelong** provide counselling services to those aged up to 25 yrs. They accept both GP and self-referrals and have offices in central Geelong, Corio and Drysdale. Appointments can be made on 5222 6690.

□ **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: <https://www.blackdoginstitute.org.au/>





## Brandon Hernandez **Living in Geelong**

# COMMUTING OPTIONS

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 Hotpot, 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**

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*Claudia Conway*


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## Living in Geelong

### Coffee Options



Lots. Check out **Pakington Street** (Pako) (Geelong West or Newtown end). Walk along and you'll find an abundance of good cafés. **Pakington Pantry** and **Winters** are popular.

Definitely check out **Born and Bread** just off Pako, for a unique variety of home baked sweets, sandwiches, and bread as well as coffees. Very popular spot.

People across the river might want to check out **High Street** (Belmont) instead. **The Woodhouse** does a mean jaffle, and for those keen to support new business check out **Paddington Café**. Can guarantee very friendly staff and good coffee.

Also, **Black Cup Café** in East Geelong does seriously beast toasties and freshly squeezed juice.

### Something Stronger

I've taken the liberty of ranking my favourite places to grab a drink in Geelong, though the order was pretty arbitrary so just check them all out.



#### The Belmont Hotel

Got to be loyal to my local. The rooftop's always pumping on a sunny day and is pretty at night with a great view out over the city. Live music & DJs every Friday and Saturday night if you're keen for a boogie.



#### There There / Captain Bar

Fair few med functions held here. Big range of cocktails and a great spot to meet young people. Also good for a boogie.

#### Sailors Rest

More rooftop action, with a speccy view over the waterfront. Also does meals all day, definitely go for a waterside stroll and try the pancakes at brekky.



#### Irish Murphys

Another rooftop, this one has arguably the best view of the city. Great vibe especially on Saint Paddy's day.

#### Geelong Hotel

Safe call if you're looking for a good night out. Night here to be inducted as a Geelong local. Good cocktail menu and has an outdoor area upstairs.

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## Claudia Conway **Living in Geelong**

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### **Elephant and Castle**

Live music every Saturday night. Could get to meet the infamously pink mohawked ex-Mayor Darryn Lyons who now owns it. Exciting.

### **The Valley Inn**

Live Music on Friday nights in the bar area, has a members happy hour 5-6 everyday (free to join). \$4 pots and house wine!



### **The Inn Hotel**

Another safe bet and popular spot among Geelong residents. Often holds car park events out the back which get large. So keep an eye on the events calendar.



### **The Barwon Club**

Plenty of different spaces: indoor bar, beer garden, barn and often live music in the back room. Ideal place for Friday night knock offs. (Mural in the barn area is cool check it out).

### **The Barking Dog**

Pretty trendy place on the Geelong West end of pako. Great for a casual drink. Attached to Mr Umamis which does bottomless brunch and dinner.



### Other Places of Note

**Archive Bar** - Wine Bar on High Street, beer garden out the back. If you're feeling a bit fancier.

**Valeries pantry** - Also on High Street, good spot for those looking for sustainable products and wholefoods options. Lots of planet-friendly choices.

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Kieren Walsh

## Med School from My Bedroom

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2<sup>nd</sup> Year 2021

I can't decide if the last 12 months has felt like 2 weeks or 2 years. A million crazy things have happened, yet all the days seem to have blurred into one. Thinking back to where I was last January, completely oblivious to the incoming mess that was 2020, the only thing on my mind was starting medical school. What was it going to be like? How would I fit in? Even if we hadn't been headed for the biggest global pandemic in human history, the transition was never going to be smooth. If I could go back a year in time, have a chat to that version of myself, I'd start by telling him to stock up on toilet paper. Then maybe give him some stock tips, tell him to visit his Grandma. Eventually, I'd get around to telling him how I survived first year without melting down. What worked for me and what didn't; how he's going to get through the toughest year of his life. Considering you guys are starting medicine with the pandemic still raging, maybe some of these will work for you too.

1. **Keep up with your hobbies** - you'll hear this a lot. "Don't let medicine consume you", "maintain a life outside of the med bubble". It really is important. Whatever it is that keeps you sane, carve out time from your week to do it, and fit your study around that. Other than your 10ish hours of compulsory class a week, medicine is very flexible, especially when you're 100% online. You can do the bulk of your studying at times that work best for you. Even the heaviest week is made bearable if you have a few hours a week to do something that really makes you happy.
2. **Try and do lectures at the times they're allocated** - I know this slightly contradicts the last point, but even just doing them the same day makes all the difference. I certainly learned this one the hard way, being a full week behind before I even got through February. Each weeks' classes are closely integrated, with anatomy, pathology, physiology etc. that's all interlinked. Diagnosing the patient in your PBL case with kidney disease is made a lot harder when you're still watching month-old lectures on lung cancer. Further, by constantly being on the back foot, having to use my weekends to catch up on old content, I made very little use of revision resources like Anki and Osmosis. By all reports they're very helpful.
3. **Understand you can't know everything** - another one you'll be sick of hearing, but again, there's a reason for it. Many of you (especially science and biomed students) will be accustomed to knowing EVERYTHING in the course. Doing this in medicine (for the majority of us) is unrealistic. You're far better off knowing a little bit about everything, rather than insane depth on a limited number of topics. If you've spent 5 hours learning one concept, its probably too long. This is not a comfortable feeling, but one you sometimes have to just accept and move on.

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Kieren Walsh

## Med School from My Bedroom

2<sup>nd</sup> Year 2021

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4. **Don't stress if your marks aren't great right away** - The first 2 years of Deakin Medical School are pass/fail. This doesn't mean take your foot off the pedal, just that if you're struggling early, it's not the end of the world. We had one ex-med student come and speak to us early in the year, telling us how he nearly failed out of 2<sup>nd</sup> year. Now he's a specialist.
5. **Engage in classes as much as you can** - this one is definitely made a little tougher by you guys starting the year totally online. Even us in the 2020 intake had 6 weeks to get to know everyone on campus before the lockdowns started. Speaking up ain't easy, and no one wants to be wrong in front of people they just met. Being behind the computer screen makes it easier than ever to stay silent. Remember though, you've all worked your asses off to get here, you may as well get involved. PBL's, tutes and workshops are exponentially more helpful when people engage and discuss. Forget the comfort zone and put yourself out there.
6. **Get to know your classmates** - again, not easy meeting randos over zoom. But making the effort is worth it, no doubt. After the first few awkward weeks of getting to know each other, my PBL group made a group chat on Facebook. From there on in we were golden. Any time I'd forgotten an assignment due date, I sent them a message. Didn't understand a concept at all? Sent them a message. Not sure if the morning lecture I'd missed deserved the 2x treatment? Sent them a message. Your support network doesn't necessarily have to be the same as your PBL group but making any connections in your cohort is worthwhile. Sharing the load makes the journey easier and a lot more fun.
7. **Get up and out of the house when you can** - similar to the hobby one, but more for those whose happy place is also at the computer/tv screen. Online uni = a lot of time chained to your desk. Make sure you take regular breaks to walk around and reset, maybe even go for a run (🏃)

Good luck, you're all going to be great!!!



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*Kieran Byrne**2<sup>nd</sup> Year 2021*

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## Medicine from a Non-science Background

Congratulations on making it into medicine at Deakin. If you're anything like I was, you'll be feeling equal parts ecstatic and apprehensive right now. You may be wondering whether you deserve to be here, or whether or not you'll be able to keep up. Remember that the admissions panel chose you for a reason. Trust in their decision – you've proved yourself to them in your undergraduate degree, on the GAMSAT, and in your interview.

Coming from a non-science background, it's easy to feel like everybody knows more than you. In some cases, this may be true. View these as opportunities to learn from your peers – many of them will have valuable tips for understanding and memorising the more difficult concepts. At other times, it's because those around you are keeping their struggles to themselves. I remember walking out of my first lecture and realising that not only did I not understand most of what the lecturer had said, I wasn't even sure how to begin studying. Looking at the calm and collected faces around me, I couldn't believe that my peers weren't as floored as I was. Over the following weeks, and contrary to my initial belief, it became clear that there was nothing unique about this experience – many of my peers, from science and non-science backgrounds alike, were struggling to find the best ways for themselves to study too.

Your first block, HB, is seen as an introduction to human biology – an equaliser to accommodate for differences in knowledge base. For some, the majority of the information covered will be old news. For others, it'll be the first time they've seen it. The pace can be overwhelming; however, by the end of those nine weeks and the beginning of your second block, the academic differences between people from science and non-science backgrounds will have all but disappeared. That being said, own your undergraduate background. It sets you apart, gives you a great conversation starter, and may even provide you a hobby to maintain during your medical studies. It's easy to become absorbed by medicine – it'll take as much time as you offer it and still ask for more. Keep a hold of your hobbies and passions from before medical school, they'll help to keep you grounded when the stress ramps up.

There's more to medicine than academic excellence. While those with a background in biomedicine may find it easier to learn the medical science content, the skills and knowledge required to do well in the public health, ethics, and clinical practice blocks are often drawn from broader life experiences just as much as they are from anything learned during an undergraduate degree. You may come from a clinical background or have a knack for writing essays – play to your strengths.

Best of luck for the year to come, and congratulations once again for making it this far.

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Laura Le Mercier

## Working During Med School

3<sup>rd</sup> Year 2021

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Key message: Not only is it possible, but it is also fairly common. Working whilst completing a medical degree is in fact recognised by Deakin as a very reasonable thing to do, as are many other activities that may contribute to one's lifestyle being healthy and balanced. When it comes to weekly learning activities, the school is quite accommodating with you coordinating class swaps with other students provided you A) give as much notice as possible to the relevant coordinators, B) are not letting any of your team down, and C) you are still achieving all learning outcomes.

The thing is medical school can be treated just like any other job, even if it is your dream. There is the ever-popular misconception that once a medical student, there is no life beyond. Most definitely you can choose to be that student who spends every waking moment studying medicine, and kudos to you if that is what works best. But this is just one approach to medical school; there exists a spectrum for the type of medical student you can choose to be and at Deakin, diversity is always welcomed.

As per the student guidelines, Deakin medical students are recommended to undertake approximately 40 hours per week of study. Half of this is made up of scheduled learning activities and the other half is made up of personal study. Furthermore, as part of the Deakin course structure, for the first half of the degree (termed our 'preclinical' years) students have one day per week that has no scheduled activities. Technically, tEchNlCAlLy, this is a day off and you can spend it however you need to- be that on extra study, home duties, family duties, work, rest or extra-curriculars (keeping in mind that 8 times per year, depending on whether there is a pandemic or not, a 3 or so hour placement will occur on this day 'off'). For First Years, this is usually a Thursday and for Second Years, this is usually a Wednesday. Maximising your understanding of this schedule means any number of commitments are possible. Travelling back home to Woop Woop or Melbourne for the weekends, research, volunteering, exercising, and socialising are all possible too. For instance, the support of the terrific Deakin admin staff and the flexibility of the program allowed me to manage multiple trips to and from Melbourne every week, managing not only family but work commitments. There are many other students I know that managed anywhere from 12-20 hours per week for work as well. There are so many ways to play around with your schedule to optimise your learning process and lifestyle.

Inevitably, some of our 168 hour weeks will be more hectic than others. However, Deakin provide plenty of notice for which weeks those will likely be academic-wise. Whatever is most important to you can and will fit in there. It is simply a matter of studying smarter not harder as the cliché goes, and in turn applying this perspective to all domains of your life, to maximise your success, however that may look to you. The most important tip I will impart though, is to ensure that you find a group of friends and family whom you can depend on to help you get through that last hop, skip and jump when things are getting a little tricky. Wishing you every success!



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*Tie Minniecon*

## Parenting During Med School

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*4<sup>th</sup> Year 2021*

Studying whilst parenting is not impossible! Though, at times throughout this year, I can promise you it may feel like it. As a parent to two young children, I thought balancing my time between studying and caring for my family would be easy. Turns out, I was kidding myself. Medicine will become a part of your family's life. The volume of content is incredibly high, and if you fall behind, it will feel like you are drowning in a mountain of work that you can never catch up on. So to survive, you will need to marry your study; make it your child and have it become your family! A super supportive spouse is also extremely helpful!

My main advice for any parents out there would be planning, scheduling and starting assignments early. We use an app called FamCal. We can put our calendar, to do lists and shopping lists all in the one place where we can both have access to it and get a good snap shot of what we have coming up and what needs to be done.

At the start of each year we buy a yearly planner and have it printed out in poster size and display it in the kitchen. This is another way that we can both see when exams are or when assignments are due, so we know that during those times and in the lead up to them, we need to be on top of everything and everyone is aware of when I will be pretty absent from family life.

Another tip would be to allocate family time in your schedule. Try your best to be present during this time and don't feel guilty for not studying when you're with your family. It will take at least until the first semester for everyone to adjust to this change but your family will be a great source of distraction and revitalisation. On that note, try to minimise procrastination, you don't have the luxury of studying whenever you want, so be productive when it counts most.

Don't over resource. Find a few good resources that suit your way of learning and utilise the medbible. This will be your saviour when you're behind or need to broaden your understanding on a topic. Form friendships within your PBL, check in on each other, share resources and knowledge, and if you've found something that you think is useful, help each other when you can. Your PBL will be your sounding board and you will learn a lot from each other.

It's really easy to burnout towards the end of the semester. When this happens you won't have much to give by the time you get to have a break. Ensure that you exercise, exercise, exercise, and stretch! Self-care is extremely important when getting through each semester and if you ever need help, reach out to your peers or staff.

Catherine Zhang

4<sup>th</sup> Year, Geelong  
Clinical School

## Geelong Clinical School

Hey everyone! Welcome to Deakin Medical School!

Whilst you are all still a long way from choosing your clinical sites, it is no doubt something that will be on the back of your mind as you traverse your preclinical years.

Geelong Clinical School (GCS) is the biggest of the five clinical schools. This certainly has its pros and cons but at the end of the day, it depends on what you believe will suit you best.



I chose GCS for a number of reasons – its proximity to family and friends in Melbourne and its familiarity after being in Geelong for already two years. A large proportion of my friends had also chosen GCS and I wanted to be with my friends. Others have chosen GCS to be able to continue their volunteering/work or other extracurricular activities they have picked up during their preclinical years.

Being a large hospital servicing a large area has meant we get to see a large range of patients with complex conditions. I have even met patients who have been transferred from other sites such as Warrnambool and Colac. We also have the MeDUSA GCS committee who organises weekly MCQ nights with our generous consultants, and OSCE practice. Despite cancelled due to COVID in 2020, GCS traditionally holds a number of social events throughout the year including End of Rotation Drinks and Cocktail Night.

One of the biggest perceived disadvantages of GCS is the size of the cohort. This could definitely go either way. Being a large cohort means you have a big chance of being with at least one of your friends and also a chance to work with a range of your Deakin peers. The hospital is large enough that there are plenty of patients to speak to and opportunities to go around. This, of course, was disrupted due to the pandemic which meant there were more restricted numbers in the clinical environment. I still, however, got the opportunity to speak to quite a range of patients throughout the year. Being in a larger cohort during the pandemic has also meant I have learnt to be more proactive and to be respectful of other students, working together to share the limited opportunities.



A lot of things may change between now and your time to choose. At the end of the day, it is up to you to weigh up your personal preferences to choose where you want to go. Whether you want a change in environment, a large cohort or small cohort, my advice is to talk to your clinical peers when the time comes. In the meantime, enjoy the start of your medical school journey, time certainly flies by.

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*Milla McLean*

## **Ballarat Clinical School**

*4<sup>th</sup> Year, Ballarat  
Clinical School*

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Ballarat Clinical School is a close-knit clinical school with a great balance of clinical exposure and independent ward-based learning. With just over 20 students in each year level, you get to know 3rd and 4th years really well, supporting one another through the years. We have wonderful admin staff that are there with you along the way, and are dedicated to you and your success as a thorough and competent junior doctor.

Ballarat Base Hospital is a 785 bed hospital, the largest in its region, and covers the entire Grampians region and North-West Victoria. There are therefore plenty of clinical and speciality opportunities. Typically the learning at Ballarat Clinical School consists of bed-side tutorials, small group (8 people/group) tutorials and ward-based activities where you are often alone or as a pair with the clinical team. Given the small number of students with each speciality team, there are many chances to improve your examination and procedural skills with plenty of networking opportunities too. The teaching staff and consultants are very approachable at Ballarat and given the small number of students that attend BCS, you are included in extra junior doctor teaching and often invited along to speciality meetings.

There are Melbourne Uni and Notre Dame students at Ballarat Base as well (typically on different rotations to Deakin students), and there is a great sense of collegiality between uni's with a Ballarat inter-uni ball each year as well as lots of inter-uni social events.

There is a fantastic Near-to-Peer junior doctor teaching program at Ballarat, and medical students from all 3 uni's are given extra tutorials on topics by interns and HMO's. Further, there is a junior doctor teaching program run by specialty consultants who deliver interactive tutorials to interns, HMO's and medical students. The beauty is, that all of these extra teaching activities are up to you whether you wish to attend, so there is a lot of flexibility given to students to supplement their learning.

Ballarat as a town has a real community vibe, with a gorgeous lake and stunning sunsets. It is well known for its bars and growing music scene. Being only 1 hour 15 minutes from Melbourne, visiting the big smoke is only a quick train ride away!

All in all, Ballarat Clinical School is a great well-rounded place to grow as a medical student.



*Bailey Vickers*

*4<sup>th</sup> Year, RCCS*

## Rural Community Clinical School (RCCS)

RCCS is a longitudinal placement program which involves integrated clinical rotations across the third year of medical school. This means you are never assigned to a specific medical or surgical team for a defined period of time as you are at the other larger clinical schools. Instead you are attached to a local GP practice at one of many rural locations as well as the hospital of that town with a GP supervisor to help you along the way.



Figure 1 - Horsham Hospital

It is across these two medical facilities that you will gain exposure to medical, surgical, paediatric and women's health patients, the four rotations covered in 3<sup>rd</sup> year, with the focus being hands on experience and self-directed learning. You will have the choice to break up your days at the hospital and GP practice as you like and gain exposure to medical rotations not normally studied in third year such as ED and anaesthetics if you choose to.

The towns on offer include; Hamilton, Horsham, Portland, Ararat, Bacchus Marsh, Daylesford, Camperdown, Colac and Stawell. Moving to a rural location for a year can be a big change for a lot of people but rewarding with the experience you will gain. Your procedural skills and patient interaction time can be the highest out of any of the clinical school if you choose to spend your time in the hospital. This is mainly due to there only being between 2-3 students sent to each site so there are more opportunities available and you have the chance to get to know all the people you are working with over the year. From almost week one you will be seeing patients by yourself in the ED and GP setting, then reporting back to the doctor supervising you. It will not be long before you are creating management plans for patients and enacting them yourselves once approved by your supervisor.



Figure 2 - Hamilton Hospital

Although the idea of doing all 4 rotations at once can be daunting it actually helps medicine come together as a whole in a better way. Doctors don't treat diseases they treat patients and the patients you see will have more than one condition that is not confined to just your medical rotation.

At the same time, seeing patients right out of second year by yourself can be scary but there is always someone you can ask for help and you will not be put in situations where you could do any harm to anyone.

I found that my year in RCCS made me prepared to be a doctor, I was studying to practice medicine and not just to pass my exams which was entirely new compared to previous years and the clinical time reflected that. You will never be asked to stand in the corner and watch, you will be the one assisting on surgeries, delivering babies, examining patients and removing skin cancers. RCCS is the place for you if you want to be intern ready, with tonnes of hands on experience and a timetable that you can create to be your own through the year. You will not regret the decision to become a part of the RCCS and you'll be left wanting to do more. Good luck.

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Natalie Maher

## Eastern Health Clinical School

4<sup>th</sup> Year, Eastern  
Health Clinical  
School

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Eastern Health is a great place to complete your clinical years! You get a lot of independence and flexibility whilst still having ample support from the clinical school and clinicians in the hospital to get the most out of 3<sup>rd</sup> and 4<sup>th</sup> year. As we are a smaller clinical school there is a strong sense of collegiality and community between the 3<sup>rd</sup> and 4<sup>th</sup> Year Deakin students and we are all very supportive of each other, which can be extremely helpful during the busy and sometimes stressful clinical years.

In 3<sup>rd</sup> year you are primarily based at Box Hill Hospital. You then get to experience the outer clinical sites at Eastern Health including Maroondah and Angliss Hospitals in 4<sup>th</sup> year. Box Hill Hospital is an acute tertiary hospital with over 600 beds and a wide range of specialities so there is plenty of opportunity to learn – plus you get the bonus of being based in Melbourne. Clinicians at Eastern Health are very eager to teach students and will always make additional time for you. There is often only one or two medical students allocated to different wards so there is plenty of time and opportunity to learn. Best of all Eastern Health is completely electronic so there no paper notes to contend with!

Eastern Health Clinical School is shared between Deakin and Monash. There are staff within the Medical School Program that are dedicated to Deakin and are very familiar with our curriculum and can help you out whenever you need. All staff within the Eastern Health Medical School are extremely approachable, friendly and supportive. The Monash students are also a great support for learning on the wards and can provide a different insight to how to best approach rotations which is an added bonus.

There is a great balance at Eastern Health in terms of scheduled learning, ward time and prioritising independent study when you need. It is more self-directed than other clinical schools, which is great as you balance differing requirements throughout the year. There is plenty of support at Eastern Health from your peers, the clinical school and clinicians and it makes it a great option to complete your final years of study!





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Ahmed Nada

## Warrnambool Clinical School

2020 4<sup>th</sup> Year,  
Warrnambool  
Clinical School

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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.



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*I just Adam Walsh*


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## Social Events

### Medusa Events

Sadly, due to the pandemic most of the events that Medusa and it's subcommittees hold throughout the year have been put on hold at the time of publication due to state government restrictions. Just so you know what to look out for though, here are some of the events that are normally on offer:



- **Cocktail Night**

Hosts all year levels, normally held at the Geelong Library and Heritage Centre. Booze is fully catered and tickets normally run about \$60. Feel free to bring your partner!

- **Med Camp**

Doesn't look like it will go ahead this year so I won't rag on too much about what your missing out on, but this is generally where you let your guard down and meet everyone from other blocks while under the influence of a few Rivets and goon punch.

- **Med Ball**

Hopefully this one will get going by mid year! Huge event again held somewhere in Geelong and an excuse to get dressed up. Normally held around July so keep an eye out.

- **Post Exam Parties**

The Medusa Social Reps normally organize post-midsem parties, as well as post-exam parties, so 4 for the year in total. These are normally mid-week and present a few headaches for both students and tutors in the morning workshop session the next day but are always well worth it. Probably won't return until second semester but fingers crossed!



### Community and 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 normally find the volunteering programs that are being run for 2021 if they are going ahead.

There are many other events normally held throughout the year, however most of them are organized by other DUSA clubs - read on to find out more about these clubs.





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*Assorted Authors*


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## Clubs

### 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.

*Rachel Tobin*

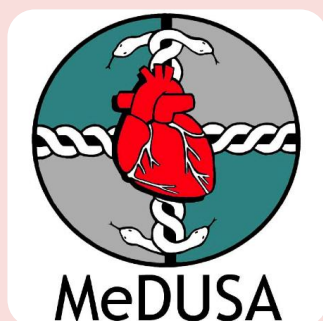
*Past Preclin*

*President*

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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!



*Jen Cleary*

*(adapted for 2021)*

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### MedFit

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!

During 2020, MedFit found ways to work around the pandemic by holding Zoom yoga session and other home based workouts. There was also a virtual run club which was primarily organized through Strava - follow us there and on Facebook to see what's in store for 2021!

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*Jo Eaton*

*GVP President*

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### Global Village Project

We are a medical student led NGO which provides healthcare and health education to vulnerable communities within Australia and internationally. We pride ourselves on our sustainable approach to global health development by supporting and strengthening the communities we partner with. We also provide medical students the opportunity to join our trips and gain experience working with passionate doctors in outback communities and low-income countries.

We host many fun social events throughout the year as fundraising for medical supplies, such as vaccinations and medications, which go directly to our partner schools and communities. Our longest running partner is the Rejoice Centre in rural India, an orphanage and school we visit *almost* every year (thanks COVID!). During our visits we run health checks on all 300+ students, provide necessary vaccinations and have the exciting opportunity to explore rural villages whilst offering health education workshops.

Exciting new opportunities are also in the works for 2021 and beyond so if you're interested in working alongside Indigenous communities within Australia or schools in the Pacific Islands then watch this space! If you're keen to join our group then make sure to follow our page

<https://www.facebook.com/globalvillageprojectau> for updates and feel free to message us if you have any questions. Best wishes for 2021!




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*Crist Htet Yamin*

*Aung and Jia Jiet*

*Chew*

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### GPSN

GPSN (General Practice Student Network) is a student led national association involving university clubs in every major medical school across Australia. GPSN aims to advocate for students who are interested in pursuing General Practice, facilitate networking opportunities on state and national levels and provide advice on training. However, GPSN is not limited to students who are interested in pursuing General Practice as we warmly welcome everyone to be part of our community.

Throughout the year, we will be organising multiple events some of which includes Med Camp, our annual trivia night, suturing skills night and our highly anticipated Ballarat clinical school visit. Ballarat Clinical School tour is an event you definitely don't want to miss as it allows you to explore your potential 3rd and 4th year clinical rotations! All these events will be a great opportunity for meeting new people, making friends, relaxing from study and gaining new clinical skills. Make sure to drop by virtually during O-Week and chat with us to find out more about how you can get involved.

If you have a passion for leadership, volunteering opportunities or just want to spice up your medical school journey, we would love to have you apply for a position! Elections will be held within the first few weeks so stay tuned.

For more information (or if you are still reading this), check out our Facebook group ([facebook.com/groups/GPSNDeakin](https://facebook.com/groups/GPSNDeakin)) or visit the national GPSN website ([gpsn.org.au](https://gpsn.org.au)).



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Joshua Eaton

UHAD President

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## UHAD

Welcome class of 2025! Whilst you may feel that you want to dedicate yourself exclusively to study at this terrifying/exciting start to your medical education. I'm here to tell you that you're definitely brilliant/hardworking enough to find a little time to pursue an extracurricular, particularly one that is also an incredible springboard to addressing public health challenges in the community.

If you're wanting to make real change, break down health inequity, and are passionate about global health, UHAD (Universal Health at Deakin) is the club for you. We pride ourselves on health advocacy, promotion, education across the 'universal' themes of healthy communities, sexual and reproductive health, and the environment. So whatever your passion is within global health there is a place for you, and a club culture that encourages seizing the initiative and bringing your ideas to fruition.

Despite the challenge of COVID-19 and your delayed arrival on campus we have a number of great events in the works. Fancy drinking wine on a sunny afternoon whilst fundraising for international health initiatives? Do you love trivia and are intrigued by the idea of a bookclub? How about being involved in an on-campus cultural festival featuring music and food organised collaboratively with recent migrant communities?

Becoming a member opens you up to all of these events, and 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](mailto:uhad.deakin@gmail.com). We look forward to seeing all your beautiful faces in person soon!

Cheers,

Joshua Eaton  
UHAD President



*Grace Woolard*

*NOMAD Secretary*



## NOMAD

Congratulations to you all, 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 through information exchange, volunteering and leadership opportunities, support and advocacy. NOMAD also works to promote Indigenous and Torres Strait Islander health by raising awareness of health disparities and promoting opportunities to enact positive change. NOMAD is part of the National Rural Health Student Network (NHRSN), a multidisciplinary health network comprising of 29 rural health clubs, with more than 9,000 student members nationwide.

Throughout the year NOMAD typically runs multiple social and informative events such as our barefoot bowls social night, the Close-The-Gap Indigenous engagement event and the Warrnambool clinical school tour. We're hoping to host these events in 2021, pending COVID restrictions. We also work to promote great extracurricular opportunities to our members such as the John Flynn Placement Program, and we hold a BMP information session during the year to break down the contract requirements. 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 High School Outreach, where we organise visits to rural schools to speak to secondary students considering a career in the health industry, allowing Deakin students to share their own experiences from high school to university.

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. 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!

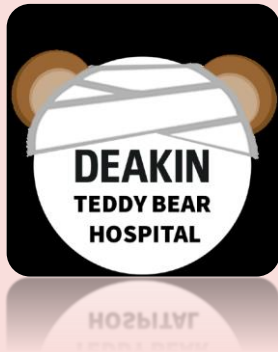
To get involved, you may purchase a membership at [www.dusa.org.au/club/nomad](http://www.dusa.org.au/club/nomad) for \$5 (\$3 if a current DUSA member). To find out more about who we are and what we do, you can follow us on Facebook. We'll also have opportunities for first year students to get involved in the committee side of the club, so keep an eye out on our Facebook group for announcements. We're excited to meet you all (whether face-to-face or through a computer screen), and we look forward to watching you all flourish in medical school. Good luck!





*Jake Gordon*

*Teddy Bear  
Hospital President*



### **Teddy Bear Hospital**

Congratulations to everyone who made it into Deakin Medicine for 2021! My name is Jake, and I am the president of Deakin Teddy Bear Hospital for 2021. Deakin Teddy Bear Hospital is a paediatric interest group that aims to promote healthy behaviours and lifestyles within the community, as well as reducing fear around healthcare professionals. This is done via school visits, as well as through multiple larger events throughout the year. Our program provides a fun incursion in which children learn about eye health, dental hygiene, and bone health (to name a few!). Schools range from local the local Geelong area to the Bellarine (hopefully even further!). The events are run at a local shopping centre, which expands upon the incursion and is accessible to anyone in the community who wants to participate.

One of the main strengths of our program is the multidisciplinary approach to promotion of health information. Our history and work with NOMAD, Deakin's rural health interest group, has resulted in volunteers from nursing, medicine, optometry, and medical imaging. Our group prides itself on this and has resulted in great collaboration between medical and allied health professionals. We look forward to working with NOMAD and the other committees to offer a wide variety of opportunities to not only volunteer but also learn about paediatric health.

We hope 2021 is going to be a great year, and we have LOTS of things planned. We have some exciting positions available for first year students, so watch this space for more information.

Take care,  
Jake Gordon and the Deakin Teddy Bear Hospital Team



*Trent Toohey*

*DUOGS President*



## **DUOGS**

Deakin University Obstetrics and Gynaecology Society (DUOGS) was founded in 2019 with the goal of engaging medical students across all years in obstetric and gynaecological (O&G) medicine and women's health. DUOGS strives to bring together like minded professionals through extra-circular education, networking opportunities, and charity and philanthropy to enable the O&G specialists of the future. In addition to providing meaningful opportunities for their members, DUOGS strives to advocate for women's social equity within the school of medicine's curriculum, at home, and abroad.

Despite the ongoing pandemic during 2020, DUOGS persevered to deliver incredible online events in their first year, including an O&G ultrasound tutorial, a reproductive anatomy trivia night, and OSCE skills sessions. DUOGS also collaborated with General Practice Students Network to deliver a fantastic careers night for those considering a future in O&G. For International Women's Day DUOGS hosted a bake sale across all preclinical and clinical sites raising funds and donations for The Period Project to provide essential sanitary products for disadvantaged women, non-binary persons, and trans-men. In 2020 DUOGS began the conversation with the school of medicine in providing comprehensive and appropriate education pertaining to the medical and surgical termination of pregnancy. We hope to continue this conversation in 2021 and achieve meaningful change to the curriculum.

In 2021, we hope to build upon what we've already established and continue to provide high quality tutorials and skill building sessions. We hope to broaden the content that DUOGS provides to include information about recognizing and responding to domestic, family, and intimate partner violence, and extending ourselves to include all women, feminine presenting individuals, and those with female sex organs.

We hope you can join DUOGS in 2021. Sign up today by visiting our DUSA site, Facebook or Instagram. If you're looking to get involved in any of our events feel free to contact DUOGS directly via [deakinobgyn@gmail.com](mailto:deakinobgyn@gmail.com) or your local representative.

Cheers,  
Trent Toohey  
DUOGS President

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*Michael Lam*

*Past DSIG*

*President*

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**DS/9**



## **DSIG**

There are numerous surgical specialties, and surgery related specialties in the field of medicine. Of these specialties there is also scope for further subspecialisation, 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!





*Ellie Damianos*

*Past AMSA Chair*



## AMSA

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!
  - o AMSA Convention (the largest student run academic/ social event worldwide) which happens to be in Melbourne this year!
  - o AMSA Global Health Conference (an event expecting over 800 medical students to discuss pertinent global health issues)
  - o Vampire Cup (a nationwide blood drive where it's medical school vs. medical school)
  - o AMSA Rural Health Summit (AMSA's peak rural health conference)
  - o National Leadership Development Seminar (AMSA's peak academic and upskilling event to develop the next generation of leaders)
- Projects: Teams within AMSA that focus on different priority areas including
  - o AMSA Code Green: AMSA and climate health
  - o AMSA Crossing Borders: AMSA and refugee and asylum seeker health
  - o AMSA Health Communities: AMSA and non-communicable diseases
  - o AMSA Reproductive Rights: AMSA and sexual and reproductive health
  - o AMSA Mental Health: AMSA and mental health



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

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

AMSA at Deakin Contacts Facebook:

<https://www.facebook.com/AMSAatDeakin/> Instagram: @amsa\_deakin

AMSA Chair: Ellie Damianos ([amsa.clinical@medusa.org.au](mailto:amsa.clinical@medusa.org.au))

*Amie Hilder*

*EMD Committee  
2020*



## EMD

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 is normally run during the first semester where students from all four-year levels of the MD will come together to compete in multiple emergency and critical-care stations. (Note from the editor: if this year goes ahead it will likely be in second semester)

There are 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/](https://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 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

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*Vanessa Rivieria*

*Skill-It Co-founder*

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### **Skill-It**

Skill-it Kitchen brings together students who share a common goal of creating a more inclusive, sustainable, and healthier future through food.

Australians, overwhelming, have a complicated relationship with food. We struggle navigating the rocky road between contemporary dietary advice and complicated nutrition labelling. It is no surprise then that such a large proportion of Australians do not meet their daily nutritional requirements and non-communicable diseases account for a large proportion of Australia's burden of disease.

Food systems are too complicated for the average Australian. Understanding them is far beyond the reach of young adults busy studying at University who are trying to put food on their table. Many of us don't know where our food comes from, we believe that food should look and feel a certain way, and we are bombarded by thousands of logos, manufacturers and products, which are confusing and overwhelming.

As a large proportion of students move out of home to live closer to the University, many of them are severely unequipped around a stove top and in the fresh produce section of their local markets.

It is no wonder then, that in late 2018, a group of students from Deakin University noticed how difficult some of their peers found it to cook wholesome and nutritious meals.

Current health care students report receiving inadequate education of nutrition. The current nutrition curriculum falls short of providing tomorrow's doctors, nurses and allied health professionals the practical knowledge to confidently counsel future patients on nutrition and food. In lieu of dietary advice, this results in patients being deferred to expensive specialist or medications

University is the perfect space for culinary and nutrition education. It's that rare period where theory and concepts are refined before practice. Students are required to master the biochemical pathways and anatomical landmarks that comprise the body prior to prescribing medications which affect these regions. So, why shouldn't the basics of cooking and nutrition be taught during medical school to make sure new graduates are comfortable counselling patients about their dietary habits?

At Skill-it Kitchen we aim to educate fellow young people and the health professional of tomorrow on the power and joys of food. While food represents some of our greatest challenges, it is also the key to overcoming them.

We believe that food is medicine, and if we use ingredients, not products then we can chop, steam, bake and skillet our way towards positive change.

Sabrina Abdullah

Past Crossing  
Borders Chair

## Crossing Borders

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!



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*Adam Walsh*

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## Final Word

While there is a lot to take in here, the guide this year has actually been condensed to be a bit more manageable with the heavy amount of reading you're expected to do - much of the orientation in your first week is normally delivered in lecture format.

If you still have an appetite for more information, previous first year guides are available at <https://www.medusa.org.au/publications.html> - for example, 2019 featured an entertaining review of stethoscopes (for the record, just buy the Littman - anything else is probably a waste of money).

The Medusa website will also be updated with current reps and their contact details so look here if you have a question for someone specific.

Finally, **if you're interested in writing, design or advocacy** in any form, Medusa releases a magazine called The Pulse which requires input from students - contributions can be anything from commentaries, fiction, research, event reviews or advocacy pieces. If you're interested, contact me on Facebook or email **publications@medusa.org.au**.