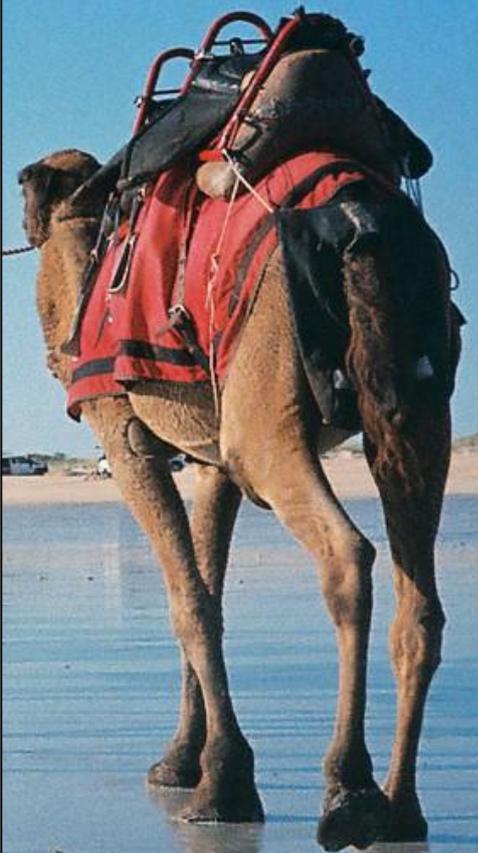


# NOTRE DAMUS 2018



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# LETTER FROM THE EDITOR

(OR: VANITY PROJECT RANSOM)

Dearest Readers,

Welcome to the 2018 edition of the Notre Damus, the only publication whose titular pun challenges your knowledge of 16<sup>th</sup> century clairvoyants.

This highly anticipated annual collection serves as a celebration of the Notre Dame Medical Student in the broader context, exploring our non-scientific qualities and adventures. For as we, and literally every single medical school interviewee knows, medicine is both a science *and* an art. While some of the drawings produced in PBL remind us why our parents kept our works off the fridge/us in the crawl space under the stairs, it is always such a pleasure to see what the talented people in our cohorts have been hiding from us. Whether it be poetry, photos, or erotic drawings of our anatomy teacher, these pages serve as a reminder that we are all more than just one-dimensional science nerds (as mum calls me).

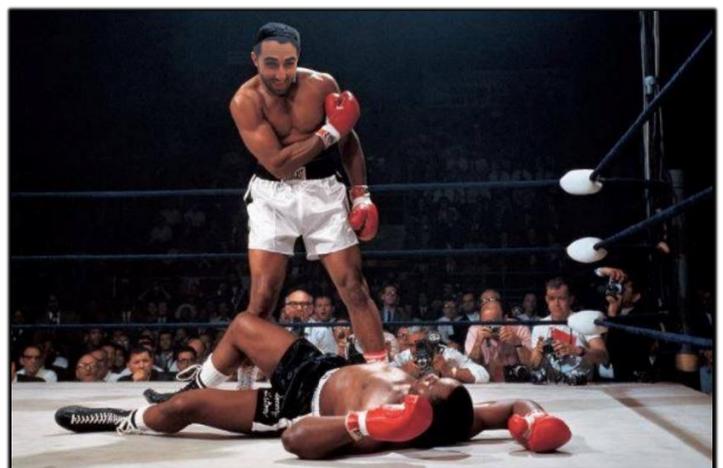
Sure, we might know more about Diabetic Ketoacidosis than the average person, have severe rickets due to our lack of sunlight, and I might not have seen a human female outside the walls of ND35 in 2 years... but we all retain rich, deep and fulfilling lives that are defined by so much more than our textbooks, and this is a testament to that.

I have been very busy this year (see attached), as I'm sure you all have too, so let's relax and relish in what is great about the present. School pride is truly at an all-time high, and over the years has come so very far from simply shouting "UWA is for cowards" at sporting events. I honestly believe everyone that studies here is stoked to be a part of this incredible Notre Dame family and feels the warmth of knowing we are all here for one another.

I hope this magazine finds you in good health and gives you insight into the world of ND Medicine. These pages are a place to leave your frustrations behind: like how I can still remember all 150 pokemon, but even just one aspect of the Krebs cycle escapes me. Most importantly, never forget how much love runs through these halls, how many doors are open for you, and ears willing to listen. So sit back, relax, and enjoy the Notre Damus for 2018.

Shalom,

**Bay Ransom, editor and heavyweight boxing champion of the world**



(Photos provided by the talented Tashmindus Wende)

# PRESIDENT'S REPORT

2018 has been a huge year for the medical students of Notre Dame, and I'm proud of how resilient we've proven ourselves. Changes to staff – including hitting the milestone of 12 months with Professor Chaney as our Dean, and seeing a new Associate Dean of Pre-clinical Medicine appointed – and changes to assessment have been implemented. The fourth years are running the last leg of their marathon before facing full-time work next year, the third years have adjusted to hospital life (with only a small amount of grumbling), the second years have realised that second year is a test of survival, and the first years have slot into the med school family as if they were always here.

MSAND has continued to adapt and evolve. Shaun has nearly completed his stint as the inaugural Equity Representative, our combined Sports/Wellbeing rep duo Kyle and Conner have worked incredibly hard to serve the community. Darcie has ensured another year of fantastic MSAND social events. Tessa has developed the Social Justice portfolio with the first year where no social justice has been mandated by the School. Hilary has taught herself about websites, ticketing, and more IT necessities to see IT success for MSAND. Lachie has yet again ensured a fantastic educational calendar, even adding some new events. The year reps – Nicola and Sai, Steph and Travis, Gaby and Sam, and Monica and Ashwin have dedicated themselves to representing and advocating for their year levels.

I can't thank the 2018 MSAND Committee enough – they have served with passion, dedication and humility. Whilst MSAND's work might not always be visible, or obvious, each member on this Committee has gone above and beyond to serve the medical student community of Notre Dame.

Lastly, I'd like to say good luck to the fourth years for the completion of your exams and for graduation. You have proven excellent role models to all of the younger year levels, and we send you our best wishes and ask that you be nice to us when you're all interns.

Thank you to you all, it's been an absolute privilege to serve as MSAND President for this year.

**Sylvia Rienks, MSAND President**



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## Mindfulness on the Devonian Reef

Crawling up that ancient reef,  
and leaving safety of the camp,  
we were Passing myriad of tiny fossils,  
each a small time-hardened stamp.

Looking down to sunken gorge below  
and seeing land of drought and flood;  
the iron that gives life to soil  
Is the same that colours my blood.

The howling of insistent wind,  
that carved this pure, unfettered land,  
bends my youth and tames my pride  
and blasts my flesh to sand.

Yet Standing on that ancient reef  
I was at my centre;

Simply being, not becoming;  
a moment in time, without expectation.

And indeed, there will be time.

Michael Genoni (MED200)

# MED100 REPORT

Gee-whiz it's hard to believe that it's been close to 250 days since we all arrived at ND35 all bright eyed and bushy tailed, ready for Toolkit Week. Drawing on our PPD Learning Objectives and Learning Portfolio skills, with a month until exams it's time for us to reflect on the last year!

January 22<sup>nd</sup> opened up a new chapter in our lives as we all excitedly (and nervously) navigated our way around campus and started to meet our new family. Highlights of the week included: The Welcome to Country and Smoking Ceremony, Professor Chaney's dancing, and of course O-camp, where we got to learn a bit more (and sometimes too much) about some of our peers. There are some places a daisy shouldn't be put and sunscreen shouldn't be used...

Come February, we all became very familiar with LOs and the workload that would ensue through the year. It was clear that supporting each other and working together would be far more effective than riding solo. Uniform Party came around and for some, riding solo definitely wasn't an option and love was in the air.

March arrived and the time had come for us to bus it out to various towns in the Wheatbelt. Along with our peers from Curtin, we were split into groups and assigned to local families in the area. We all came home with valuable experiences from the Wheatbelt Community Engagement Week, with some of us having our 5 seconds of fame in the local news.

Easter introduced us all to the adored (and self-appointed) Celebrations Subcommittee, who organised Galvin Library's inaugural Easter Egg Hunt. Rumour has it that to this day you can still find eggs in ND35. We'd like to thank the same team for the launch of @pbl\_foodie\_fans on Instagram, which has changed the culture and expectations of PBL food.

Fast-forward a few months and we all survived our first exams and enjoyed a well-deserved break where many took to chance to catch up with family and friends or spend a ridiculous week with 900 other medical students at Convention. Before we knew it, we were back and flying through Cardio, Neuro, Mental Health and Musc blocks, with a night off in the midst of all that for the MSAND Ball. Boy, did everyone look damn fine that night!

What a journey it has been so far. A number of events throughout the year have ensured that we've somehow gotten closer and built a supportive culture for each other. We are a family after all and remember: Ohana means family. Family means no one gets left behind...and if all else fails, chocolate.



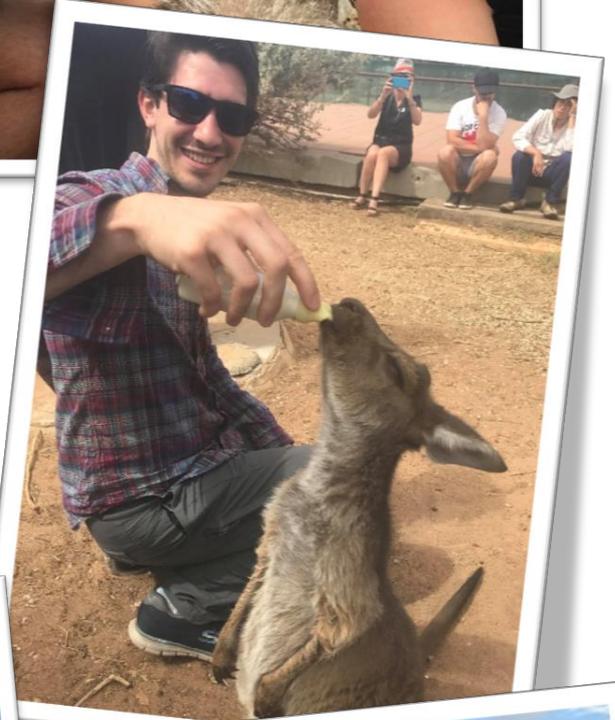
**Ashwin Rajendra and Monica Zheng (Med100 Reps)**

# O-CAMP 2018





# MED100s Go to the Wheatbelt



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**Dr Beckie Singer**  
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# A Song of Reflection

Chord progression: Bb, Eb, F, Bb

So it all started back in twenty seventeen  
I was bright eyed and my wits were keen  
But that first semester flew right by in a blur  
I knew just enough to get me through  
And realised there was still a lot to do  
But I was just a med school amateur

We finally had some placements to do  
Something I needed, that was long overdue  
And I learnt a lot about patient care  
I found that this helped me remember  
And even relight the ember  
That started me on this four year affair

Placement finished up pretty quick  
Now I had to make the content click  
In prep for final exams that lay ahead  
I found myself struggling to find  
The motivation or the time  
And the world around be seemed to go a Congo  
red

But it got to the one month mark  
And the outlook was little bit dark  
But I knew I wanted to get through to second year  
So I buckled down and hit the books  
Got pretty chubby and lost my looks  
But I simply had to learn about the middle ear

While the study payed off it didn't last long  
Because I now knew, what I'd done wrong  
I'd failed to find a balance through the long-haul  
Marks came out as a Christmas present  
I wasn't stoked but I was defs content  
But the mark probably angered my ethnic  
ancestors

So second year came and the study began  
I had a brand new game plan  
I needed to get on top of my work nice and early  
The pull of different aspects of my life  
Really did put me in quite some strife  
And for the first time I had to ask for some help

Those around me did what they could  
And with their help I finally understood  
But it was up to me to do all the revision  
ANKI became my new best friend  
In Reid library I spent most weekends  
Trying to commit things to memory with precision

Sometime later the results came back  
And I thought about becoming a lumberjack  
I had passed but it felt like I was back at square  
one  
I can blame Convention or different style of  
question  
But really it was probably my comprehension  
So I knew this semester would have to be me and  
the books just one on one

Johnny Cash used to say: "this world is rough-  
-and if you're gonna make it, you've gotta be  
tough"  
And I knew I wouldn't be there to help ya along  
So I give ya that name and I said goodbye  
I knew you'd have to get tough or die  
And it's the name that helped to make you  
strong."

They didn't give me a name, they gave me  
education  
Taught me the tips and tricks to auscultation  
In preparation for our two years on the wards  
While I am excited, I'm still slightly nervous  
Wouldn't want to disappoint Gervaise  
And definitely don't want to appear in front of any  
boards

With the help of my teachers and my peers  
With a bit of banter and no doubt some jeers  
I think I'm gonna have the strength to make it  
through  
And like I said its gonna be tough  
But now I know if I've had enough  
I've made it before and this is probably just déjà vu

**Anonymous**

Photo: Caitlin Cox (Med200)

# MED 200

After 25 weeks of semester and only 3 weeks of holidays, the 2<sup>nd</sup> years now find themselves, whilst slightly delirious, only 10 weeks away from being half way through medical school! The year so far has been a trying one with a number of challenges including the Mid Semester exams (and whatever ARDS is), JAR and enough reflections that all the thoughts we have left are reflected thoughts....

However, amidst the hustle and bustle of the semester, the legends in second year have somehow managed to find time for themselves, their families and the community at large.

PERTH18 was a huge success thanks to the organisation of many of our second years, Teddy Bear hospital and Vampire Cup have again been fixtures of the social justice calendar and the Volunteer Vietnam team are busy preparing for another trip to Dr Phan's HIV Clinic. The SPIGs run by many of our second years, have organised amazing events this year, with NDASS, Rural medicine and Emergency Medicine putting on very engaging and informative nights. Special mention must also go to Em Moran for collecting 2022+ sanitary items for the Share the Dignity campaign and those who wore funky socks to raise awareness for mental health in our trying profession. Additionally, Our BLOC1 and BLOC2 groups have enough Instagram content for 500 #tbt, 50 shades of extra pigment and even some Kimberly knowledge to take into their careers.

Numerous people have even have found time to publish research papers, some for the very first time, and we congratulate them for their achievement! To name a few athletic achievements, congrats to all the Rottnest swimmers who only made it half way BUT managed to stay away from being a sharks dinner, to Em Witham for her outstanding results in the Perth City to Surf, Maia's incredible efforts in the Australian Surf Life Saving Championships and to Em Dehn who somehow found the time and strength to climb Everest! On the more personal side, Damo & Tom found time to become fathers for the second time, and Tanya, Ren, Mohammad and Robbie continue to kill it as parents alongside their busy Uni schedule.

As a cohort, we send love to all of those who have supported us throughout the year: our families, partners, staff (especially our saviour Anett) and each other. The craziness will end very shortly, and we are forever grateful to those who have endured it with us.

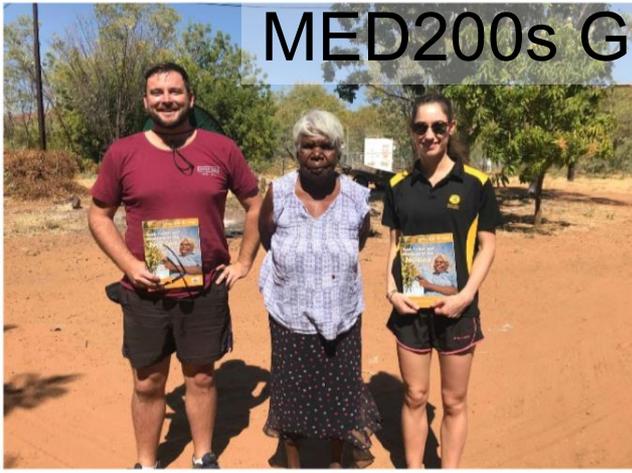
With the finish line in sight, we face the great unknown that is the week-long Kimberly trip and the even greater unknown that is bioethics, all of which will be worth it for the celebration that is half-way dinner!!

Much love to each and every one of you. We could not be prouder representing such a rare collection of legends; it has been our very honour.

With love,  
Gabby & Sammy (G & C 2018)



# MED200s GO TO THE KIMBERLEY





# KIMBERLEY

*A generation stolen  
A generation lost  
A new country founded  
But at what cost?*

*The land here speaks to you  
Bathes your clothes in red  
It tells the stories of the past  
A story of violent blood shed*

*Time heals all wounds  
But the scars, they remain*

*A reminder to those that wear them  
A reminder of trauma, loss and pain*

*Money, we are told is the answer  
But money causes more problems than  
solves*

*The money, like the land, has run dry  
Here, for money, innocence is sold*

*No longer bound in locks and chains  
Now free to roam the lands  
But the chains, they are still there  
Chains made of needles and cans*

*A small figure wanders the streets  
Looking for a place to lie  
Home is where the heart sleeps  
But no heart sleeps in a home with fists,  
and a black eye*

*Hope still lies in the eyes of the innocent  
Like stars they light the sky, just after  
sunset  
The red sands float in their veins like blood  
Their pride and strength grows, like  
rainwater before the flood*

*Under a harsh sun, in a desolate land  
A sea of small figures, united they will  
stand  
Reconnected with their country and their  
culture  
Here, in this place, the children are the  
future*

**Tommaso D'Orsogna (MED200)**

# Around the Grounds with Emily Witham

After a breakout year in 2017 and a long summer competing in the 5 km track event, Emily Witham (22) primed herself for a massive running season.

After narrowly missing out on selection for the 2018 Commonwealth Games team, Emily responded with a dominant season on the WA road race circuit which saw her blitz PB after PB and is now recognised amongst her peers as one of the most elite middle-distance runners in the state. After placing in almost every event she competed in in 2018, she finally cracked through with her first gold medal of the season in the Chevron City to Surf Perth 2018.



When she's not exceeding in competition, Emily is a very diligent student. Earlier this year she completed a 6-week locum in Broome. Emily achieved what many have deemed almost impossible – the elusive triple 100. The criteria for this are as follows: attend a perfect 100% of scheduled classes, run >100 km a week, and most importantly, Skype her boyfriend 100 times in the six week period.

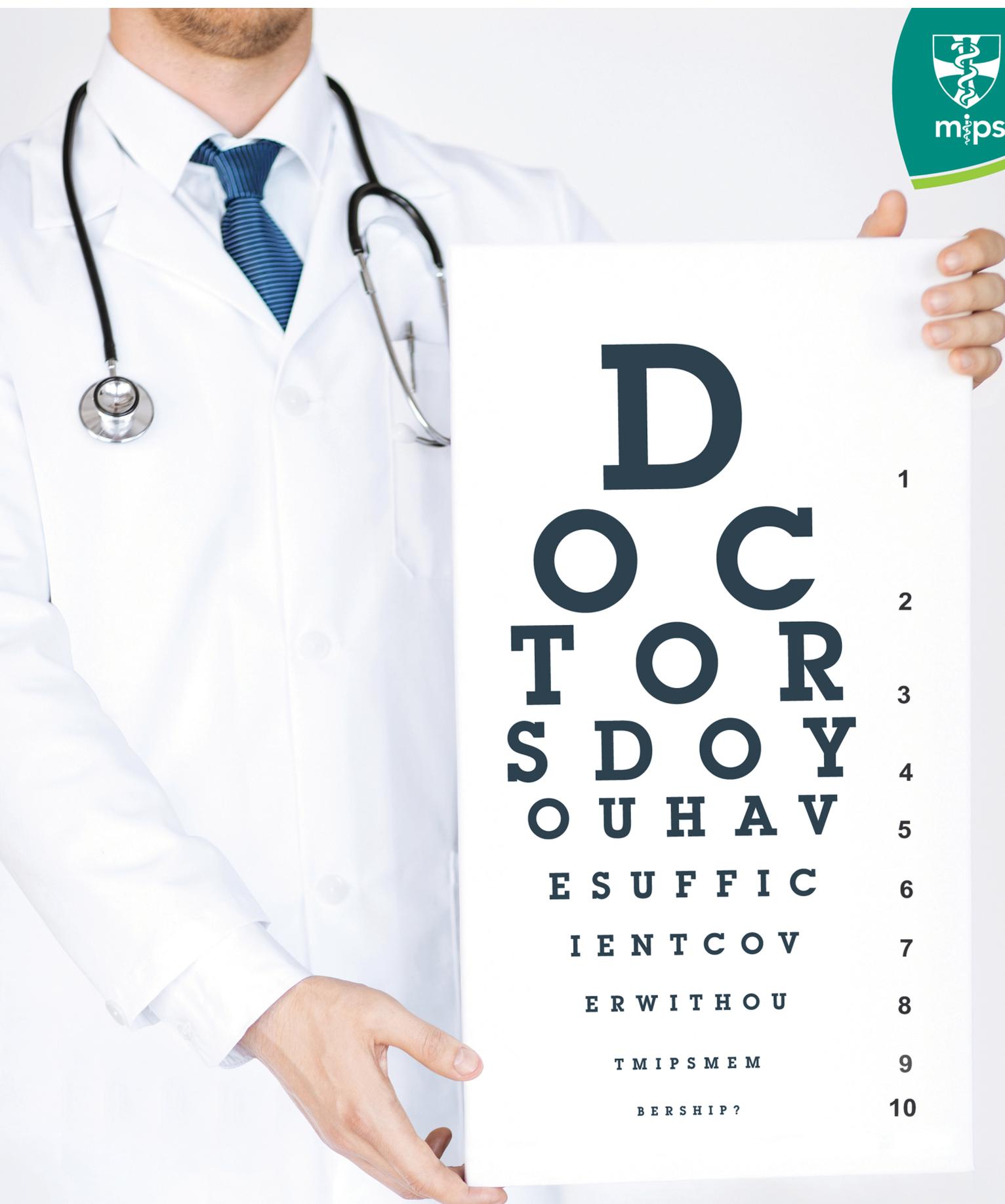
Since Notre Dame became an accredited medical school in 2005 no student has come remotely close to winning this illusive award. An honour board has since been erected in the School of Medicine in recognition of her excellence across these three divisions of life. Many middle management administration staff believe that this record may remain unbroken for centuries to come. Staff and colleagues are in genuine awe over the 14+ calls per day to her boyfriend of just under 6 months.

In search of finding out what really makes Emily tick we reached out to her family in Esperance. It was there we learnt that Emily was Head Girl of Esperance Senior High School. That same year she was unwittingly involved in a drug deal on one of Esperance's most infamous underbelly streets. We then meet Emily's 17-year-old brother Max who is infinitely cooler than her and her mother Nicole Curtis was quoted saying "I wish Emily was more fun and would drink more champagne with me."

Like her family the Notre Dame community have warmed to her with great affection. Emily now has a secret following from MED6100 students, who believe she defines the word majestic. She is now known as "The Emily Witham" around campus and attracted particular attention from admiring fans at the Notre Dame Medicine Ball held at Pan Pacific earlier this month. The future is bright for our humble superstar and with the 2020 Tokyo Olympics just around the corner we have no doubt that more success is on the radar.

**FACT FILE - Emily's resting heart rate is 35 bpm, her 10km PB is 35:55, she does not have a patella tendon reflex and once had an emergency whilst studying because she ate too much Chobani yogurt.**

Timothy Masarei (MED100 + self-appointed 'coach')



D	1
O C	2
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# Health and Wellbeing – A Personal Reflection

Bertie Charles Forbes, founder of the financial magazine that bears his name, once quipped, “History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.” (Forbes). By no means have I triumphed and succeeded in achieving my life’s ambitions, however, in the face of adversity, I believe I was able to persevere thanks to the generosity and kindness of the Notre Dame community.

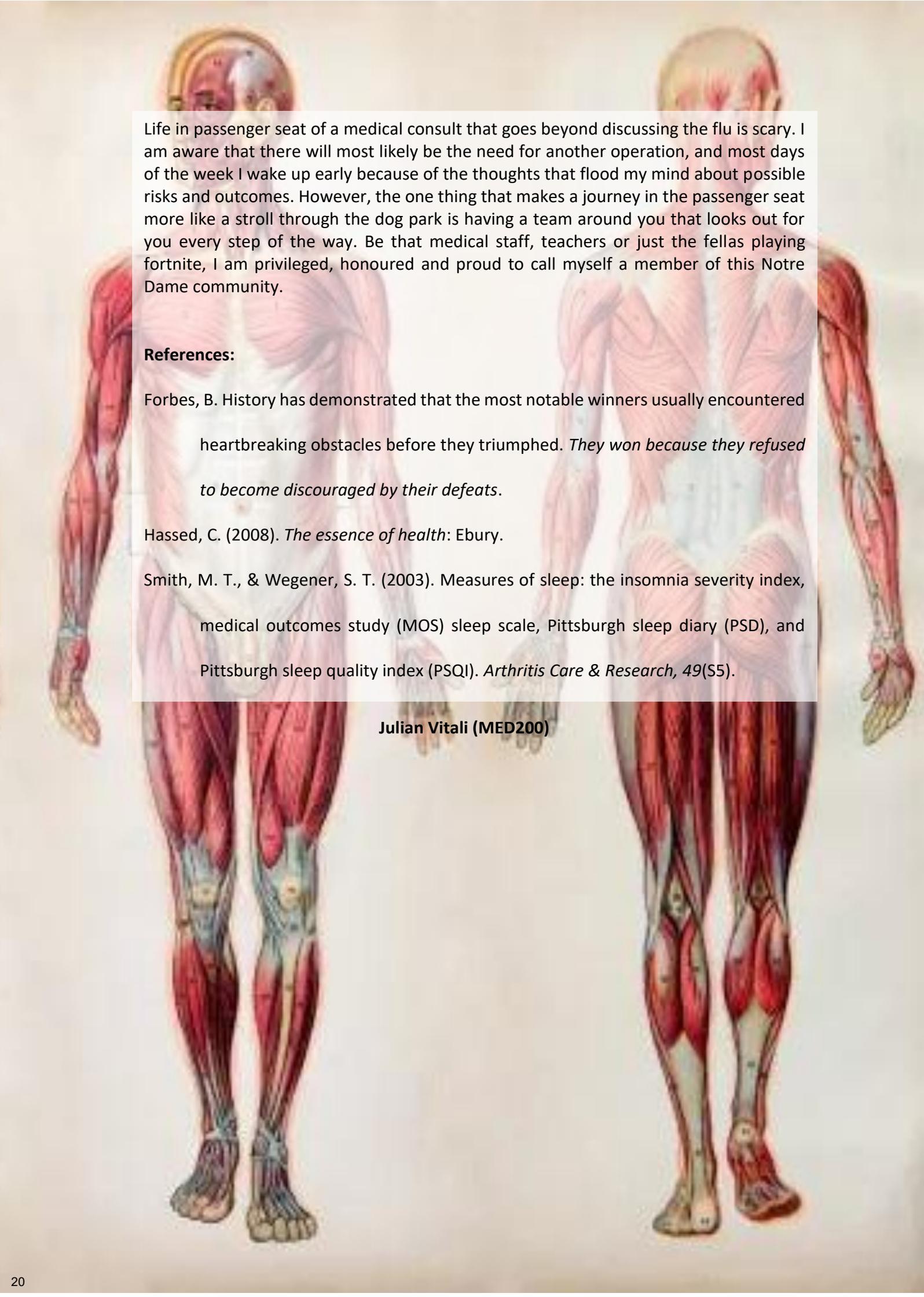
On the April 27<sup>th</sup>, 2017 I woke up at 4am, my alarm was set for 6; despite the countless strategies for stress management and meditation that we had already learned, there was no way I could sleep. The reason behind my inability to slumber dates back to an unfortunate series of events beginning on the 16<sup>th</sup> of December 2016, when I went to the doctor for what I believed to be a sinus infection. I wanted to get on top of whatever this was before I made the move to Perth, from Brisbane, to start my degree. Fast forward four months, or a smorgasbord of six varying antibiotic scripts, and nothing had improved. I flew home to spend Easter with my family and stopped in to see my GP while I had the opportunity. Understanding my time constraints, she arranged for an ENT referral and appointment that week.

Scott Coman, my ENT, is a man for whom I likely owe my life. After a thorough examination, he suggested I get an MRI to rule out anything sinister. “I don’t imagine anything will come of it, please don’t lose any sleep over it” he said. Getting an MRI was a bit of a shock to the system, it made me quite anxious. The entire process lasted forty-five minutes and wasn’t a stroll through a dog park.

Two days later I received a phone call. Unfortunately, Dr Campbell, my neurosurgeon, was under the impression I had already consulted my ENT and found out about the results of my scan – I hadn’t. I likely vocalised every explicit word I knew to this man on the other end of the phone. Reflecting now, I was in shock and disbelief, I wanted him to be prank calling me. Fortunately, he was understanding of my reaction when he found out he had been the first to break the news, and the infamous SPIKES protocol hadn’t been employed, I had been diagnosed with a 3-4cm<sup>3</sup> brain tumour.

On the morning of the 27<sup>th</sup> of April, they operated to insert a shunt and take a biopsy – the anticipation of the operation is why I couldn’t sleep. Although everything went as well as I could have hoped, and the biopsy result was one of the best possible outcomes, the road ahead is still unclear. I missed five weeks of class and was offered the opportunity to repeat in 2018. Against the recommendations of my medical team I chose to attempt to finish the year. I had set myself mini goals along the way in order to achieve this. I truly believe that perseverance in the face of adversity reaps rewards.

From this experience, I believe I have learned a great deal about what life is like in the patient’s seat. I felt scared and vulnerable, unsure of what was going to happen. I have been lucky to be in the hands of some of the warmest yet most professional doctors, a line which I believe I might have struggled to navigate in my career if it weren’t for this experience (lets be honest, I’ll probably still struggle).



Life in passenger seat of a medical consult that goes beyond discussing the flu is scary. I am aware that there will most likely be the need for another operation, and most days of the week I wake up early because of the thoughts that flood my mind about possible risks and outcomes. However, the one thing that makes a journey in the passenger seat more like a stroll through the dog park is having a team around you that looks out for you every step of the way. Be that medical staff, teachers or just the fellas playing fortnite, I am privileged, honoured and proud to call myself a member of this Notre Dame community.

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**Julian Vitali (MED200)**

# NOTRE DAMUS 2018

“ND35 is more of a home to me now than my real home, so excuse me if I’m passionate about there being paper towels in the boy’s bathroom!” - Anonymous



Photo: Nicholas Renton (Med200)

# A Poem of Reflection

THUNDER punched the sky, as the storm hit dawn  
And on that day in January, Sam Rundle was born  
Raised on the farm, as a country lad to be  
'Twas a while before he realised it was medicine he  
would see

Picking up a racquet it was a tennis career he sought  
But after travelling the world it wasn't as easy as  
thought  
So he arrived on Wall Street to tame New York City  
It was a glamorous life, but to him not so pretty

Then one day in the back rooms of Katanning High  
School  
Volunteering with Clontarf he thought, helping people  
is cool  
And it was this day that it clicked, liked Thomas Edison  
That Sam was destined for a career in Medicine

From Katanning to Perth, to Harvard and New York  
The jokes were over, this was real talk  
Through the doors of the medical school walked a  
fearful young man  
With the intention to become a doctor, and no other  
plan

And nearly two years later, he stands here before you  
With some lessons learnt, but things still to do  
When he thought doctor, it was all books and studies  
But it is the journey rather, and the love for your  
buddies

So, as he looks back to toolkit week  
When Sam thought Medicine was just about being a  
Geek  
And the application of Medicine was purely a science  
But it is nothing without art, and its true appliance

And behind the jokes and laughter you'll find  
That his motivation is to help, and to his patients be  
kind  
He must accept the responsibility, there's no where to  
hide  
Unlike Julia Roberts in the runaway bride

For who Sam is now, is a different man,  
He's found what he loves and has a plan  
Because being a doctor is more than a white coat,  
Or a cashed up investment banker that drives a boat

The professional Identity, that he has planned  
To be as resilient as a farmer, working the land  
To make a difference in this small time on earth  
To make his mother proud, from that day of birth

When he looks at the person he wants to become  
Not to be the greatest, or even the chosen one  
To be a role model, who's dedicated serves his patients  
Because in his eyes that is the measure of greatness

It was in Broome and the Kimberly what hurt his heart  
To see the health of rural and urban people so far apart  
Motivated to be part of the solution,  
To restore to the regions some health distribution

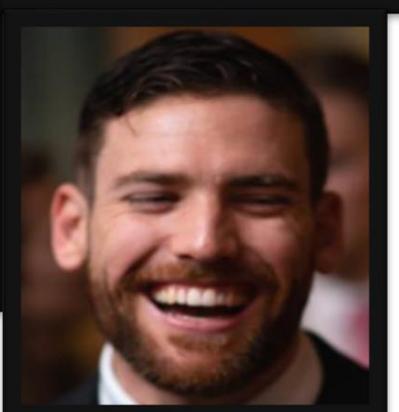
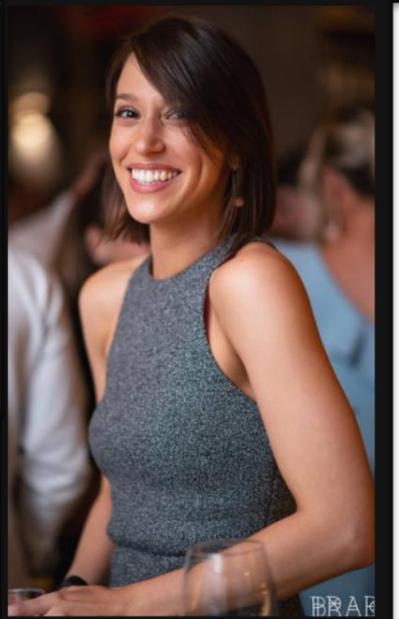
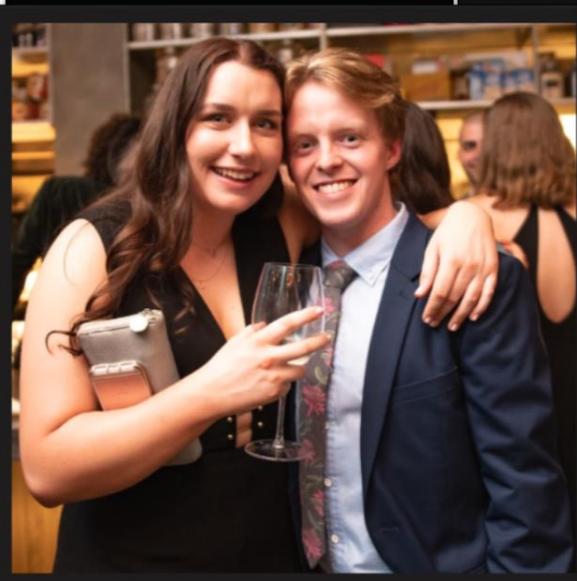
Back to the country, he will return  
Not with crops to plant or fires to burn  
To deliver health and equality, where it truly belongs  
Back to the place where his heart is from



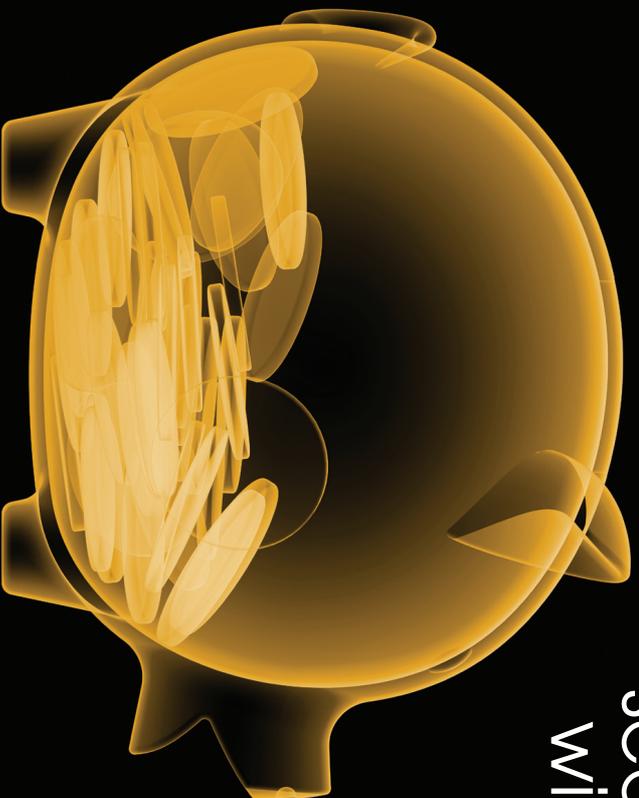
**Sam Rundle, "The One True Bush Poet"  
Med200**

# MAY SOIREE 2018





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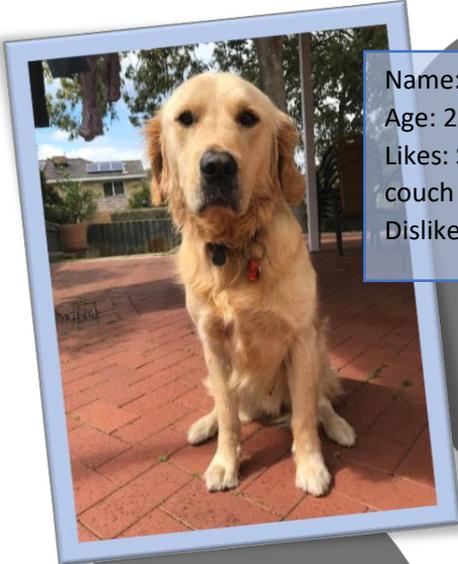
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make every day a good day

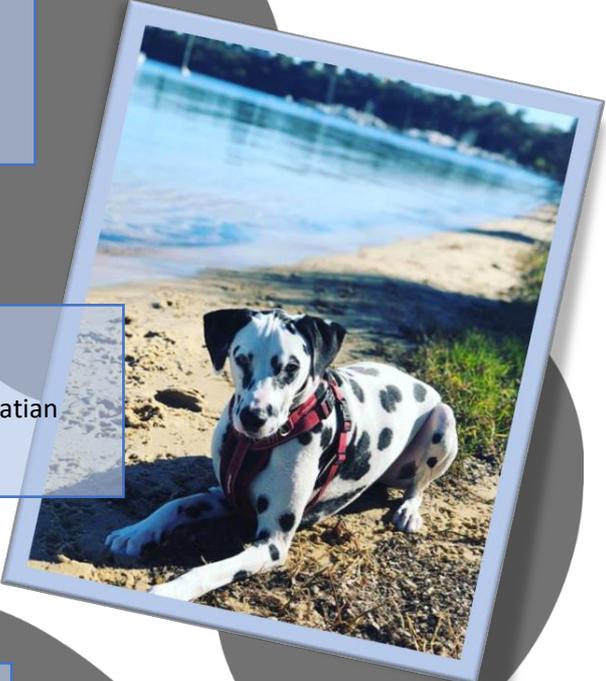


# ANIMALS OF NOTRE DAME

Medicine is full of some incredibly unique stressors, and this is a celebration of the family members that help us get through them:



Name: Charlie Leckie/Char Man/Chaz  
Age: 2  
Likes: Soft toys, BBQ chicken, chilling on the couch  
Dislikes: Ear Canal Washouts, strange men



Name: Dally Price  
Age: 2.5  
Fun Fact: Was shortlisted for “Dalmatian #67” in 101 Dalmatians



Name: Mojo Emms  
Age: 2  
Fun Fact: Only takes almond milk in his coffee



Name: Jeff Bevan  
Age: 1  
Likes: porridge, tea, herding chickens, 21 jump street  
Dislikes: lack of attention



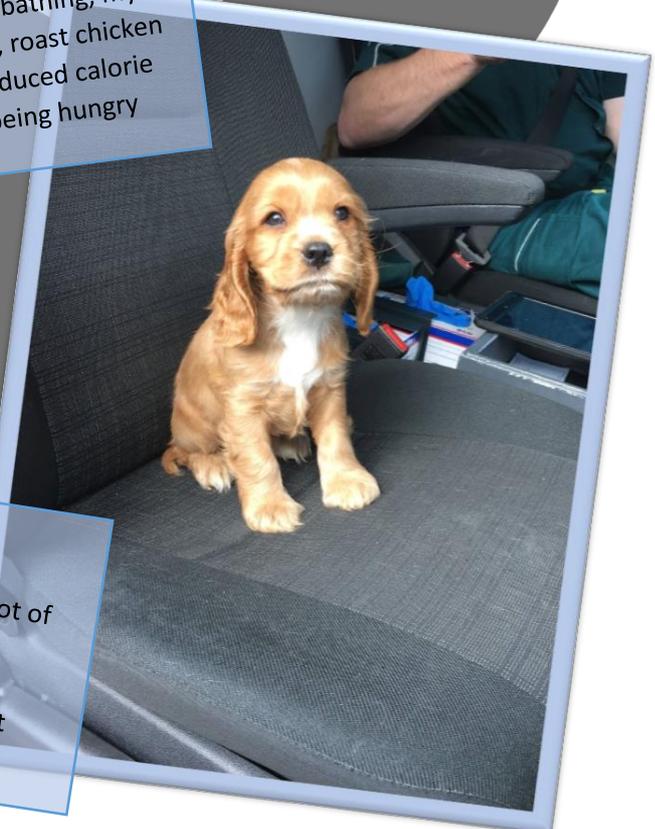
Name: Stella Griffiths  
 Goof-Ball cross with a cloud  
 Likes: Beef Liver treats from Big W  
 Fun Fact: Incorrectly used toilet rolls as toys



Name: Alphonse "Alfie" Ransom  
 Age: 1  
 Likes: Peanut Butter, being floofy, right wing conservative policies  
 Dislikes: Vacuum Cleaners, Collingwood



Name: Ian Hall  
 Age: 1  
 Likes: turtle treats, sun bathing, my grey mouse, my daddy, roast chicken  
 Dislikes: my current reduced calorie diet, Loud strangers, being hungry



Name: Lenny Mitchell  
 Age: 1  
 Qualifications: Good Boy, Mascot of MSAND Women's Football  
 Likes: Chewing toilet paper, destroying shoes and giving great cuddles.

Name: Lucy Inglis  
Loves: Coriander + Strawberries  
Fun Fact: Only has three legs



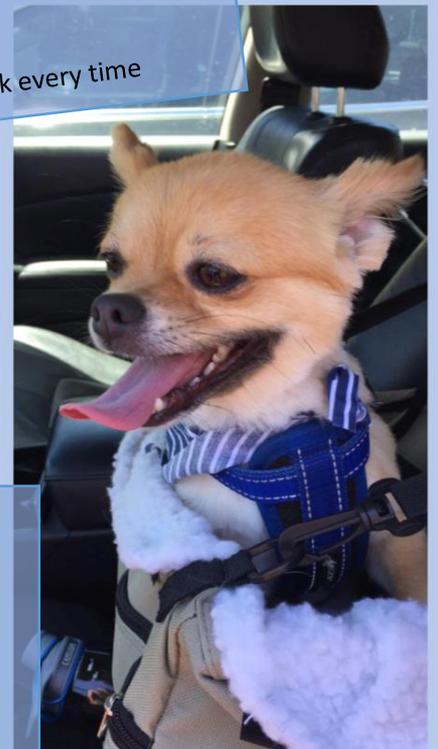
Name: Ruby Zounis  
Age: 10  
Likes: Cheese, walkies, her friend Lily  
Dislikes: Other dogs drinking from her water bowl, flies

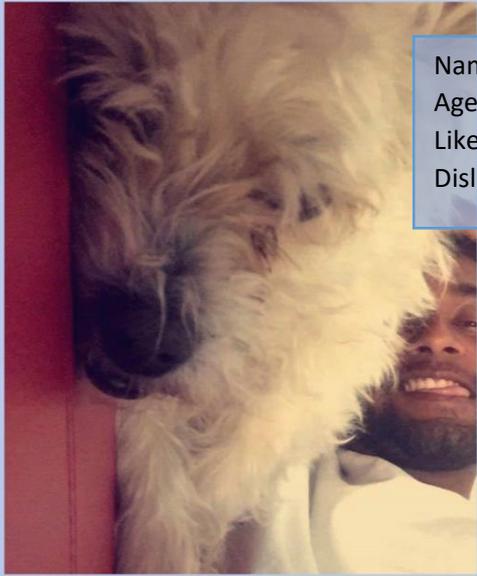


Name: Archie Smith  
Age: 7  
Fun Fact: Will take banana over steak every time



Name: Harvey Welke  
Age: 3  
Likes: Eating own feet, watching The Bachelor with the gals, eating foreign objects and tormenting dogs much larger than himself.  
Dislikes: all males (exception Carla's ex-bf), medicine contact hours, baths and vacuum cleaners.

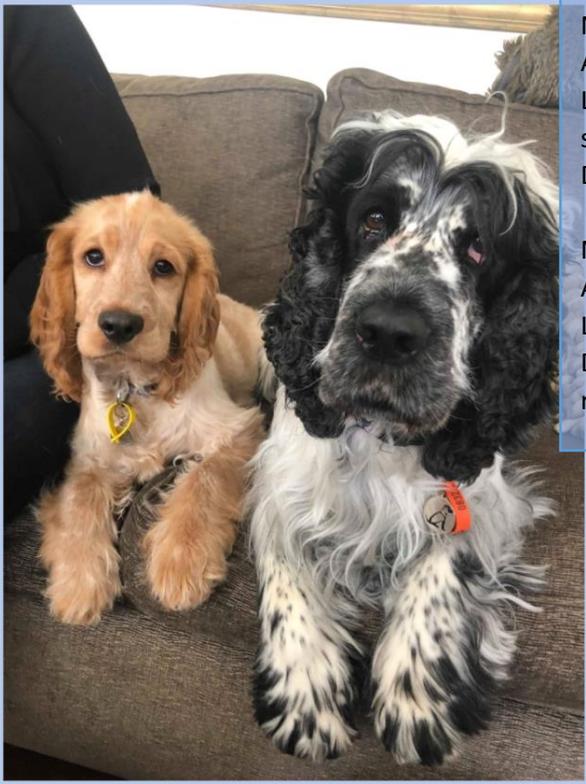




Name: Minty Jeyadevan  
 Age: In Memoriam  
 Liked: Cuddles, Curry, Bay  
 Disliked: Loud noises, crowds, white people

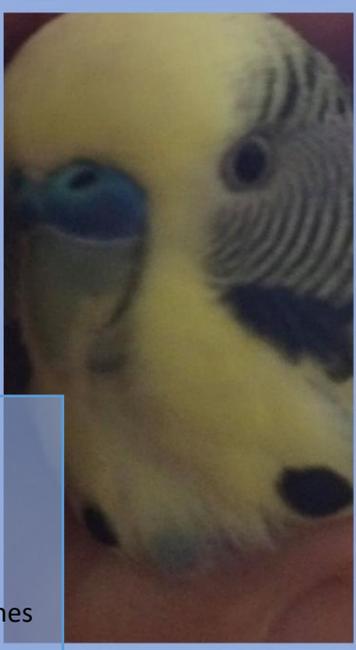


Name: Coco Bevan  
 Age: 14  
 Size: Tiny  
 Likes: fillet steak, 200m walks  
 Dislikes: people stealing her treats, not wearing a jumper

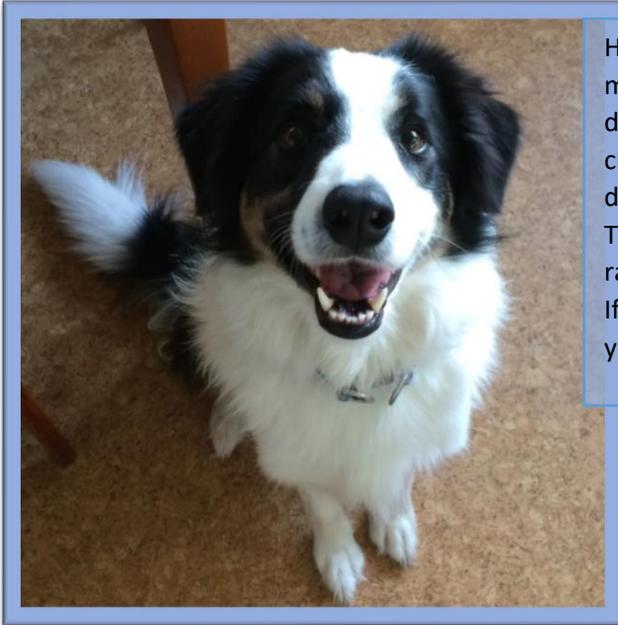


Name: Pippa Lloyd  
 Age: 0.5  
 Likes: Harry, tummy rubs, gymnastics, 2m snake toy  
 Dislikes: Being alone, dress ups

Name: Harry Lloyd  
 Age: 5  
 Likes: Squeaky balls, ear massages, treats  
 Dislikes: Pippa, Gary the dogwash Man, rubbish trucks



Name: Pepper (Budgie)  
 Age: 1  
 Likes: seed, squeezes, scratches  
 Dislikes: cats, LOUD NOISES  
 Interesting fact: I enjoy watching live football from the sidelines of Mum's games

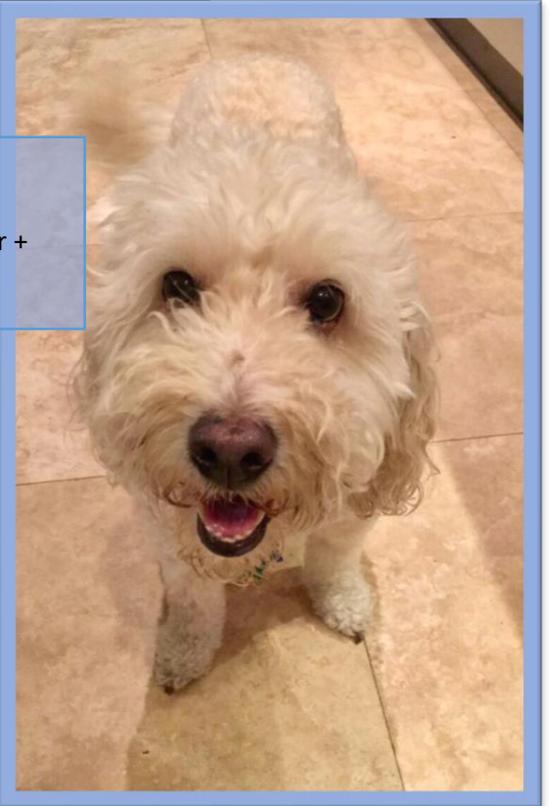


Hi! I'm Johnny Hussey, and I'm a 3 year old good boy. Before moving to Perth I used to love chasing kangaroos through the desert and now I've moved to Perth I love looking at cats, chasing cats, rounding up other doggos, kelpies, chasing ducks, snoozing, belly rubs, treats and being a good boy. Those who know me know that I dislike flavourless risotto, rain, windy weather, crocodiles and sharks. If you come up to me I'll be sure to roll on my back and let you to rub my belly.

Name: Abbey Nelson

Age: 8

Fun Facts: Doubles as a vacuum cleaner + incredibly well travelled



Name: Toby Nelson

Age: 5

Loves: Office Chairs

Fun Fact: Is just a grumpy old man covered in fur



Thank you to everyone who submitted their pets! This was by far the most popular page for submissions ❤️

# MED300 Report

Third year; a year where you truly understand the meaning of being thrown in the deep end.

We have left the warm supportive arms of the team at Notre Dame and have been thrust into the real world. The rotations have seen the year split up and sent all over Perth. It is a serious year of change and a year where we had to say goodbye to many who have left for the wilds of RCS. There have been wins and losses and endless struggles to get paperwork signed off. It seems the biggest joy of putting in all the work on our rotation is being told, “you were such a great student” whilst still getting marked “at expectation”.

Entering into the clinical world has been a steep learning curve. You look back on some of the PBL cases with appreciation and some (most) with utter confusion about their relevance. The realisation of how much your brain can melt under the immense pressure of a direct question from the consultant becomes readily apparent early on in the piece. Regardless, the knowledge gained and the amazing experiences we have all had this year makes everything worth it. When people told us in first year that the degree will fly by, you don’t believe them, but looking back now it is so unbelievably true.

We have had an amazing social calendar this year. May Soiree, Friday Friendlies and The Gala Ball have been absolute highlights and a chance to escape the daily grind. The clinical sundowner was a huge success and was very well attended by third years, fourth years and the school of medicine staff. These events have been so important in third year as they have given us the opportunity to catch up and see one another.

On behalf of the whole of MED16300, Travis and I would like to say huge congratulations to the beautiful Deja, our Student of the Year 2018.

Finally, we would like to say GOOD LUCK to the Class of 2018 as they head into the last few weeks of the year! It has really bought home how close the end of the degree is for us.

Lots of love,

**Steph and Travis  
(Med300 Reps)**



# Emergency Medicine Interest Group of Notre Dame

## Emergency Medicine Night



On the 1st of August the Emergency Medicine Interest group held our annual Emergency Medicine Night. We were looking forward to providing a night where pre-clinical students could come and try out some practical and hands on tasks.

The evening started with a talk from Emergency Department Doctor and Notre Dame Clinical Skills tutor, Dr Sue Sharpe. She gave an enthralling talk about what it is like to work in the Emergency Department, the type of skills an ED Doctor needs to develop and the pros and cons about choosing it as a career pathway. Most interestingly she was able to talk about the weird and wonderful cases that present to the ED and how dealing with these has just become the norm.



The highlight for everyone was overwhelmingly our practical cannulation station. This was nearly everyone attending's first time attempting to cannulate. However, everyone seemed to be very keen to have a go at stabbing those rubber arms had a great time watching that red liquid spurt out when they hit the vein.



We very fortunate to have Daniel Stone, a Paramedic who lead our Resuscitation station. It was great to have a perspective from a first responder who has years of experience in the thick of emergency care. He was able to impart invaluable advice about life saving techniques on both adults and children. Students were able to practice the resuscitation techniques in various scenarios where you might encounter an unconscious patient as a Paramedic.

Dr Ehab Boulos lead our Airway Management station where he was able to give his perspective as both a Surgeon and a Notre Dame Clinical Skills tutor. Everyone had a great time learning how to use the various different airway instruments on the mannequins.

We were also very lucky to have some Junior Doctors and Notre Dame alumni come in to lend a hand with our practical stations. Having extra mentoring when it came to techniques and clinical perspective was invaluable to say the least. Thank you to Damien Wong, Rachel Hunter Jay Griffiths, Glen Smith and Alex Wright for their time.



Special thanks to Shelley Stone and to the EMG Subcommittee.

**Kate Langton & Michael Hussey (Co-chairs)**

# NOTRE DAMUS 2018

“The best medical publication based on Catholic Values!” – Gandhi (probably)



Photo from Natasha Wende (Med200)

# I Thought I Knew You

I thought I knew you long ago  
Soul of hopeful splendor, face aglow  
Confidante of warmth, kept my curfews adhered  
Bringer of affirmation, dispeller of that feared  
In still waters I identified with what I saw  
Aligned, heart in the chest, smile on jaw  
No need for alchemists to seek your worth  
You'd always been happy, irrespective, since birth  
Now, inspecting stills from Coronado, stranger in my clothes  
My neurons can't produce that stability, my figure can't replicate that pose  
"Make it to 20, consistency is your prize"  
The cruelest of ironies, idioms not from the wise

I thought I knew you long ago  
That your head would quell what stirred below  
But in Sarajevo did centuries of imperialism die  
The inevitability of which made even the Georgian, Koba, sigh  
Take heartbreak, family illness, a lack of serotonin  
Add licentious lovers, a frightened child, a father's elevated troponin  
Drain from it a search for meaning, desire for blame  
You want a physiological explanation, an escape from the shame  
Remind yourself of Princep, an obscure spark  
A previously irrelevant delicatessen gains new meaning in the dark  
*"You need to stop thinking, that these symptoms are viral  
Now take one-a-day, two for panic, and three if you spiral"*  
Did you craft this perfect storm, O masochistic Zeus  
Can you escape these balconies? How about a noose?  
Why couldn't you have avoided this, you incompetent fuck  
Utilised confidence, intelligence, even dumb luck  
Instead, formed an application from the Mariana Trench Hotel  
Couldn't keep studying Thucydides, so you looked to the cell

I thought I knew you long ago  
Now an alien in a white coat tries to escape the throe  
Smile, for the camera, for the people, keep up the charade  
The Venetians knew to wear masks, stay hidden in the shade  
Already in the North Sea, a deliberate stab to the hull  
Add another axe to the juggle, it was almost getting dull  
2 years a rollercoaster, of soaring peak and low  
Everest is shorter than the Atlantic is deep, I'll have you know  
You conceded friends, lovers, and the freedom of roving  
Countless nights drunk on rum, intoxicated on self-loathing  
"It's been okay", akin to Passchendale named a scuffle  
"Just think positive", I just ask Phobos and his cloud to shuffle  
But here, in Atlantis, one found a silver lining  
A home, in ND35, that keeps the 3 headed hounds from dining  
As unavoidable as Thebian patricide, will warmth fill a void  
No longer a journey alone, forget the heartbreak android  
Vanished has he, that self-assured, unbreakable sunlight ray  
But instead gained intertwined souls who'll come looking, when his  
replacement is lost for a day

I thought I knew you long ago  
Hasty in my assessment, you were still to grow  
Hatred fell upon the unfamiliar, different and new  
But life twists through valleys, mountaintops, the occasional avenue  
Save the introduction for what rises from the willing effigy, this silken cocoon  
With desires to be both Saladin and the Lion, the walls of Arsuf, a dragoon  
Then you'll get to know me again, when certain of credibility  
As I embrace irreplaceable friends, lovers, a newfound stability  
I may not look familiar, I may adorn a new name  
Seek forgiveness from that naive child, he was never to blame  
I hope you'll smile one day, and that the expression never leaves  
So that your friends can stay happy, and your mother never grieves  
Let's wait with open minds, mark off each day with a cross  
Cast stones at demons past, and laugh about what we've lost  
Crucially, stop chanting "I thought I knew you long ago" in hopes of angsty zen  
For what you really should be incanting, my friend, is I can't wait to meet you again.

*Anonymous*

A Haiku for You

In turbulent times  
We find strength in each other  
To make it through this

- An anonymous Sri Lankan  
(Med200)



Photo from Kate Langton (MED200)

# SOCIAL JUSTICE REPORT

This year saw a stellar team of Emma Price, Stephanie Clarnette and Reesha Cornelio (and myself!) undertake new and traditional Social Justice ventures.

In Orientation week, the first-year students were provided with a Social Justice Welcome Pack including an introduction to the Notre Dame Volunteer Network, forms to sign up to the organ donor registry, and other social justice endeavors.

A new Social Justice website was created, which offers new and ongoing volunteering opportunities and information about various local and national organisations. This site is undergoing continuous improvement and is linked to the MSAND website.

We assisted students in their fundraising endeavors and hosted a “Volunteer the World” session with representatives from Teddy Bear Hospital, The Indian Mother and Child Institute, Volunteer Vietnam, and The Fiji Village Project. Notably, seven of the 15 selected medical students for the Fiji Village Project are from UNDAF; our highest successful rate ever, blitzing the rest of Australia!

This was the first year hosting the Advocacy in Medicine Workshop, run by the Public Health Advocacy Institute of Western Australia. Students and staff from Curtin and UNDAF attended a one-day workshop run by Dr Melissa Stoneham, discussing the role of doctors and medical personnel in advocating on the patient’s behalf on a community level. While it was a long day, it was considered a great success with a lot of positive feedback. It will hopefully be continued next year and include our UWA cousins!

Additionally, we continued our relationship with Homeless Healthcare, providing a training night with IMAGINE regarding volunteering placements in homeless shelters across the Perth Metropolitan region. We also assisted with AMSA’s Vampire Cup!

Looking forward, we hope to even further improve the Social Justice culture at our medical school and strengthen alliances with the Notre Dame Volunteer Network. The aim is to foster a culture of autonomous social service. This goal is shared and supported by Prof. Chaney, who has introduced new awards at the end of fourth year to celebrate students who give back to the community.



A personal thanks to my brilliant team and students/staff who have supported all these new ventures. It has been my pleasure to be a part of the school and the Social Justice program!

**Tessa Clifton (MED200 – Social Justice Rep)**

# Health and Wellbeing Reflection: on what it's like to be a medical student...



SHAUN'S MIND

What do I do with this information?!

Check out this cat!

I said this would happen.

I am broken



Shaun Hontomin (Med200)

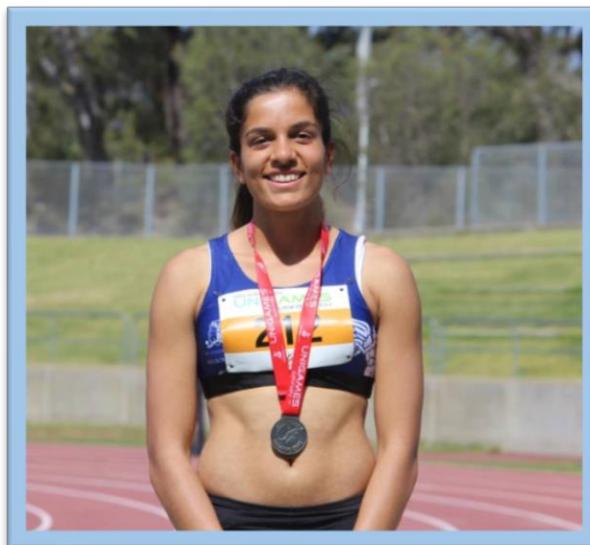
## Where are they now? – A Timothy Masarei Featurette

Once household names, these budding Australians of the Year have traded in their status to give their lives to medicine, these are their stories:

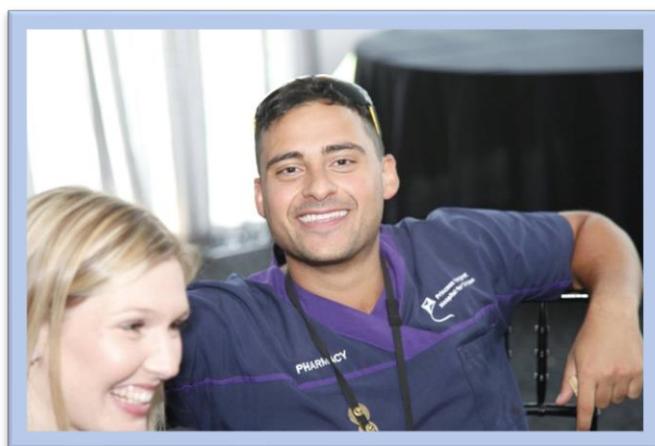
**Sam Rundle;** A once budding football and tennis star Sam played colts for South Fremantle before taking up a tennis scholarship with Temple and Harvard University. It has not been determined if Sam's tenure in the United States ended due to a return to Katanning Wanderers Football Club, where he managed just 4 more games before retirement. His return to tennis on Australian soil was also short-lived after 3 consecutive losses to 16-year olds. We contacted his management, however they declined to comment. Since returning to Australia Sam is spotted most weekends at Perth's hottest licensed venues with great friend Tommaso D'Orsogna wielding the Olympic rings.



**Sarah Ferrier:** a highly successful junior track and field athlete who boasts medals in an array of disciplines. Sarah holds the National School Girls year 10 and 12 long jump record with a PB of 6.08m. Since finishing school, it has been a very slippery slope. Sarah's athletic career is no more and now her only membership to a sporting club is to Revolver Nightclub. Sarah works out all winter in anticipation for the Sunday summer series at Revolver. Sarah has not sought any formal employment since leaving school as the physical demands from the Thursday-Sunday 24 hour opening time occupying most of her week. What the future holds for Sarah remains unclear.



**Vince Figliomeni;** the valedictorian of his graduating year Vince is one of the most highly touted pharmacists in Australia. What is Pharmacy's loss is certainly Medicine's gain...or so he says. He even has the impressive Mark Ibraheem covered, which by all accounts is no mean feat. Vince was prominent pharmacist at Princess Margaret Hospital, waving his purple pen about & mansplaining instructions to Nurses and Colleagues alike in Paediatric ICU & Oncology. Vince is now an active member of the online community where he spends most of his waking hours tagging mates in mind numbing nonsense and/or BBQ videos. Vince loves pseudoscience and is a passionate advocate for paleo Pete Evans, Homeopaths, Gwenyth Paltrow's vaginal eggs & David Avocado Wolfe's crystals. Vince doesn't mind holding unreasonable types to account, trolling unhinged commentators from either side of the spectrum. He reckons he could've played for his beloved West Coast Eagles if it weren't for his short stature. Yeah righto champ. He thinks he's famous now because his supposed doppelgänger Eden Schwenke made a one week cameo on Sophie Monk's The Bachelorette. Gee whiz the word delusional springs to mind.



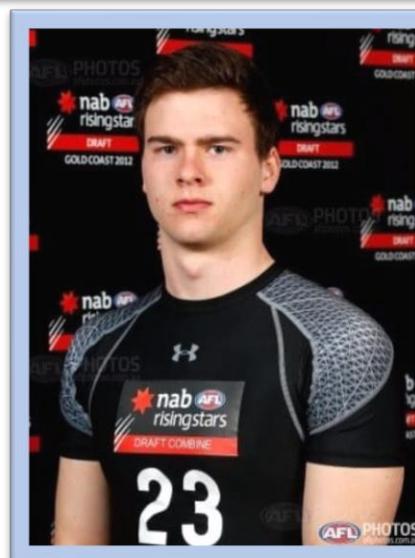
**Tommaso D’Orsogna**; infamously recognised as a member of the controversial Australian Swim Team from the 2012 London Olympics. The one-time Olympic bronze medallist has given it all up to focus his attention on video games. It is believed that Tommaso spends up to 40 hours a week on his console within his self-proclaimed 'BatCave'. At the age of 27 Tommaso – still residing with his parents – is also an aspiring DJ, but don’t get too excited. It’s either deep house or drum ‘n’ bass. Between gaming sessions Tommaso is not impartial to a few gluten free beers and is quick to show off his Olympic rings on his left pectoral muscle.



**Isabella Ellison**; after recently migrating to Western Australia Isabella is a self-proclaimed “State netball player for South Australia”. Suspicions were rife regarding her athletic prowess. She did herself no favours in being sent off in a game of mixed-netball at UWA for arguing with the 18 year-old-umpire. The jury is still out on when and even if, she ever achieved State honours. Some say she is lucky to be considered in the same echelon as the names within.



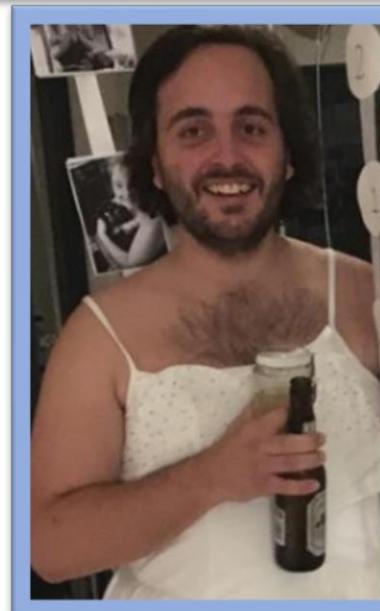
**Joseph Curran**: similar to Isabella there has been a lot of rhetoric regarding Joe’s footballing ability, with no firm evidence to endorse his belief that he was nearly drafted. Joe’s friends find it unbearable to watch footy with him as he has a story about every player that he “played with” or “played on” in the TAC Cup. Joe maintains the belief that his career was cut short by a broken toe however it is widely believed he was overlooked for higher honours as he hated putting his head over the footy. Joe now lives vicariously through his past and his only claim to fame is that his current girlfriend Laura once dated Jackson Macrae



And a profile on the author provided by T. D’Orsogna

**Timothy Masarei**; The once prodigal financier became disenchanted with the white horse world of banking and decided to begin his career as a perpetual university student. With a clear view that the grass was in fact greener, Timothy was assured that the small intake into medicine would have sufficient Rommie for him. He enjoyed his first year of medicine so much, he decided to do it again. Now, after 16 shoulder operations and a systematic ploy to fill the Medical faculty with members of his own family, Timothy has now assured his place to live the medical student life eternally.

**Timothy Masarei (Med100)**



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# TEDDY BEAR HOSPITAL

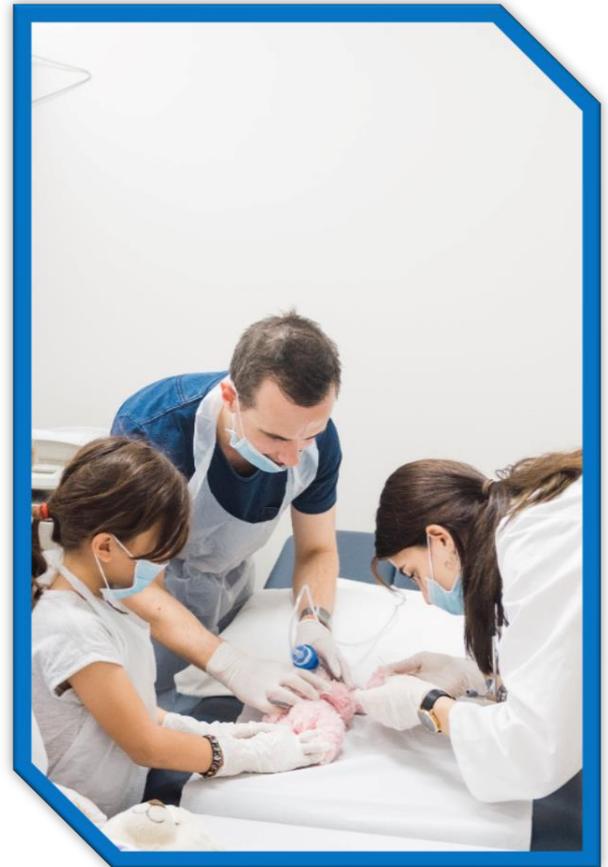
MSAND Teddy Bear Hospital is a student-led organisation run by medical student volunteers, with the aim of preventing and alleviating anxiety experienced by children about going to the doctor through familiarisation and play.

Children bring in their favourite toy (or teddy), and are taken through a 'waiting room', 'doctor's consultation', and a 'nursing station'. Within these stations, children discuss their teddy's injury or illness with the student doctor, and assist in any necessary examinations or investigations, including listening with a stethoscope or looking in teddy's ears and eyes, teddy X-rays and MRIs, bandaging, and filling out a 'Teddicare' card. Children are also involved in active games and discuss the benefits of healthy eating and exercise. This program is usually run in local and rural primary schools.

This year Teddy Bear Hospital has been involved in some exciting events, both locally and rurally. Our first event was during the Wheatbelt immersion program for Notre Dame's first year medical students in conjunction with the Curtin Medical School. The students were spread throughout various primary schools from the Southern Cross to Narrogin. It was our first large scale Teddy Bear Hospital event, and we were thrilled by the involvement of our enthusiastic students and had positive feedback from all the schools.

Our second event with Queensgate Medical Centre took place in May, with 150 community children and their teddies visiting the student doctors and staff at the medical practice. The event was a success thanks to the student volunteers on the day! We also had the opportunity to take TBH to the next level, with a 'surgical' reattachment of a teddy's arm.

This program always offers plenty of fun, and we are very thankful to all the children, volunteer students, and teddies involved in making our program an enjoyable experience for all!



Sophie Kerrigan and Charmi Perera (MED200s)



The Notre Dame Association of Surgical Specialities (NDASS) has had an exciting and eventful first semester in 2018. As president of NDASS, I have been blessed and honoured to have such a fantastic committee who has and still is constantly striving for excellence in order to produce quality events and opportunities for our members.

One of our biggest goals is that our members would feel confident and be competent in their suturing skills not just for their clinical placements but also as a doctor. Through thorough discussions and detailed planning, we decided to achieve this by a three-pronged approach. This was achieved by producing quality hands on suturing events, providing students high yield resources to remind and re-educate themselves with these skills and provide students equipment to practice their suturing in their own time.

In order for students to be able to observe and understand basic suturing concepts and be able to perform them, we sold suture packs and created a new eLearning platform with upgraded features. This year we successfully sold and distributed a large amount of suture packs to medical students across all year levels to both the University of Notre Dame and the University of Western Australia, including a few graduated junior doctors. Moreover, our new eLearning platform has also been a success where students are now able to see good quality videos on not just different suturing techniques but also different surgical topics with supplementary questions, to enhance their learning experience. We aim for this resource to not just be useful for medical students but also be useful for NDASS members when they are junior doctors and need to brush up their skills and knowledge.

Our first event, Suturing Skills, also got off to a great start where ticket sales sold out in under 10 minutes! On the night we had a fantastic talk from our key note speaker, Mr Christopher Merry a successful cardiothoracic surgeon, followed by quality suturing practise. With the hard work of recruitment from the NDASS committee as well as having a large number NDASS affiliates, we were able to achieve a small demonstrator to student ratio of 3:1! We received great feedback that this allowed our members to get the most out of their practical hands on session.

Since the sales of these suture packs, our eLearning platform and our suturing night, we have had great testimonials from our members stating their successes in suturing during their clinical placements. Additionally, Notre Dame obtained 4<sup>th</sup> place in the Australia and New Zealand Surgical Student's Surgical Golden Scalpel competition!

Another aim of NDASS was to promote diversity and equality amongst all walks of life. This has been achieved on a number of fronts. Apart from leading by example where we have a committee who represents what we want to portray to our members, we also had a great successful hands-on event, Diversity in Surgery. We had a great key note speaker from a well accomplished maxillofacial surgeon, Dr Emma Lewis, as well as many different hands on sessions from various surgical fields. These included basic suturing, laparoscopy, perineal repair, repairing orthopaedic fractures, performing plastic surgery skin flaps and bowel anastomosis. We also introduced a plaque, which was kindly donated by one of our affiliates, where Lucy Andrews was the recipient of the Professor Harsha Chandraratna's Award in Bowel Anastomosis.

This semester has been great and successful, and I am very proud of what the NDASS committee has produced so far!





# MED400 REPORT

As 4th year began the RCS cowboys rolled back into town and suddenly we were complete again!

With them, they brought confidence, cannulation skills and the tag line “Well on RCS we got to.....” [insert eye roll from all metro students].

The year has hit us like a semi-trailer with placements, audits, portfolios, intern applications and the endless paper trail of long cases and mini-CX's. Somehow we are only 70 days away from our final exams!!! As the weeks have progressed fear has settled in. The safety net of being a med student when you know nothing will, in mere weeks, no longer suffice the vulturous registrar who is out to feast on the carcass of our medical knowledge. This all sounds very grim but it's not all bad news. There is comfort in knowing that this is the home stretch. What a journey! In the wise words of Kathryn Hird it really has been a 'milkshake'.

Now is the time to enjoy spending valuable time with the amazing friends we've made, before we all disperse across the country. With internship offers in hand the light at the end of the tunnel grows brighter. We're (sort of) ready to #savelives.

**Sai + Nicola (Med400 Reps)**

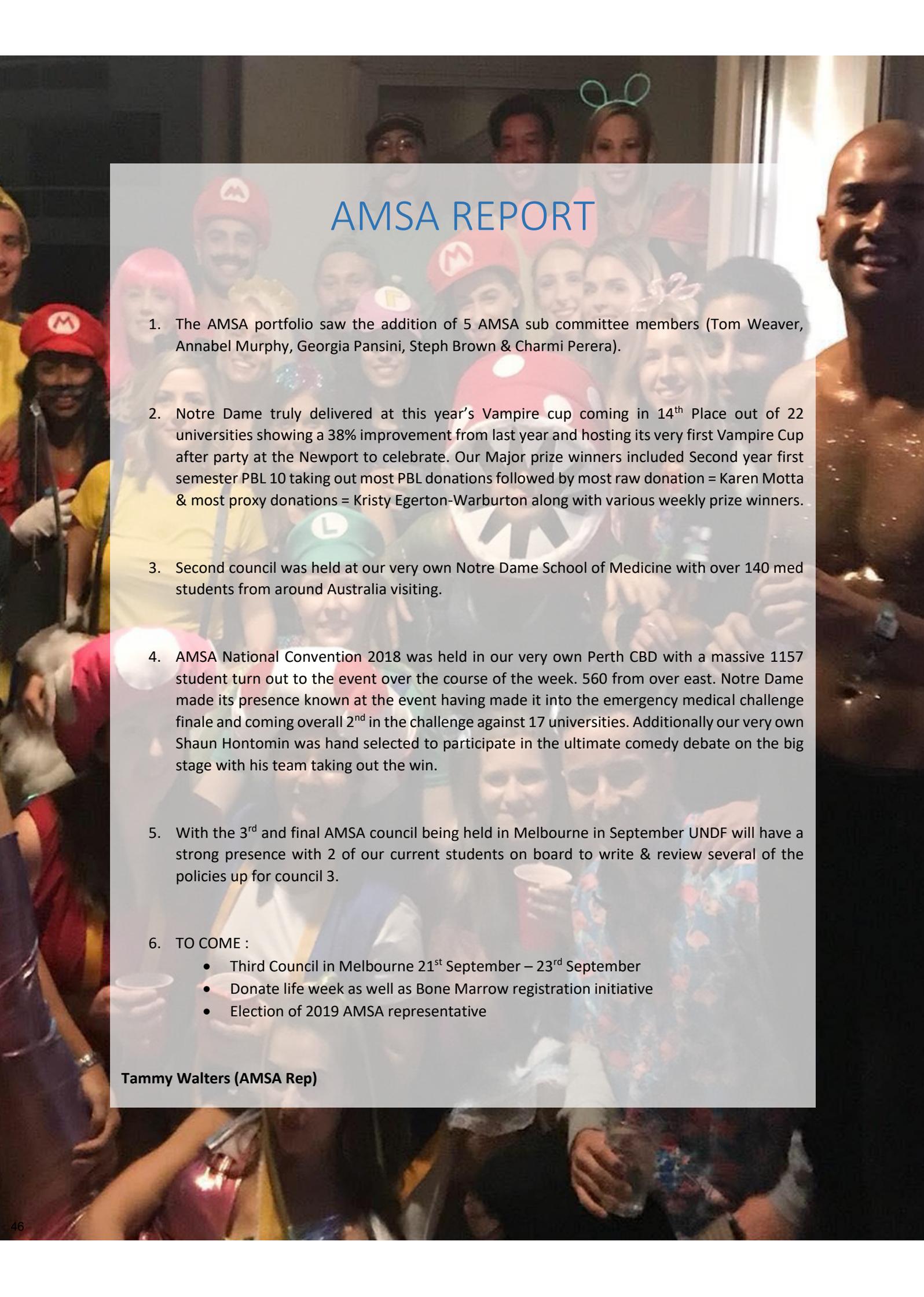
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# AMSA REPORT

1. The AMSA portfolio saw the addition of 5 AMSA sub committee members (Tom Weaver, Annabel Murphy, Georgia Pansini, Steph Brown & Charmi Perera).
2. Notre Dame truly delivered at this year's Vampire cup coming in 14<sup>th</sup> Place out of 22 universities showing a 38% improvement from last year and hosting its very first Vampire Cup after party at the Newport to celebrate. Our Major prize winners included Second year first semester PBL 10 taking out most PBL donations followed by most raw donation = Karen Motta & most proxy donations = Kristy Egerton-Warburton along with various weekly prize winners.
3. Second council was held at our very own Notre Dame School of Medicine with over 140 med students from around Australia visiting.
4. AMSA National Convention 2018 was held in our very own Perth CBD with a massive 1157 student turn out to the event over the course of the week. 560 from over east. Notre Dame made its presence known at the event having made it into the emergency medical challenge finale and coming overall 2<sup>nd</sup> in the challenge against 17 universities. Additionally our very own Shaun Hontomin was hand selected to participate in the ultimate comedy debate on the big stage with his team taking out the win.
5. With the 3<sup>rd</sup> and final AMSA council being held in Melbourne in September UNDF will have a strong presence with 2 of our current students on board to write & review several of the policies up for council 3.
6. TO COME :
  - Third Council in Melbourne 21<sup>st</sup> September – 23<sup>rd</sup> September
  - Donate life week as well as Bone Marrow registration initiative
  - Election of 2019 AMSA representative

**Tammy Walters (AMSA Rep)**

# Global Health Groups Obstetrics & Gynaecology Interest night.

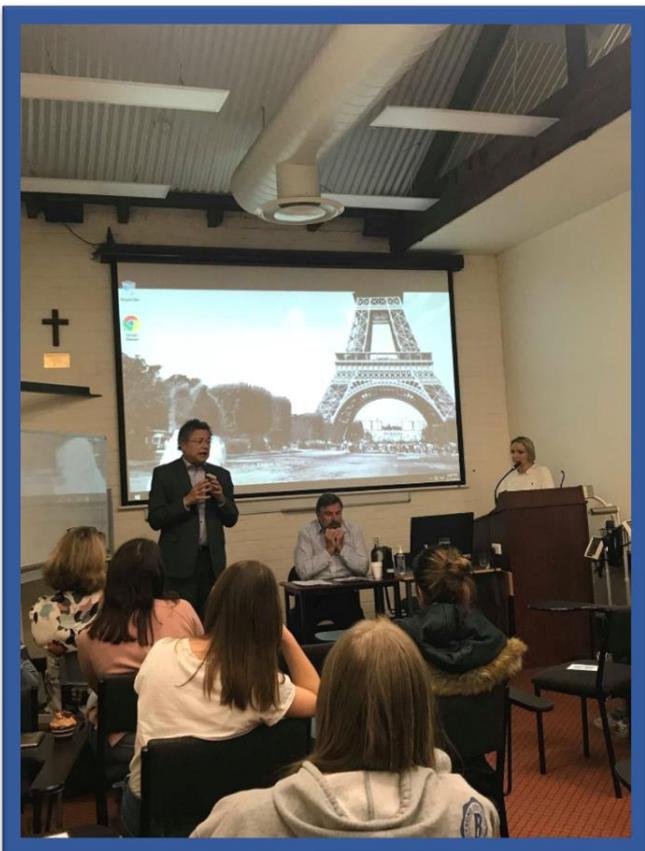
We managed to raise over \$500 on the night alone to put towards the Birthing Kit Foundation Australia (our next event anticipates to assemble birthing kits for women in developing countries so that they can have safer and cleaner births).

Speakers included Obstetrician Prof Simon Turner, Gynaecologist Prof Lincoln Brett and Darcie's Mum Shirley Mitchell (a midwife talking about the do's and don'ts on a labour ward for clinical years). We had skills stations set up to demonstrate abdominal palpating, vaginal examination, simulated spontaneous vaginal birth, neonatal resus and CTG interpretation which students found very valuable and enjoyable.

We also enjoyed a beautiful Indian curry dinner together and raised awareness and some funds for TABOO- an NGO who sell sanitary products and raise money so that they can provide sanitary products and education around menstruation to women in developing countries.

Many are ostracised from their communities when they menstruate and miss out on a significant amount of schooling.

Hilary Dorward (Med200)





"I chose general practice because I wanted to be able to directly interact with a wide variety of patients on a personal level every day.

GP allows me to independently help people with their problems, whether simple or complex, exploring almost every area of medicine, and to see the effect of my intervention.

GP also gives me the flexibility to explore other interests, personally and professionally."

Dr Chesna Heydenrych

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# Education Report

It's been a relatively uneventful year (as usual!) in the education portfolio. We started off the year with Survival Night for the 1<sup>st</sup> years. Special thanks need to go to Dr. Nikki Stamp who gave the keynote address, and the 2<sup>nd</sup> students who spoke at the event.

The changes to the pre-clinical portfolios, with these now making up a major component of the year mark, have thrown up a few issues which we have pointed out to the school. The year reps from this year and last deserve major credit for conveying these to the school whenever they pop up, they've done the bulk of the work with this!

Coming up we have the popular ECG night where we will hopefully be able to give students extra help and different perspectives on a traditionally difficult topic. Pharmacology night is also in the works for a bit of helpful pre-exam revision.

More generally on the pre-clinical side we're hoping to work with the school on improving anatomy teaching, which is always a difficult area, and generating ideas to improve Murdoch labs along with this.

Anyone with any education-related interest or ideas is welcome to drop me a line anytime at [education@msand.org.au](mailto:education@msand.org.au).

Cheers,

**Locky Wheeler (Education Rep)**

# BOSS

HUGO BOSS

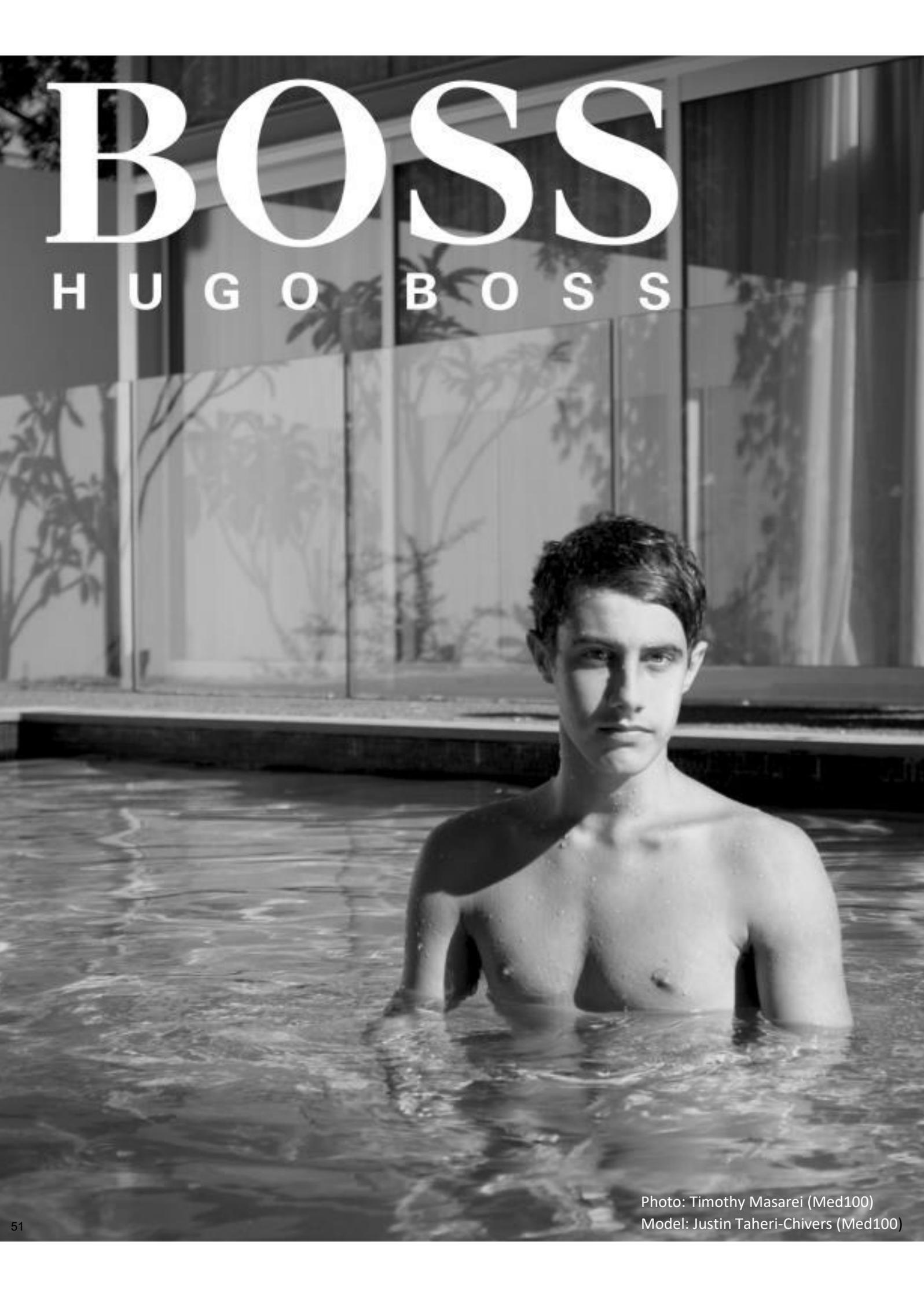


Photo: Timothy Masarei (Med100)  
Model: Justin Taheri-Chivers (Med100)

# SPORT REPORT

MSAND Sports for 2018 has been an exciting year, with the role that was previously run by one individual being split, allowing for greater focus on each separate domain.

We have exhibited great success in multiple sports, both male and female. One of the greatest achievements for 2018 has been the creation of the AFLW team, which remains undefeated against both UWA medicine and Notre Dame Physiotherapy. The team is full of charismatic ladies who display the sort of integrity we aspire for in MSAND, coached by the passionate Jarrad Peter. The guys AFL team took a huge loss this year with the graduation of a strong core, nevertheless the influx of a few first years are providing valuable additions to the team.

On the AFL front the School of Medicine was unable to defend their title at the 2018 Founders Cup due to scheduling issues which had sent 95% of the team to the Kimberly. We hope to rectify this for 2019.

MSAND sports has also demonstrated success by competing in the annual tri-varsity netball competition run by UWA, unfortunately didn't get the overall win this year.



**Connor Blackmore (Sports Rep)**

# SOCIAL REPORT

Hello from the social team! First off, thanks to everyone that came to our events. This year has been one of our biggest yet and it wouldn't have been possible without the enthusiasm of everyone attending.

We started the year off with a bang down at Nanga for O-camp, where we introduced the first years into what med is really about.... ~~Boat races~~, friendship. The weekend was spent getting to know each other with some friendly competition leading to the team Red team leaving as the victors for the weekend.

Next up was uniform party, where we danced the place down and also raised \$1840 for Living Proud, a charity based in Perth which aims to promote the wellbeing of lesbian, gay, bisexual, trans\*, intersex, queer and other sexuality, sex and gender diverse people in Western Australia.

Following the success of the commonwealth games, we thought it only fitting to have PBL games Olympic themed, where we saw PBLs battle it out for ultimate bragging rights. While we may have saw a little more than what we were anticipating, it was PBL 2 (dressed as the channel 7 news crew) who came out on top, and for the rest of the year can say with pride that they are the fairest and best PBL.

Our first formal event of the year, May Soirée, saw us trying a new venue at La Sosta, where all of the years got together to have a night out on the town.

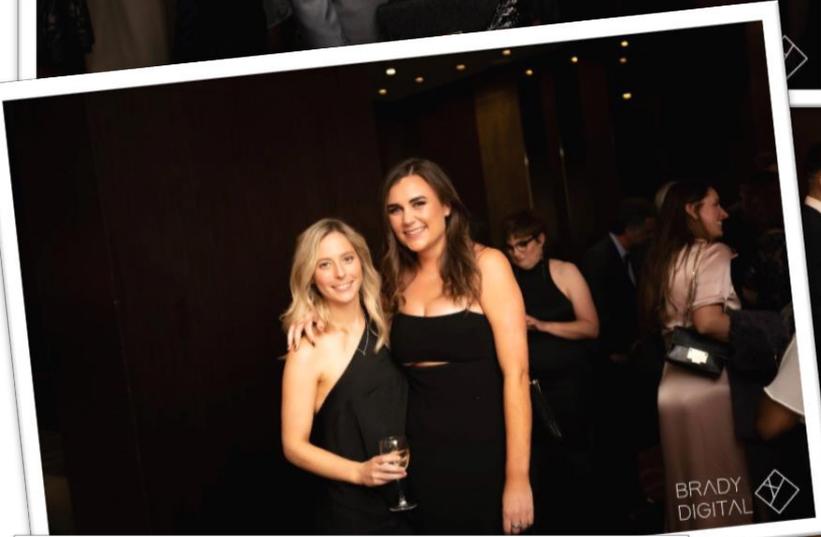
This was finished up with the Gala Ball held at the Pan Pacific. We were able to celebrate the outstanding teaching efforts through educator of the year and acknowledge our wonderful peers who make ND a truly special place. It was also our last time that all 4 years were together, so we made sure to give them a send-off in style.

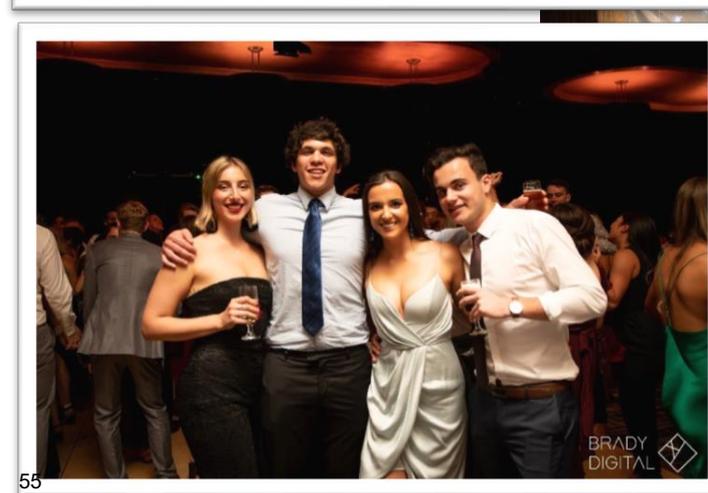
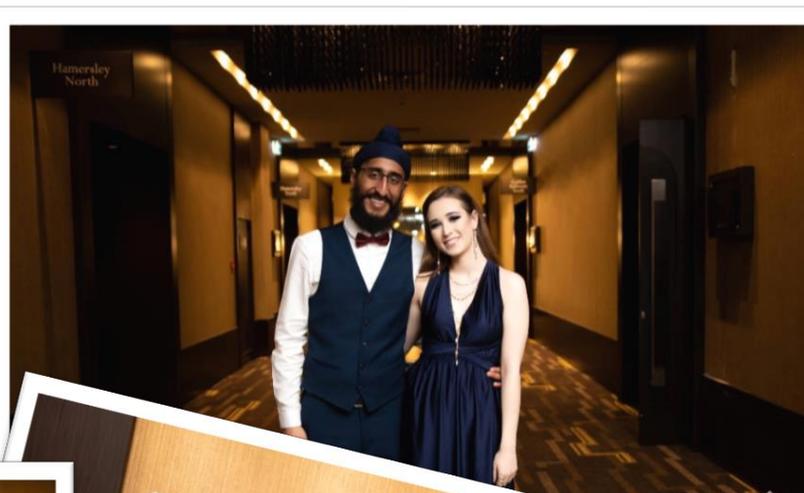
Good luck to the fourth years for your final exams and life as an intern! And to all of the other year groups, see you all next year for even bigger and better events!



**Darcie Mitchell (Social Rep)**

# MSAND GALA BALL 2018





# NOTRE DAMUS 2018

“Ni Hao Ma” – Roy Chang (Med200)



# National Leadership Development Seminar (NLDS)

I attended this seminar in Canberra of 2018 with Linda Alexander, Michelle Lin & Wai Yiu from the years above.

The university gave us a bursary to pay for the conference and NLDS gave us a reimbursement for flights so it was very doable and I think it should be an opportunity that others might want to seek out in coming years (you can attend once in your time at med school and have to apply through AMSA in February).

Whilst there we were able to set up meetings with our MP's in Parliament House to discuss health policies in our area, attend question time, meet 100 other medical students from all over Australia, attend workshops and inspiring talks from a variety of inspiring leaders such as the shadow minister for health Catherine King, Australia's youngest senator Jordan Steele John on his journey with a disability and the president of Obstetrics & Gynaecology Dr Vijay Roach who I was fortunate enough to meet for coffee.

At the end of the week there is an opportunity to present an idea around advocacy or solving a problem in a team at old Parliament House with the winning team having their project funded for the year. The whole conference is targeted at upskilling us in all things leadership.

It was honestly one of the best things I've attended in my university time so far and if I could go back and do it again I would!

## Hilary Dorward (Med200)



# RURAL MEDICINE



*On the path to the contagious clinic  
Surrounded by grass evergreen  
Eighteen flags ripple in the morning breeze  
The sound of breaking waves unseen*



*A patient peaceful sea  
They gather in the waiting bay  
Borrowed words for thoughts they cannot feel  
Their hidden scars on display*

*Waves murmur in their chest  
Crackles and coughs have their say  
Cold peripheries yet still their hearts are warm  
To do my best for them I pray*



*Distant murmurs whisper in our ears  
The beach calls our names before we know  
We recount our yarning from today  
Our clock has not gone so slow*



*As the tides change, the sun fades  
The ethos of rural medicine etched into our hearts  
Peaceful dreaming of what will come next  
To this, our ideas flow in seamless carts*



*With thanks, we  
depart  
For all we learn is  
one big art.*



**Callum Fryer, Joshua Bizilis and John Tran (Med400)**

# AMA (WA) STUDENT MEMBERSHIP



## ABOUT AMA (WA)

**The Australian Medical Association (WA) is the peak health lobby group in the State, representing more than 4,500 doctors in WA and 27,000 doctors nationally.**

AMA (WA) represents you on the important issues that affect you now at university and during your future career in medicine. We lobby on behalf of our student members for funding for medical school places, intern and specialty training positions and to ensure the adequate provision of work and training places for graduating students.

## STUDENT MEMBERSHIP IS FREE.

## AMA (WA) PROVIDES YOU WITH

- **Free Student Membership**, including Medicus magazine online link, our e-newsletter Med e-link and discounts on MJA (Medical Journal of Australia)
- Practical advice on matters relating to University, AHPRA Registration and Internship
- Advice on professional and ethical matters
- A range of professional development workshops including CV writing, interview skills and career planning
- Networking opportunities with your peers and medical practitioners.

## DOCTORS IN TRAINING (DiT) COMMITTEE

The Doctors In Training (DiT) Committee is the peak advocacy group in WA for junior doctors.

The DiT Committee is made up of AMA (WA) members from Intern level through to Senior Registrar level. Medical Students are represented by the WAMSS and MSAND representatives.

The DiT Committee examines issues influencing the lives of junior doctors and campaigns to ensure standards across all aspects of a junior doctor's working life are maintained and improved.

 [www.facebook.com/AMAWADiT/](https://www.facebook.com/AMAWADiT/)

**FOR MORE INFORMATION ABOUT STUDENT MEMBERSHIP,**  
email [membership@amawa.com.au](mailto:membership@amawa.com.au) or telephone 9273 3055.



WESTERN AUSTRALIA

# STUDENT MEMBERSHIP BENEFITS

STUDENT MEMBERS OF AMA (WA) ARE ENTITLED TO THE FOLLOWING BENEFITS:



## AMA Resources:

- Representation and Advice
- Seminars and Networking
- Medicus Magazine online link
- Med e-link Newsletter
- MJA discount



## The Qantas Club

AMA (WA) members receive reduced rates and savings on membership with Qantas Club.



## Virgin Australia Lounge

Save on membership with Virgin Australia Lounge. AMA members received reduced rates.



## Fleet First

Buying a new car – Fleet 1st can locate, negotiate, buy and deliver new vehicles at significant savings.



## Hertz

Access to AMA (WA) member discounts on car rental, free membership to Hertz #1 Club Gold and access to periodic bonus offers.



## UpToDate

An evidence based medical professional resource with the latest medical findings and practical recommendations for patient care. AMA members receive special subscription rates.



## Margarets Beach Resort

AMA(WA) members can save 10% off Best Available Rates (subject to availability).



## AMA (WA) Medical Student Bookshop

Providing preferential pricing on the latest recommended textbooks for WA medical students.



## Rottnest Express

AMA members are entitled to a 25% off discount on ferry trips.



## Maurice Meade

15% discount on all services from Monday to Wednesday.



## Fremantle Press

Receive 15% discount when you buy from Fremantle Press, a not-for-profit publishing house dedicated to WA writers and artists.



## This Little Pig Went to Market

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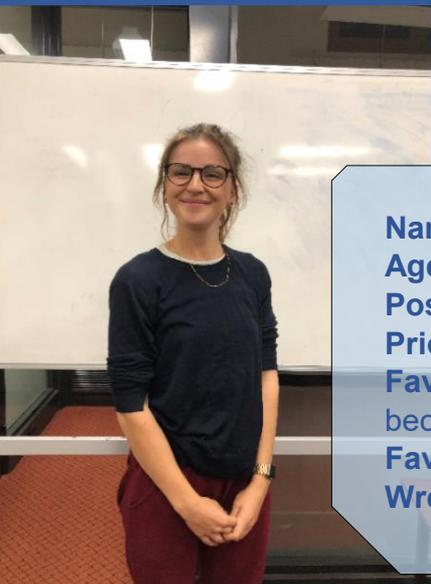
# MEET THE MSAND TEAM

The Notre Damus is lovingly brought to you by MSAND. It has been an absolute pleasure to work beside this incredible team throughout 2018:

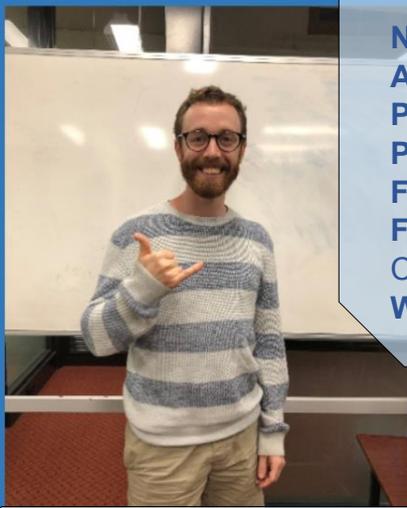


**Name:** Sylvia Rienks  
**Age:** 24  
**Position:** President  
**Prior degree:** Arts (Politics)  
**Favourite memory of ND:** would definitely have to be the Derby trip!  
**Favourites song from the noughties:** No Scrubs by TLC  
**Wrestling name:** Risk Rienks

**Name:** Michael Mckendrick  
**Age:** 27  
**Position:** Vice President External  
**Prior Degree:** BSC  
**Favourite memory or ND:** The ones I don't remember, but everyone tells me about  
**Favourite song from the noughties:** Action – Blink 182  
**Wrestling Name:** Agent Enforcer



**Name:** Tessa Clifton  
**Age:** 12  
**Position:** Social Justice  
**Prior Degree:** Physiotherapy and creative ceramics  
**Favourite memory of ND:** Everyone milling about after class in ND35 because we didn't want to say bye to one another/ start studying  
**Favourite song from the noughties:** "The Way I Are" - Timbaland  
**Wrestling Name:** Tessa "The Tickler" Clifton



**Name:** Locky Wheeler  
**Age:** 31  
**Position:** Education  
**Prior Degree:** Neuroscience  
**Favourite memory of ND:** Derby Rodeo  
**Favourite song from the noughties:** Electric Six – Dance Commander  
**Wrestling Name:** John Hopoate



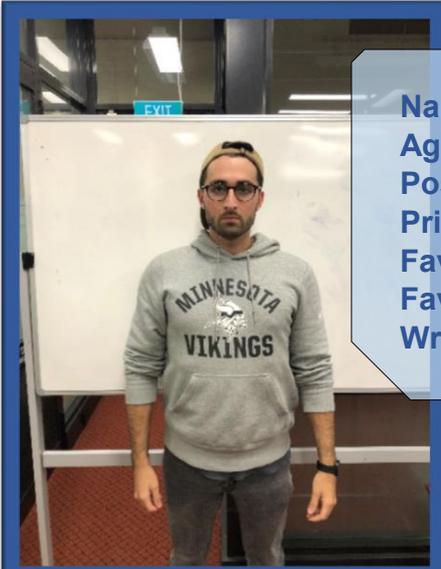
**Name:** Darcie Mitchell  
**Age:** 23  
**Position:** Social rep  
**Prior Degree:** Physio  
**Favourite memory or ND:** O-camp- just all of it  
**Favourite song from the noughties:** Hips don't lie Shakira  
**Wrestling name:** Chief Queef



**Name:** Hilary "Hilldawg" Dorward  
**Age:** Timeless ;)  
**Position:** Online Communications/IT  
**Prior Degree:** BioMed/ Research  
**Favourite memory or ND:** Bush doof to Darude's 'Sandstorm' in the cool room at O-camp with 20 other sweaty bodies at 10 am  
**Favourite song from the noughties:** Eminem- Lose Yourself  
**Wrestling Name:** Slayy Dawg



**Name:** Andrew Nguyen  
**Age:** 29  
**Position:** Rural Rep  
**Prior Degree:** Physiotherapy  
**Favourite memory of ND:** Like picking a favourite holiday or parent. Too hard  
**Favourite song from the noughties:** TLC – No Scrub  
**Wrestling Name:** Pythagoras



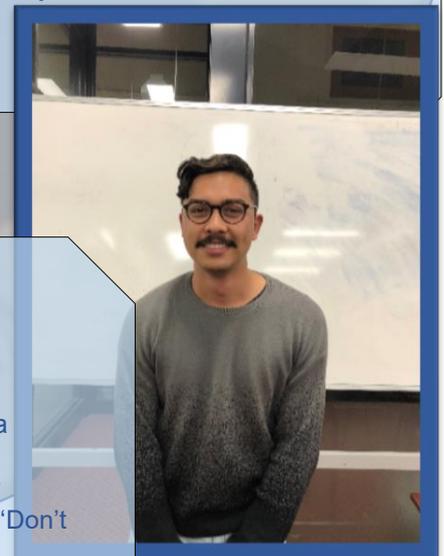
**Name** – Bay Ransom  
**Age** – 24  
**Position** – Media Rep (President on Tinder)  
**Prior Degree** – Physiology + Anatomy  
**Favourite memory of ND** – That one time I got a seat in the library  
**Favourite song from the noughties** – Anything Avril  
**Wrestling name** – The Docker



**Name:** Todd Moir  
**Age:** 28  
**Position:** Secretary  
**Prior Degree:** Physiotherapy  
**Favourite memory of ND:** MSAND footy  
**Favourite song from the noughties:** Feeler – Pete Murray  
**Wrestling Name:** The Hairy Boulder



**Name:** Pete Gilmore  
**Age:** 27  
**Position:** Treasurer  
**Prior Degree:** Bachelor of Commerce (Liberal Studies)  
**Favourite memory of ND:** Embezzling MSAND'S money (or alternatively: meeting so many great people!)  
**Favourite song from the noughties:** Hey Ya! – Outkast  
**Wrestling Name:** The Lil' Show



**Name:** Shaun Hontomin  
**Age:** 27  
**Position:** Equity Rep  
**Prior Degree:** Anatomy and Genetics, then Physiotherapy  
**Favourite memory or ND:** Inadvertently outing myself to Donna Mak in front of a lecture by answering 'Who knows what M Clinic is?'  
**Favourite song from the noughties:** A threeway tie between 'Crazy in Love' by Queen B, 'Poker Face' by Lady Gaga, and 'Toxic' by Britney. Special mention to 'Don't Cha' by the Pussycat Dolls.  
**Wrestling Name:** The Silver Wraith



**Name:** Tammy Walters  
**Age:** 27  
**Role:** AMSA Rep  
**Prior Degree:** Bachelor of Nursing  
**Favourite memory of ND:** O camp 2017 where I met my girls from Daryl ❤️ and sydvention 2017 of course  
**Favourite song from the 00's:** too hard to pick as so many good ones. Umbrella by Rihanna does bring back great memories  
**Wrestling name:** The Spoon Train Assailant

**Name:** Matt Thomas  
**Age:** Early 30s  
**Position:** Starfish  
**Prior Degree:** Glorified PT  
**Favourite memory of ND:** O-Camp(s) – aiming for 4/4  
**Favourite song from the noughties:** Crazy in love – Beyonce  
**Wrestling name:** Red Wife



**Name:** Conner Blackmore  
**Age:** 23  
**Position:** Part of the Sports and Wellbeing duo  
**Prior Degree:** Bachelor of Medical Science  
**Favourite memory of ND:** O-camp, nothing beats it  
**Favourite song from the noughties:** Started From the Bottom - Drake  
**Wrestling Name:** The Ultimate Question

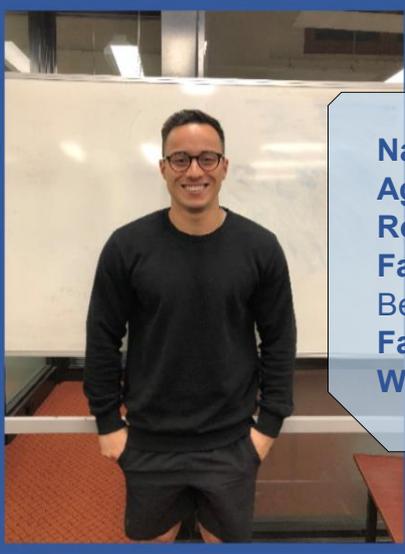
**Name –** Monica Zheng  
**Age –** 25  
**Position –** First Year Rep  
**Prior degree –** Podiatry  
**Favourite memory of ND –** NDASS Diversity in Surgery evening (plastics and orthopaedics workshops!)  
**Favourite song from the noughties –** Murder on the Dancefloor  
**Wrestling name –** Monstar





**Name:** Ashwin Rajendra  
**Age:** 21  
**Position:** First Rear Rep  
**Prior Degree:** Biomed  
**Favourite memory of ND:** The Inaugural Easter Egg Hunt  
**Favourite song from the noughties:** Breaking Free from High School Musical  
**Wrestling Name:** Cash Money

**Name:** Sam Cherian  
**Age:** 24  
**Position:** 2<sup>nd</sup> Year Rep  
**Prior Degree:** Bachelor Science Hons.  
**Favourite memory of ND:** Meeting REN!!  
**Favourite song from the noughties:** Purple Rain (Prince)  
**Wrestling Name:** REN!!



**Name -** Travis Chong  
**Age -** old enough to party  
**Role -** Med300 year rep  
**Favourite memory of ND:** Being runner up in Mr Cable Beach  
**Favourite song from the noughties:** Wonderwall - Oasis  
**Wrestling nickname:** Strong Dong Chong

**Name:** Steph Gassner  
**Age:** 24  
**Position:** MEDI6300 Representative  
**Prior Degree:** Bachelor of Science (UWA)  
**Favourite memory of ND:** Anything O-Camp or convention related  
**Favourite song from the noughties:** Mr. Brightside – The Killers  
**Wrestling Name:** Diamond Ace





**Name:** Sai Arshanapalli  
**Age:** 25  
**Position:** Med 400 year rep  
**Prior Degree:** Bachelor of Physiotherapy  
**Favourite memory of ND:** Eating banana splits in the middle of lectures.  
**Favourite song from the noughties:** Fresh Prince of Bel Air theme song  
**Wrestling Name:** The Dusk Ninja

**Name:** Nicola Tarnowski

**Age:** 21 😊

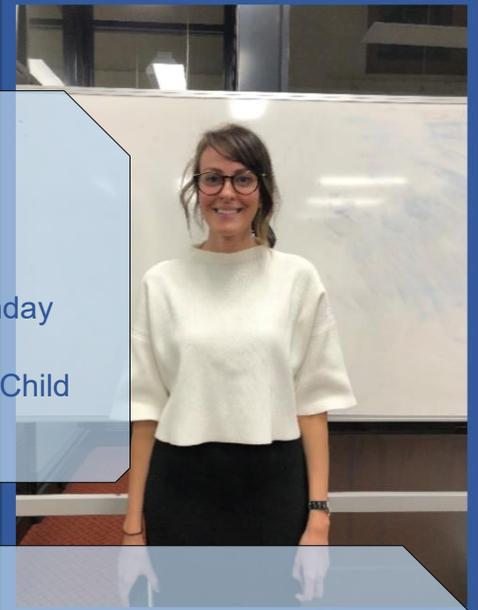
**Position:** 4th Year Rep

**Prior Degree:** Podiatry

**Favourite memory of ND:** Jon's 2nd year PBL penis birthday cake during STI week

**Favourite song from the noughties:** Anything Destiny's Child

**Wrestling Name:** Vodka Slammer



**Name:** Kyle Raubenheimer

**Age:** 30

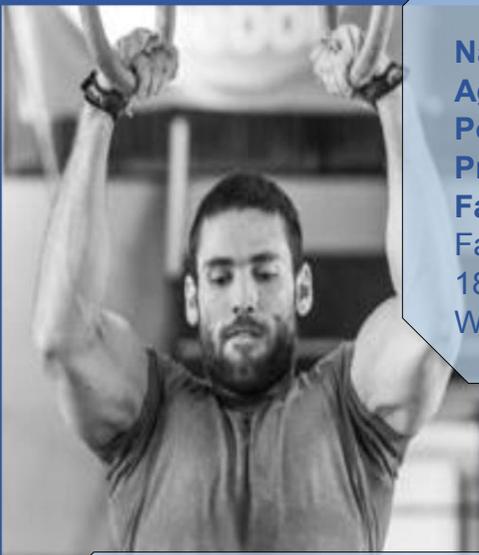
**Position:** Co-Chair of Sports and Wellbeing

**Prior Degree:** Exercise and Movement Science

**Favourite memory of ND:** O-Camp (can I say both?)

**Favourite song from the noughties:** All The Small Things - Blink 182

**Wrestling Name:** The Raubenhammer



**Name:** Gabriella Catanzariti

**Age:** 25

**Position:** Second Year Rep

**Prior Degree:** Medical Science, Honours in Stroke Rehab

**Favourite memory or ND:** Too many memories ❤️ the peeps

**Favourite song from the noughties:** Scrubs - TLC

**Wrestling Name:** The Hulk



*“Human knowledge is never contained in one person. It grows from the relationships we create between each other and the world, and still it is never complete.”*

*- Paul Kalanithi, When Breath Becomes Air*

