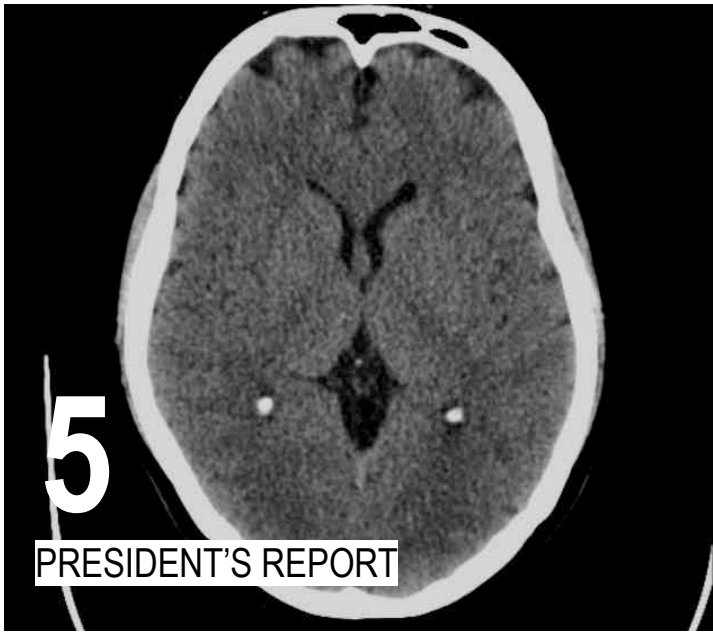


NOTRE DAMUS

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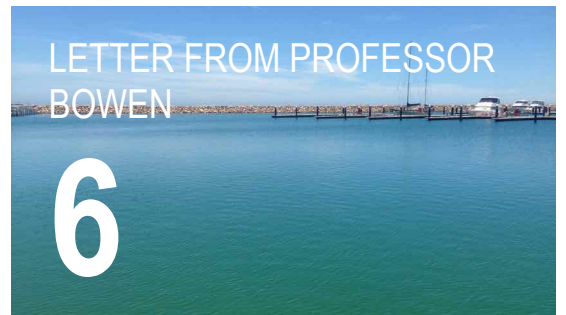
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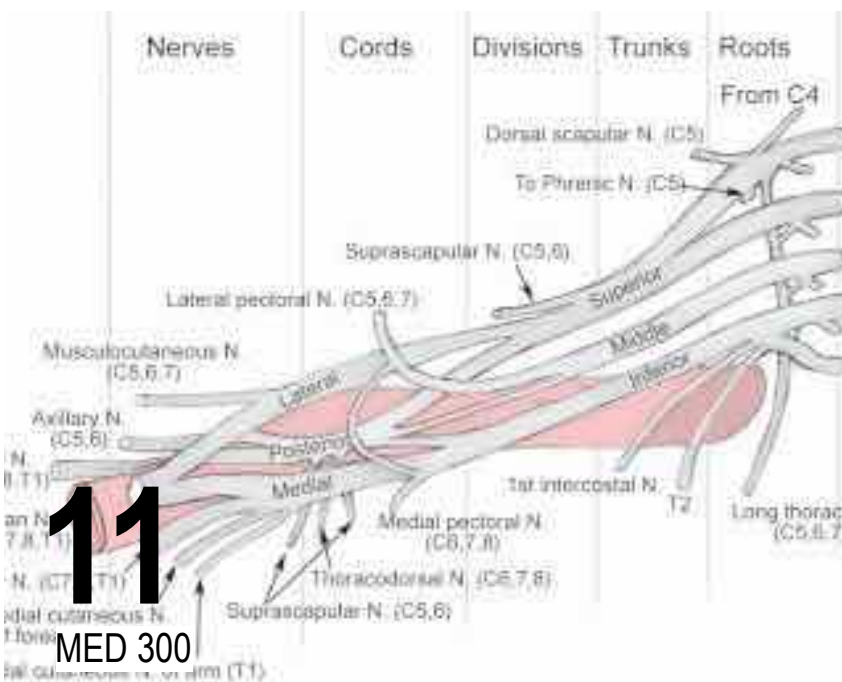
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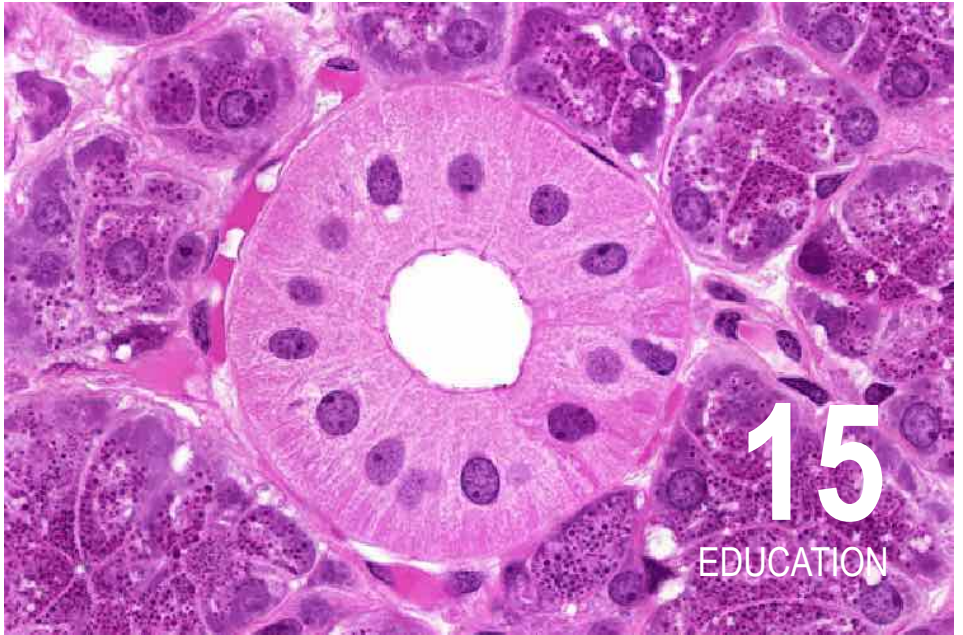
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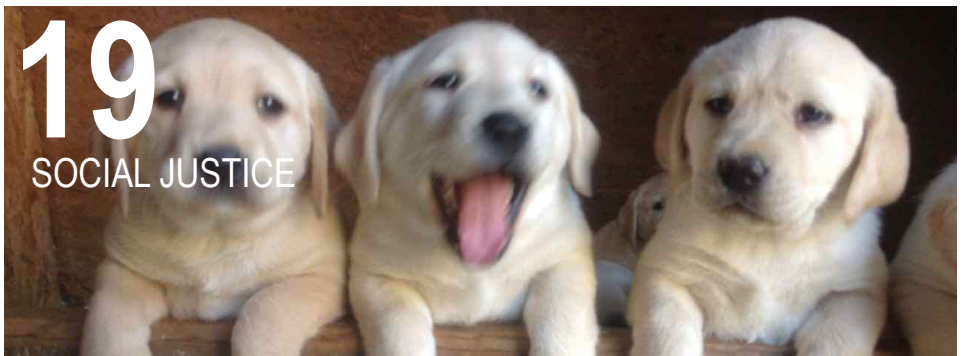
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LETTER FROM THE EDITOR

DEAR READERS

Welcome to the first edition of the *Notre Damus* for 2017.

It has been a fairly chaotic start to the year, a sentiment echoed by this magazine in both style and content.

As an RCS student in Geraldton this year, it has been a great pleasure putting together this publication. It has allowed me to stay in touch with Notre Dame life and made me feel altogether less distant than the 440 kilometre drive that is the reality.

This issue covers everything from MSAND's sport report to the social scene. Enjoy some great travel pieces by preclinical students, as well as updates from RCS sites and John Flynn scholars. Also featured is a letter from our beloved Professor Bowen, as she farewells us and moves on to a new chapter in her career.

So far this year I have spent a lot of time with students from other universities - from WA, interstate and from as far away as the UK. These experiences, whilst always enjoyable, have made me more proud than ever to be a Notre Dame student. I know our friendly, non-competitive culture is often alluded to in the preclinical years, but it truly becomes apparent in hospitals. Whenever a crisis arises, which for some reason is often for me, I can always count on ND students - both past and present - to lend a hand, an ear or a fresh cannula. This culture is something quite special, and something to be proud of.

I hope that this magazine helps to keep that Notre Dame charm alive.
Happy reading.

Anna Clark, editor



PRESIDENT'S REPORT

First up, a massive congratulations to *Notre Damus* editor *Anna Clark* on pulling off this year's first edition while stationed up in Gero on RCS. The quality of this publication has been quite incredible since I've been at Notre Dame and this edition is carrying on that proud tradition with distinction.

Even after three and a bit years in the game I am still constantly amazed at the latent talent within our cohorts that you often only discover by chance. We walk amongst and study alongside some really impressive individuals - artists, athletes, musicians, writers and highly regarded professionals from other career paths, whose perspectives and previous experiences bring an incredible amount to the profession we are training to enter.

Without forums like the *Notre Damus* to occasionally tease out and showcase some of this talent, it would go largely unnoticed. So to Anna and everyone who contributed, thank you. Your efforts are a good reminder to all of us, on the importance of continuing to do what you enjoy outside of medicine and valuing the energy this gives us to put back into it.

I'd like to personally thank the rest of your MSAND committee for their work so far this year. Coming off an RCS year meant that I hadn't even met over half of them prior to our handover last October. I'll admit that putting my hand up to work as a fourth year president with a committee I didn't know overly well, was slightly nerve wracking. I can honestly say it's been a real pleasure to work with such a relaxed group, and a true representation of the 'latent talent' I mentioned earlier. Special mention to Gary Avital, who, with the blessing of Naomi, was a late season signing for his second consecutive year as treasurer. Gary's ongoing commitment to MSAND is hugely appreciated. I also extend a special thanks to your social rep Sarah Finlay Jones who has put a phenomenal amount of work into this year's calendar of events. Social rep is a huge portfolio and her contribution to the culture of ND in that role has been instrumental in setting up 2017 as a great time to be at this medical school.

On behalf of the student body I would also like to say thank you and best wishes to our imminently departing Dean, Prof Shirley Bowen. As graduate cohorts we have all greatly appreciated the accessible, trusting and consultative culture you have encouraged since arriving. This is something that contributes to the unique culture of ND and we very much hope it continues. SJOG will be lucky to have a pragmatic leader of your quality.

To our Med100 pups – Again, welcome. We are very happy to have you with us. Ask for help if you need it and get amongst as much as you can while here. The time quite literally flies.

For the pre-clin crew – all the best with those mid years. Back yourself, breathe deeply and read the question. You'll be right. I hope to see as many of you as possible at our next Friday Friendlies. Please come and say hello if we haven't met. I love cold beer and new stories.

Take it easy.

Alex Wright, president

*Back yourself, breathe
deeply and read the
question. You'll be right.*

DEAR STUDENTS

I am grateful for the opportunity to write to you as part of this addition of the magazine. While I have only been with you since March 2014, I feel I have made many enduring friendships and I sincerely look forward to seeing you in clinical practice in the near future.

My time with the School has been an enormous pleasure, and in particular, I have enjoyed the student engagement. As you know, I consider this "our School" and I believe the contribution of the student body to all the committees and the feedback on the curriculum is both powerful and important. I consider myself very fortunate to have had the opportunity to work with you. I have particularly enjoyed working with the MSAND Presidents, most recently Sid Narula and Alex Wright and the various MSAND Committee representatives. The activities of MSAND continue to amaze me and it is wonderful to see the range of opportunities and events.

For those of you who don't know me well I would like to impart a few of the important learnings from my 30 year journey in Medicine.

1. If the postcard comes take it.
I have been fortunate to be offered many opportunities throughout my medical career. They include being a research registrar in South Africa, working in Perth in Infectious Diseases, being Chief Medical Officer in the ACT, being the Director of Communicable Diseases here in Western Australia, being Dean, and now going to SJOG Subiaco. For me these were postcards beckoning me to a new opportunity. If you get a postcard - try and take it !!
2. Treat your patients the way you want your family to be treated.
Each of us, will have had a family member who has been ill. Keep in mind how that feels and ensure that you offer the very best care for every patient - just the way you want your family to be treated. It has been a good motto for me through-out my many years of clinical practice.
3. If you complain about something be prepared to join in the solution.
This is how I ended up being a "manager". I realised that it was better to roll up my sleeves and fix something then to waste time complaining about it.
4. Work hard. Play hard.
It took me about 10 years to realise this is important. I now ensure work life balance. For me scuba diving has given me "peace and reflection". Learning to relax is essential for a long and successful medical career.
5. Read every day. As doctors we can never stop learning and to be honest, why would we ? Learning and inquiry is one of life's great pleasures.

These are just a few of my tips for a long career in Medicine.

Lastly, I would like to thank you for your support. It is a privilege to have each of you in the School. I sincerely wish each of you great success. If you see me at St John of God Subiaco Hospital please come, say hello and let me know how you are progressing.

With best wishes

Prof Shirley Bowen



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02:13

What a crazy past two weeks,
Head's exploding haven't breathed
I'm drowning in the etc (electron transport chain),
Don't forget the cac (citric acid cycle),
Another thing that's getting me,
Content's climbing over see,
I'm starting all a fresh again,
And I know it's worth the pain.

I'm swimming upstream I can't see
Rapids, rocks or beneath me
I'm running just instinctively
Struggling anaerobically
Then I think of future me,
And the opportunity,
I'm starting all a fresh again,
And I know its worth pain

Chorus

The gain yeah the gain,
There's sunshine through the rain
Do it again and again,
Rehearsal for the game.
Just stay sane just stay sane
Remember there's to gain,
Stay in my lane, in my lane,
The privilege's worth the pain.

Rap verse

And I know this won't come easily,
Baby steps up ahead will be greeting me,
Chip away little bits, little goals believe
And we party oh oh oh!

Whether we're down in the sticks or feeling beats,
These a group all around me everyone's a treat,
On a path filled with graft and sweet we meet,
2 weeks in and still on our feet.

4 more years and beyond is the goal we seek,
Working hard, to the top as we climb our peak.
And we stop on the way to reflect and keep,
On the path to the top of our peak.

Pre chorus

Yeah I'm like a beta cell I'm pumping over for sure,
And I'm scrambling fighting sinking, help find a cure
Despite all of this I'm thinking, up beat for sure,
And thanks to my reflecting I've found my cure.

Chorus

The gain yeah the gain,
There's sunshine through the rain
Do it again and again,
Rehearsal for the game.
Just stay sane just stay sane
Remember there's to gain,
Stay in my lane, in my lane,
The privilege's worth the pain.

Pre chorus

Yeah I'm like a beta cell I'm pumping over for sure,
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Chorus

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Rehearsal for the game.
Just stay sane just stay sane
Remember there's to gain,
Stay in my lane, in my lane,
The privilege's worth the pain.

Build up pre chorus

Yeah I'm like a beta cell I'm pumping over for sure,
And I'm scrambling fighting sinking, help find a cure
Despite all of this I'm thinking, up beat for sure,
And thanks to my reflecting I've found my cure.

Final chorus

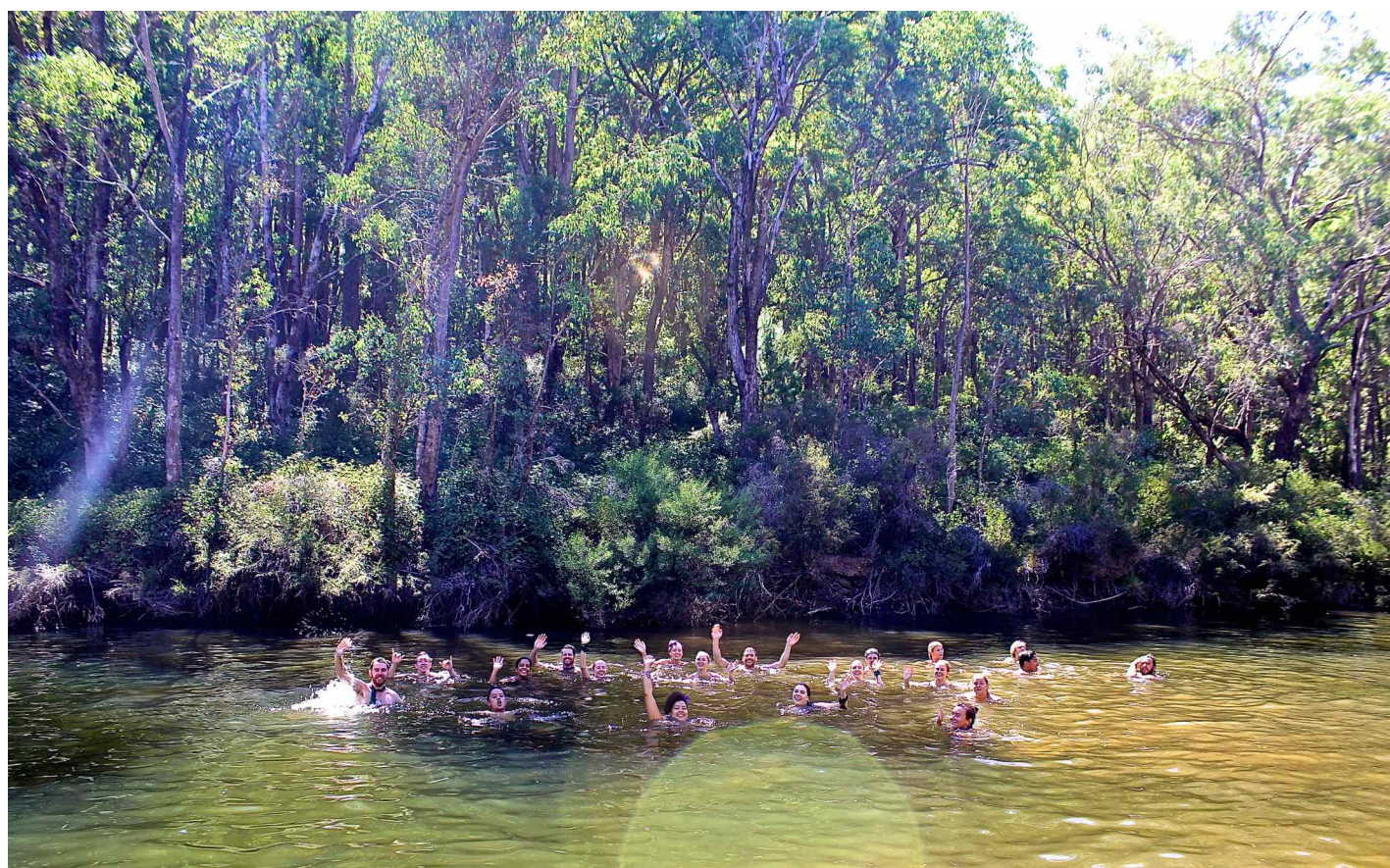
The gain yeah the gain,
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The privilege's worth the pain.

MED 100



Med100 hit the ground running with orientation week followed by O-Camp. What better way to get to know your cohort than a sleep-deprived weekend at Nanga bush camp! By the end of Week 4, everyone had bonded pretty quickly over a mutual horror at the complexities of diabetes. After the mid semester break it's clear to see that everyone is forming life-long friendships. We're looking forward to a challenging but exciting remainder of med100.

Karen Motta and Todd Moir



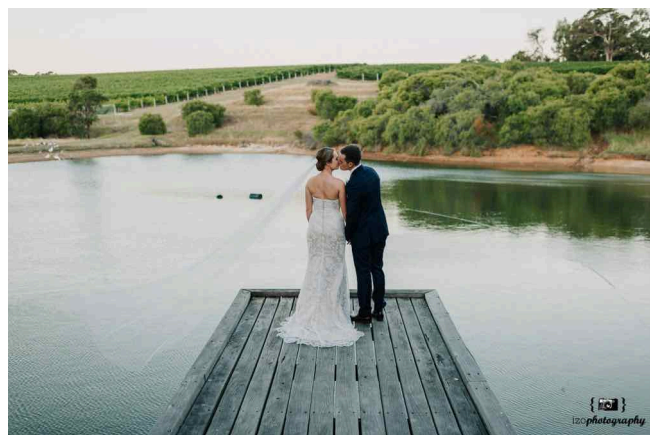
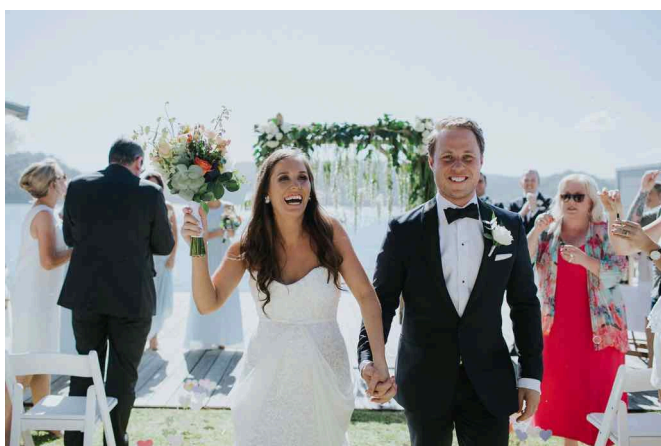
MED 200

Dearest Med200s, or as we like to call you 'The lights of our lives',

Second year has already proved to be a challenging one. The pace has been peddle to the metal since arriving back amongst this glorious spot near the ocean and ever-tempting pubs. First year (and all of its content) seems but a distant memory as we embark on this journey through the beast that is pathology.

A special mention has to go to those of you who kicked goals in your personal lives – a marriage for both Bryce and Henry (not to one another) as well as a med baby for Henry! (Sign up sheet for babysitting being passed around ASAP). Without leaving the rest of you out, massive shout out to all for putting up with the myriad of changes during this transition to the MD program and smashing the first four blocks. Good Job guys!

It's hard to believe that we are nearly halfway through our degree and on the verge of entering the clinical years as #BabyDoctors.



The thought somewhat eases the pain of having to juggle the bioethics, social justice project, GP reflections, Aboriginal reflections, and JAR. It may be a little overwhelming at times but it's important to think about all we have to look forward to – halfway dinner, the ball, the Kimberly trip and devastatingly... no PBL ever again.

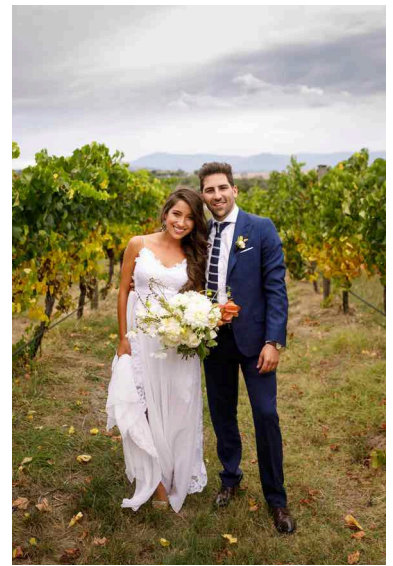
Second year has been an exciting time for our procedural skills and Snapchat stories having already done injections, venipuncture, defibrillation, and "sensitive exams". Not to mention pseudo-affirming our understanding and detection of any heart murmur or abnormal breath sound we come across.

We encourage you all to continue to stave off the sleep deprivation, poor dietary choices, endless nights of study, and countless LO's to prevent the metamorphosis into totally jaded, burnt-out students with unbridled pessimism and apathy. Rather, look brightly into the future where you can continue to make such choices, just under a different roof, namely that of the bright lights of the hospital!

Go forth and prosper.
Team Rocket (**Travis Chong, Sally Cash**)

*"we embark on this
journey through the
beast that is
pathology"*

MED 300



Med 300 kicked off with workshop week, which was really a warm hug back into the throws medicine. This week was a good opportunity to catch up with everyone after break, and also saw Phuong-Nam rush off to hospital and welcome baby daughter Darcie Mae to the med300 family.

On this note, many others have hit personal milestones since our last *Notre Damus* chronicle and we would like to extend congratulations to you all. Alice and Brendan, the organised couple, celebrated in style in Fremantle last September. Patty and Jenna were engaged in New York over the summer break. Mazel tov to the newly wed Lori and Josh who celebrated their wedding in the Hunter Valley, and congratulations to Melissa and Josué who were engaged in 2016 and tied the knot last month. Jeremy and wife Claire welcomed baby girl Eden to the world, and last but certainly not least, the incredible woman that is Natasha had baby Thomas in July. Our warmest congratulations to you all.

The nostalgia of workshop week wore off quickly, as photo after photo from our RCS colleagues were flaunted on Facebook over the next few weeks. Jealousy and travel plans were rife.

But then the day finally came: our first day at the hospital. We quickly had to figure out how to get up before the sun rises, what a ward round entailed, what our role was (what is it? still not sure), how to operate a windows 98 computer and how to present a case without telling the consultant everything you know about the patient. The hospital did take a bit of getting used to, as it involved finding the balance between the learning experience and not being an utter nuisance to staff and patients. But after the first few weeks things started to get easier and before we knew it we were writing in the patient's notes during the wards rounds, and the consultants would only correct us 5 times compared to the 20 of week 1.

The MD units have added to the challenges of med300 and we are all still trying to find our feet clinically, study and fit in our other life commitments. We have no doubt that we'll figure it all out. Our cohort is filled with marvellous people, so if you get lost, just ask one of your many med 300 friends.

Fleur Spronk and Sid Sharma, Med 300



MED 400

The kings of the castle, they call us Med400
Are they really going to let us be doctors next year, we all wondered?

There's been 12 weeks of placement, starting an audit as well,
The MD, elective and intern applications: you bet we're feeling swell!

We've come a long way from PBL rooms and Murdoch labs,
We can now do cannulas without too many stabs.

Clubbing is less about the music and more about remembering
differentials,
Turns out #NOF isn't the latest tag - four years on and we're still low on
credentials.

Thanks, ex-RCS folk for stopping your torture via the Instagrams,
Less Kimberley landscapes – more peak flow charts and mammograms.

Amelia M, Ash, Elsie and Rochelle have all had a wedding since the last
issue,
Many of our atria's fluttered - there was many a tissue.

Congratulations also to Monique and Dan R on their recent engagements,
And to Rochelle who is almost ready to pop and is at home making
arrangements.

Justin and Kimberley have welcomed baby Sylvie, number two,
Nestor and Solange's little Brielle is also objectively cute – no peer review.

What else has touched our 5th intercostal space, mid clavicular line?
Sarah E got an adorable puppy and Frank is enjoying living on the
coastline.

And as for the rest of us? About next year we're in a conundrum.
Salaries seem exciting, but the responsibility is enough to run from.

We're keeping busy at the gym - pumping so much iron we need chelation,
Many know about caffeine withdrawal simply from self experimentation.

Just 6 months left in ND 35, where we learnt about hepatitis A to E,
Unless someone sneaks a sock into Toronto notes and decides to set us
free.

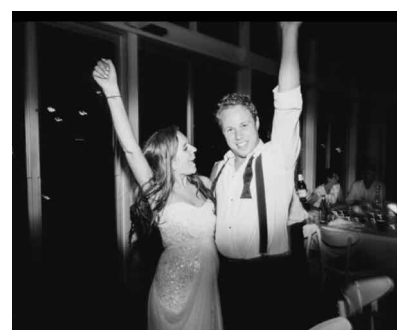
It truly hit us where it hurts to hear that Prof Bowen is leaving,
SJOG Subiaco is incredibly lucky, we can see that through our grieving.

Thanks to Prof Bowen for being such a caring and passionate leader,
She's made our journey oh so special, how will anyone succeed her?

Until then, back to the books... or should I say Awkward Yeti,
October 14th is the countdown date – looking forward to that
confetti!

Anna Davies *

**poetry is not my fall back career*



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WINTERS FOR SUMMERS

Over the summer break between first and second year, I couldn't wait to get back to Japan. After spending 2 weeks on my John Flynn placement in the Torres Strait, I got straight onto a flight to Sapporo (via Horn Island, Cairns and Tokyo). Thursday Island (TI) in Queensland's Far North is a very different climate to Sapporo in Northern Japan. Luckily, all of my ski gear is semi permanently stored in a friend's apartment in Niseko, so I could avoid the awkward situation of carrying skis around on a tropical island.

The temperature dropped by over 40 degrees in the space of a day for me, so I needed to do some creative wardrobe changes at the airport. It was amazing being back in the snow, skiing with some old clients and friends from previous seasons. I spent every day skiing, and for a week I travelled around Hokkaido visiting other mountains. I absolutely love the Japanese culture, people, food, and powder snow. The Japanese people are unfailingly polite and their ski resorts have some of the best snow in the world. Most days, I tried to convince people that it was in fact, the best day of the season because it usually felt like each day was as good as it gets.

I found myself thinking about the differences and similarities between being a ski instructor and what I've learnt so far about practicing medicine. Without pushing the parallels too far, in both jobs, you get to interact with a really wide range of people who are often experiencing a lot of stress in an unfamiliar environment. On this trip, I got to practice a few clinical skills too, taking the odd history from friends complaining of injuries after a day on the slopes- usually over après ski drinks.

I always wanted to be a ski instructor growing up. So as soon as I finished studying, I started my dream job at the mountain I grew up skiing at in New Zealand. The community of people working winter seasons is fairly small, and you soon meet other instructors from all over the world. This made the option of doing back to back winter seasons easy, and I soon got hooked on the relentless winter, which ended up lasting almost 8 years between New Zealand, Switzerland, Japan, and a token season in Australia. Somewhere along the way, I realised that a career in Medicine would be the perfect next step- perhaps not the most logical transition to many but to me it made perfect sense. I have now spent the past 7 winters (summers) in Niseko, and look forward to going back whenever I'm not there.

There is something really special about being in the mountains. The only topic of any real concern, is how deep the snow is, and how much snow there is in the forecast. It's really easy to forget about what's happening in the rest of the world, and any stressors associated with that. I'm hoping that one day I'll be able to successfully combine my love of skiing and the mountains, with being a doctor. In the meantime, I'll continue swapping my summer holidays for winters.



EDUCATION

The education portfolio started early this year with the age-old tradition of Survival Night. The event was remarkably successful, and featured Dr. Michael Gannon, President of the Federal AMA as guest speaker. Dr. Gannon spoke extensively about his journey through medical school, the workforce and politics and shared his own anecdotes on the value of ethics in medicine which was well received. Special thanks to Joseph Hanna, Corey Dalton and Jeremy Carman who spoke to the MED100s and Fleur Spronk, Sai Arshanapalli and Georgia Bertram who spoke to the MED200s.

Moving forwards in 2017, you can look forward to the Education + EMIG combined ECG night which will feature in August of Semester 2, and pharmacology night which will also run in Semester two. This year we're looking into bringing back Notre Dame's junior doctors who have previously worked in clinical pharmacy to share their high yield knowledge! Stay tuned and everything will be revealed in due course!

Sid Narula, Med 300

NDASS

For the second year running, the Notre Dame Association of Surgical Specialties (NDASS) hosted a suturing skills evening.

The free event sold out in under 3 minutes, due to its popularity and the pool of surgical talent that kindly donated their time to come and teach NDASS members.

We were fortunate to have 5 consultants, 18 registrars and interns from the fields of Cardiothoracic Surgery, General Surgery, Oral and Maxillofacial Surgery, Plastic Surgery and Urology passing on their suturing and surgical knowledge to our members. Our members learnt techniques from basic suturing, to sub-cuticular suturing and hand-tying techniques.

It was a great networking opportunity for NDASS' members to speak to surgeons and surgical trainees in a non-confronting environment.

Our keynote speaker, Dr Jessica Yin (MBBS FRACS), a Consultant Urologist with a special interest in Urogynaecological reconstruction, spoke about her upbringing and pathway to becoming a surgeon, balancing the challenges of family life and surgical training – a very insightful speech. One of the highlights of the evening was a bladder repair advanced suturing workshop facilitated by Dr Yin.

Based on feedback from our members who are keen to continue building the foundations of their future surgical careers, NDASS has provided our members with the opportunity to purchase a basic suturing kit, together with online learning modules to work on different skills.

Be sure to keep an eye out for the next NDASS event, the NDASS Committee looks forward to continuing to deliver professional and worthwhile events to its members! We encourage our members to visit our website www.ndass.org and to follow us on Facebook!

Siamak Saberi, Med 200



Good notes, good practice, good defence

The quick brown fox jumps over the lazy dog

The quick brown fox jumps over the lazy dog

The quick brown fox jumps over the lazy dog

THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG

The quick brown fox jumps over the lazy dog

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AMSA

It's been a busy and productive start of the year for the WA branch of the Australian Medical Students' Association, which aims to connect, inform and represent every one of Australia's 17,000 medical students.

We kick-started 2017 with a visit from the AMSA National President Rob Thomas, who flew over from Queensland to welcome incoming first year students into the National medical fraternity.

Rob's visit was followed by a highly successful bone marrow drive in March. The Australian Bone Marrow Registry attended Notre Dame for half a day to collect saliva samples. As AMSA UNDF representative, I was incredibly proud of the support of students and staff at Notre Dame. The turnout was fantastic, with a steady stream of predominantly pre-clinical students filing through the Clinical Skills rooms to register. All sample kits that were brought in by the registry representatives were used.

As of late March, Notre Dame Fremantle was the only Australian university to have participated in this pilot study, and we were praised at the AMSA National Council by the Vampire Cup Coordinators.

So far this year, there has also been a good turnout for ThinkTanks; a notoriously poorly attended forum for students to discuss policies up for debate at National Council. I was thankful that students not only read the policies, but provided valuable feedback, enabling myself and MSAND President Alex Wright to best represent the cohort's views at the latest National Council in Brisbane.

In coming months, I aim to strengthen our relationship with our UWA counterparts and support Curtin as it develops its own MedSoc. We have also created a new Western Australian AMSA Facebook page so we can stop bombarding you with information on the group pages, so please give us a like!

Lastly I would like to thank the UNDF, UWA and Curtin students who attended our yearly *Footprints: Leadership Development Workshop*. Feedback received from students and speakers alike has been overwhelmingly positive. Certificates of attendance will be sent out shortly.

Ruby Osman-Mulraney, Med 200

SOCIAL JUSTICE

2017 is going to be a great year for social justice, I can just feel it! The committee have hit the ground running with many meetings and ideas for the year that we really cannot wait to make happen. Our focus for this year is on homelessness (particularly youth homelessness), and we would like to run a few events throughout this year to help us raise some money that we can donate to St Patrick's community support centre.

Our first event was the Social Justice Fair, which was held on Friday the 7th of April in Malloy Courtyard. It was an extremely successful event and over 100 students attended and spoke to representatives from 8 different charities—each with their own special touch and unique opportunity to offer the pre-clinical students of the medical school. The day was made even better with a sausage sizzle held by the students volunteering with Volunteer Vietnam, free water bottles from MDA, as well as a few fun games organised by some members of the committee. The atmosphere was great, and I'd like to thank everyone who attended and made the event a great success! We hope that you are feeling inspired to get involved and volunteer in your local community.

There are plenty of ways for students to get involved with Social Justice this year. We cannot wait to bring puppies to you guys for some pre-exam stress, as well as various volunteering opportunities such as Soup kitchens and clothing drives. Keep your eyes peeled for our quiz night later in the year, as it is sure to be a heap of fun, with proceeds going to St Pat's.

Volunteering is an extremely rewarding experience and a very effective way of reaching out and making a difference. I'd like to encourage everyone to get involved with some sort of volunteer work during your medical degree, as it is a great way to meet new people and motivate change locally. Watch this space for more ways to get involved!

Lots of love,

Amy Kalantary, Med 200



IFMSA ASSEMBLY, MONTENEGRO

The 2017 International Federation of Medical Students' Associations (IFMSA) General Assembly held in Budva, Montenegro was a truly exceptional experience – if you get the opportunity to attend a future meeting, take it! Where else do you get the opportunity to share meals and invaluable discussions with complete strangers from Bolivia, Syria, and Kazakhstan, with lasting friendships forming with an ease and openness that reinvigorates your mind and zest for medicine?

The IFMSA General Assemblies are held twice a year and attract over 800 medical students from more than 100 countries. It is a unique chance to upskill in leadership and advocacy, network with future colleagues, gain a better understanding of policy development, and learn from the varied programmed workshops as well as one another. For example, I had the opportunity to attend the Human Rights and Peace stream where I gained new insights in human rights law versus humanitarian law, health inequalities via an intersectional context, and the effects of social discrimination on the paediatric population.

Personally, the highlight was by far the personal interactions I had with other delegates throughout the conference and understanding the array of cultural contexts in a room at any given one time. I really enjoyed listening to everyone's stories and hearing varied points of views of polarising issues such as child workers, asylum seeker and refugee rights, the role of sex ed at school, integrating social and cultural inclusiveness, FGM, the laws that govern modern warfare, etc – it was not only informative and challenging but also a reminder of how cultural and political contexts can shape individual views.

Participating in the activities fair (a session dedicated to showcasing projects carried out by various medical student organisations) was also a highly memorable experience as I had the opportunity to promote the incredible work carried out by Crossing Borders for Health – an AMSA Global Health Group initiative for asylum seeker and refugee health. Over a hundred and fifty activities were presented, ranging from medical

students mentoring orphans in Baghdad, to sign language proficiency training for healthcare workers in Athens, to the advocacy of non-discriminatory healthcare for sex workers in the Netherlands.



For more information on how to get involved with IFMSA and future General Assemblies, visit their website <https://ifmsa.org/general-assemblies/> or join their Facebook page <https://www.facebook.com/IFMSA/>

Aysha Abu-Sharifa, Med 300

VOLUNTEER VIETNAM

notre damus

After fundraising for about 7 months, three Med 100 students and two Med 200 students arrived in Ho Chi Minh City in November, for a placement at the Xom Moi HIV/Aids free clinic.

The clinic is run by Dr Phan, a French-trained surgeon, and his wife Dr Huong, a physical therapist. The clinic provides care to the poor, marginalised, orphaned and those who would otherwise not be able to access care. A large portion of the clinic's patients are HIV positive, and experience complications that are rarely seen in the Australia healthcare system, including HPV lesions, miliary TB and Stevens-Johnson Syndrome.

As well as raising more than \$6000, our team also collected more than 120kg of medical equipment, and sourced 5 diagnostic sets from the Department of Health. These funds and the equipment, added to the efforts of dozens of medical students from The University of Notre Dame Fremantle who have participated in Volunteer Vietnam since its inception in 2005.

Within hours of arriving at the clinic, it became acutely clear just how much of a difference these donations would make for the patients and staff of the clinic.

There are many stories, some we have shared, some we have kept to ourselves. But the story of one man will always stay with us: He was an end stage HIV patient with a CD4 count of zero, who was carried into the clinic by his wife. She explained that he was no longer keeping fluids down and was vomiting his anti-viral medication. The patient had a fungal infection that filled his mouth, and angular cheilitis that made it impossible for him to speak. He had the most extreme muscle wasting any of us had ever seen. The term 'skin and bones' was truly appropriate.

At some stage in life, most of us have probably told others that we felt like "death" after a big night out or when unwell. But as Dr Phan assessed this patient for meningitis, the stark reality of healthcare in Australia versus Vietnam could not be clearer. Here was a man, dying before our eyes, before his family's eyes, a man in acute pain, who desperately needed medical intervention.

Dr Phan asked for the IV saline and dextrose solution we had brought with us – and within an hour of arriving at the clinic, medical supplies that were going to be thrown out in Australia, were suddenly invaluable. By the time we finished our placement at the clinic, this patient would be speaking to us in English, he would be coherent, and progressing well – because of the supplies and the funds we provided for medications.

In the days that followed, we forged many new relationships with the clinic staff and each other. Dr Phan taught us to think deeper than the superficial. When we thought the doorman was just the doorman, we discovered his story of being an ex-army medic who saved hundreds of lives during the Vietnam War, and now volunteered his time to nurse palliative care patients who were too unwell to make the journey to the clinic.



Our time here taught us that empathy and compassion don't have a language - they transcend cultural barriers, they never judge. They are without a doubt, the two most powerful qualities you can possess as a medical student and a future practitioner.

We would like to take this opportunity to thank the staff and students, plus friends, family and the public, who supported our fundraising throughout last year. Your donations made the world a better place. We'd also like to wish the new committee well for their journey in 2017, and we encourage you to continue to support this amazing social justice project run by the medical students of UNDF.

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IS IT 2 'R'S OR 2 'C'S? A TRIP TO MOROCCO WITH JAKE

My first year at medical school in some ways felt quite adventurous; but with the toll of thirty-one PBL cases and the substantial number of hours recently spent in a library or examining a colleagues ever-normal cranial nerves, I was in need of an actual adventure. One with flight delays, new tastes and tourist t-shirts; my girlfriend Emma and I chose Morocco. Trading in my school bag for a pack full of impulse Kathmandu purchases and a plane ride fractionally longer than the weekly commute to Murdoch we found ourselves on the edge of the Sahara.

The Strait

Well actually we weren't quite near the desert yet, in fact our first landing was on the Strait of Gibraltar at the northernmost tip of the country – the port city of Tangier. The old city is well explored by travellers and we made our best attempt also, wandering all afternoon through the snaking streets of the medina we eventually found our way up to the Sultan's Kasbah. With Spain, just a tomato throw away, it provided the perfect place to enjoy the sunset and the first of many mint teas.

The Mountains and the Blue City

After adding to last night's tajine with the 5 or 6 different types of bread, pastries and cheese that seems to make up a Moroccan breakfast we made our way to easily the most beautiful city in Morocco – Chefchaouen. Also known as the 'Blue City' it is famous for its sea of colours and location within the Rif mountain peaks that inspired Eifel 65 and many other artists over the years. We took our time to slow down to the pace of this laid-back bohemian town and with my newly acquired djellaba and the labyrinthine streets of stray cats, elderly Berber men and spice souks I felt quite at home.

The Desert

This part of the trip was surreal. Arriving at the edge of the Saharan Desert, we travelled deep into the endless sea of sand and waves of dunes where we planned to spend the night. Our camels Burt and Sandy guided us to the most picturesque views I have ever experienced, and with the sun setting over the glowing-red dunes it provided for amazing photographs. Surviving the cold of the desert was easy with the suffocatingly heavy seven Moroccan blankets they provided. The next morning, we were treated to equally beautiful sunrise views, however with a pelvis not used to camel transport, an exceedingly more painful ride home.

The Coast

Secretly the part of the trip that I was looking forward to the most, and it didn't disappoint. This rugged western coastline is blessed with some of the best waves in the world, and staying at one of the many the surf retreats for the next week, it was surfing by day and yoga by night for Emma and me. I set off each day with my local guide – Ileus (who proved to be much more fun than a paralysed intestine), searching for the longest right-hand point breaks we could find, whilst also avoiding sea urchins, ship wrecks and reef (for the most part.)

The Circus

Marrakech, you're obliged to go. The controlled chaos that is the claustrophobic medina and charming souks culminates in the circus that is the Djema el-Fna. With its snake charmers, magicians and street theatre, the main square is one of the reasons all travellers visit this city. What the professional Instagramers and bloggers neglect with their aesthetically pleasing photos of Riads and Birkenstocks or the stories of discovering themselves in Morocco, was how close the endless heckling in Marrakech can push you to the edge.

Home

Jake Robinson, Med 200

RURAL

Rural portfolio this year has already been busy, providing information for those interested in John Flynn and RCS. We implemented a more supportive application process than previous years to encourage students to pursue these rural programs, with much success.

Depending on interest from the year groups, a rural immersion weekend may be offered, along with rural info nights throughout the year to discuss conferences, scholarships and other rural medical experiences.

In particular, a speaker night on May 22nd will include guest speaker Mez Nuthall (former MSAND president and one of WACHS first interns), perspectives from an indigenous doctor, RFDS and more, as well as bush tucker.

Darielle Brown

The following pages document some of the rural experiences undertaken by Notre Dame students, from John Flynn scholarships to the Rural Clinical School.

Be inspired.

LONGREACH, QLD

In late November, I undertook my first two-week John Flynn Placement in Longreach, Central Western Queensland. Two flights and eight hours later I landed in the forty-eight degree heat in the middle of the outback. During my placement I spent half my time at the local GP clinic, with different doctors each day, and the rest of my time at the local hospital, mostly in ED.

Throughout my placement I got to take history and do examinations on every patient who came into the emergency department. This was a great experience, especially after spending a year memorising protocols. By the end of the two weeks I was taking bloods and cannulating patients. I was pleasantly surprised that I was being taught to do these things the old school way: watch a doctor do one, then do the next one. I was fortunate enough to attend a surgical list one afternoon when the fly-in general surgeon was in town. During my time I also attended many clinics, including the antenatal clinic that saw women driving from properties over eight hours away. However, the real highlight of the trip was assisting in the birth of a

baby. Having never seen a birth before, I was excited. It was a very interesting case and finished with me feeling the placenta of someone who had smoked throughout her pregnancy.

Some of the local attractions that I got to visit included the QANTAS museum, as QANTAS was founded in Longreach (fun fact) and The Stockmans Hall of Fame. I decided to walk to the hall of fame which was only one kilometre from where I was staying - turned out to be a terrible decision because of the heat. I was asked by various members of the public if I was okay and when I arrived I looked like I had run a 10km race. Nonetheless, it was a great attraction and I thoroughly enjoyed the exhibitions. If anyone is ever in Longreach The Stockman's Hall of Fame is defiantly worth a visit, especially their section on the Royal Flying Doctors and how they were started by Rev John Flynn.

During my two weeks I joined the local boot-camp, attended the races in forty-eight degree heat (would never do that again), swam at the local pool nearly everyday and even heaps out the local Avis car-hire business driving cars from the airport to the train station (1km down the road). The final week of my placement coincided with the final week of school in Longreach as the kids get to finish in the last week of November due to the heat, which meant a few of us students and resident doctors got to watch the end of school production and the annual carols by candle light.

Overall, I had an amazing experience. I cannot wait to go back this year. I would highly recommend anyone interested to apply for the John Flynn Placement Program as it was some of the best two weeks of my first year of medicine.

Kirby Rex, Med 200



HALL'S CREEK, KIMBERLEY

I have wanted to work with Aboriginal people long before moving from New Zealand in 2016. A John Flynn Placement Program has opened the door to some fantastic new experiences. I have an annual placement at Yuri Yungi Aboriginal Medical Service in Hall's Creek on the south-eastern edge of the Kimberley. The clinic is part of the Kimberley Aboriginal Medical Service (KAMS). Hall's Creek is a remote town of 1200-1500 people. Most of the residents are Aboriginal people from several tribal entities. I got my first look at the remoteness of Hall's Creek as I flew from Perth to Kununurra. There were no settlements or buildings for 2 hours of the flight across inland WA and the Great Sandy Desert.

Hall's Creek is a 4-hour Greyhound bus trip (366km) from Kununurra. Arriving in the dark and then leaving at 3.30 am made Hall's Creek a bit of a mystery for me – a dot in the desert and a ribbon of development where a main highway met Duncan Highway and the Canning Stock Route. An average maximum temperature of around 40 degrees and 6% humidity in November made it hard to go adventuring anywhere. One day, Hall's Creek was the 6th hottest place in the world.

The clinic's patients and staff were almost entirely Aboriginal people. There were about 12 Aboriginal Health Workers, 1 GP, two nurses and several administrative staff, including drivers who collected and returned patients who had no easy way of getting to the clinic. There is a close association with the local hospital. I spent an inspiring day there, helping with history taking in ED, on a day the Yuri Yungi clinic was closed.

Being fresh from first year, I got to sit in on patient-GP consultations and health checks led by the Aboriginal Health Workers. I helped with numerous wound dressings, mainly treating people with diabetic foot ulcers. In two weeks I was able to see some people more than once and I loved this element of continuity. As a female medical student, I had expected to see only female Aboriginal patients. However, all but one older and very traditional man was happy to have me in the room. On my last day I had my own list of patients to see, before passing them onto the GP.

*"Hall's Creek has
already got under
my skin"*

Yuri Yungi also manages the town's "Frail Age" home, a Social and Emotional Wellbeing Unit and a men's drop-in space next door. Several of the residents at "Frail Age" were famous Aboriginal artists. It was sad to see old age and dementia taking its toll.

My first weekend in Hall's Creek began with the clinic's anti-drugs march through the town. I then spent many hot hours being a first aid and watermelon delivery person at the King of the Kimberley basketball tournament. The basket-ballers taught me how to strap sore joints and lots of little kids convinced me to give them sticking plasters for non-existent sores. Even the locals were complaining of the heat as we all melted under the hot tin roof. I stayed in the local hotel, where I got to yarn with a few of the gold miners (which was slightly challenging given my nature conservation background).

One day I hope to explore some of the wild places further afield, the Bungle Bungles, Wolfe Creek Crater, Tanami desert, Lake Argyle and the wilds of the eastern Kimberley. I began to learn about the local cultures, especially through the women in the social wellbeing unit. Next time I hope to pick up on those conversations and also spend some time at Warnum (Turkey Creek)

and Ringer Soak, an outstation clinic accessed by light plane. I'll also spend time with the language centre and Aboriginal arts centre in Hall's Creek too.

Hall's Creek has already got under my skin. I received a very friendly welcome and was accepted warmly by the Yuri Yungi staff and the Hall's Creek hospital crew, despite my New Zealand accent. I look forward to doing more hands-on healthcare in 2017 courtesy of the John Flynn Placement Programme, ACRRM and the inspiring people at Yuri Yungi Clinic.

Jenny Stevens, Med 200



2 WEEKS IN KALGOORLIE

A man presents to his GP with his arm in a sling and a two day history of pain in his left elbow. On examination of his arm, there is a pronounced 'popeye' sign. Can you guess what happened? "I was helping a mate out with some of his cattle" the man said casually. What actually happened was he had torn his bicep tendon off the radial tuberosity whilst wrestling a bull.

The John Flynn Placement Program is an extremely unique experience. I have been placed in Kalgoorlie, 600 kilometres East of Perth with Dr Malcolm Hodsdon, a GP and Kalgoorlie resident for the past 38 years. After I told people where I was placed, almost everyone said something along the lines of "Oh, you'll see all sorts out there". I cannot emphasise how much of an understatement this is. On my first day, I drove 3 hours North-East of Kalgoorlie with a team of paediatricians to a small town called Mount Margaret, where I had the opportunity to assist them with checkups for the children at the local primary school. Afterwards, an Aboriginal elder and local pastor took the team of doctors and myself to an Aboriginal sacred site, called the Healing Pool, to swim in one of the few places subterranean water surfaces in it's flow from the Kimberly to Esperance. Before dinner, I spent a couple of hours prospecting, actually found gold, and that was all just day one.

In the 2 week period, I gained experience in a rural GP setting, spent time in the hospital and on the road with paediatricians, saw various obstetric procedures in theatre, spent a morning in the Kalgoorlie emergency department and sat in with several visiting specialists from Perth. It wasn't just a medical experience however, it was a rural immersion experience. Being placed with a local allows you the opportunity to experience the town and get much more involved socially than would otherwise be possible.

So in summary, I definitely saw "All sorts out there". For anyone considering applying for the John Flynn Placement Program, I cannot speak highly enough of it. It is such an invaluable experience, as you are exposed to medical cases and procedures you might not otherwise see as a student in a metro setting. It definitely exceeded my expectations and I cannot wait to see what's in store when I head back later this year.

James Dodd, Med 200



THE BROOME REVIEW

notre damus

Alannah Jackson (AJ)
Joshua Baker (JB)
Anna Bakogianis (AB)

What brought you to Broome?

AJ: Pure luck! Although the chance to be exposed to Aboriginal health, tropical and remote medicine and the warm weather were the main drawing cards for me!

JB: Mostly gold at the end of rainbows, leprechauns, four leaf clovers and Rhonda Worthington. I also very much wanted to gain exposure to rural, remote and Aboriginal health and experience living in the beautiful Kimberley region.

AB: A plane, and a truck brought all my stuff.

What has been the best thing about Broome so far?

AJ: Sunsets at Gantheaume Point, exploring the Dampier Peninsular and everyone I meet is a legend.

JB: The awesome rock pools that the huge tides create, capturing coral and all sorts of marine creatures in them. The teaching staff in the hospital are also some of the nicest people I have ever met.

AB: Beach, sunsets and it's the vibe of the place. The people are awesome and there are so many things to get involved in, everyone has been so friendly. An added bonus is the medicine and the teaching is also excellent!

What has been the worst thing about Broome?

AJ: Mosquitos. I've been subjected to an excessive amount of venepunctures without consent from them. Also the lingering URTI I acquired from the paediatric ward is a bit of a bummer.

JB: Definitely the wet season mozzies. The constant fear of crocodiles, sharks and jellyfish that all want to kill you is also slightly disconcerting.

AB: It was many weeks before I could swim in the beach. Also all the jellyfish, crocodiles and mosquito bites are unfortunate.

What has been your best clinical experience?

AJ: Hands down my trip to the remote communities of One Arm Point, Lombadina and Beagle Bay for GP clinic. It was a hugely positive experience that really confirmed my interest in working in rural and Remote Australia. Paediatrics and ED are also great.

JB: Seeing where babies actually come from (who knew that pregnant ladies actually have tiny little people inside them?! The whole thing is utterly ludicrous). Being thrust into the deep end of clinical practice has been incredible; I was suturing people up in ED from the first week and constantly suppressing the thought: "should I be allowed to be doing this?!"

AB: I got to assist cutting off someone's foot. It was awesome. Also ED is the best. There is also a lot of scope here to just experience any aspect of medicine, we have some allocated weeks where we get to choose what we want to do and when the specialists come up, we get to step up and take the role of registrar which is amazing, especially in theatre!

What has been the hardest thing about medicine in Broome?

AJ: It's quite confronting seeing the stark contrast in health outcomes and the amount of chronic, preventable diseases that have a huge impact on the individual and their family. From seeing 30 year olds with stage 5 chronic kidney disease, to children with severe Rheumatic heart disease and patients with Hansen's disease. It's a real eye opener.

AB: All the preventable disease, social issues and the 3rd world medicine (TB, leprosy etc)

What is the RCS accommodation like?

AJ: We have pet cats that sleep on our cars and I have a pet frog who hangs out veranda each night. He's pretty cute. And our houses are mega close to Matsos!

JB: It's not the Ritz, but it's comfortable enough and close to all the things.

AB: Alannah gave me the big room which is awesome, and we have lots of pet lizards.

What do you do in your spare time?

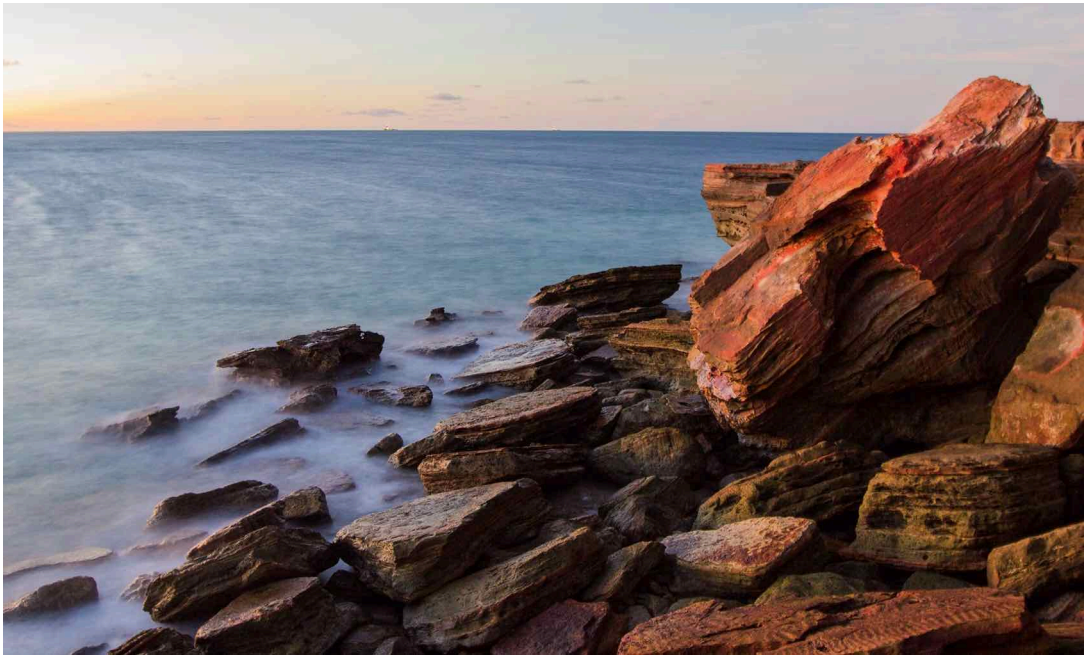
AJ: Swimming, surf life saving club, four-wheel driving, eating all of the food. Watching Scrubs is my main study technique.

JB: Rockpools and beaches and squash and tennis and swimming and trivia and jam nights and sunsets and dinners and beverages and road trips and hanging out with all of the friends. Study is hard.

AB: Tri club and surf life saving club activities, there are some excellent cycling groups in town and there is a huge amount of social sport to get involved in.

Anna Bakogianis, Alannah Jackson, Josh Baker

Photos on following pages because they are too glorious to fit here



KEEPING UP WITH THE KALDASHIANS

What a difference a few short months makes. Nicola Tarnowski, Rachel Croker, Tom Shuker, Andy Nguyen and myself, along with four of our colleagues from UWA, set off on the seven-hour trip inland to Kalgoorlie to kick off our year, excited but also unsure of what awaited us. We'd all heard tales of sweltering heat, "eccentric" characters around town, and limitless bush adventures from those who spent the previous year here. Those singing Kalgoorlie's praises spoke of how the RCS experience out here would provide us each with the opportunity to grow in leaps and bounds, not just as future doctors, but as people. For some of us, Kalgoorlie marks our first chapter of living rurally, while others among us (myself included) are living out of home for the first time too.

Our crew soon became thick as thieves, and it wasn't long until we all became *The Kaldashians*. Born out of a love for group photography, we soon formed that tight-knit bond that comes about only through living in close confines, 600km from the closest city.

The Kaldashians have found ourselves at home within the hospital environment, receiving a wealth of knowledge from the amazing staff that surround us. The RCS staff have been incredible in organising us to travel to Aboriginal communities, hold health clinics, linking us up with the Royal Flying Doctor Service, and helping us feel at home with whatever help we may need. The free gym memberships they organised for us have also proven a hit!



Of course, this update wouldn't be complete without including some of the more humorous moments. While we'd all come to Kalgoorlie expecting to melt, and none of us had been quite prepared for the ferocity that desert storms can bring. One Friday afternoon, seeing a dark storm front approaching, we all decided to jump in our cars and head for one of the local lookouts to get some photos. The front beat us to the lookout, bringing with it a torrential downpour and lightning storm. Most of us decided to head home, but Tom and Heather saw an opportunity for some top quality storm photography, so remained behind. Road visibility was a bare minimum as the rest of us got home, only to discover that Nicola and Rachel's kitchen had turned into a water feature, with soaked walls and a waterfall of sorts flowing from the overhead lighting fixtures! Just as we cut the power and took shelter in our (non-leaking) house next-door, the phone rang: Tom and Heather were stranded at the lookout with a flat battery! A rescue plan was hatched, and after several trips back and forth over flooded roads to retrieve jumper cables, everyone was back together indoors. After all, no Kaldashian gets left behind!

Needless to say, our Kalgoorlie adventure so far has been an incredible eye-opener, and a wonderfully unpredictable way for us to spend our third year of medical school. Whether it be our frequent trips to gorgeous nearby Esperance, bonfires under the stars in Mt Margaret with members of the local Aboriginal community, eating tapas in a former brothel, or witnessing a masterful BBQ of the pork belly we'd previously sutured that morning.

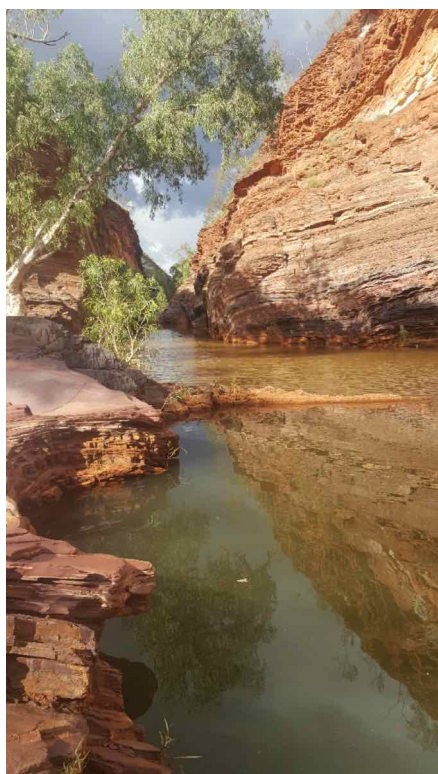
The experiences we've shared, and the friendships that have blossomed over the last few months are the kind that last a lifetime, and we're all so excited to continue this year's journey together.

The question is: can you keep up with us?

Michael Dallo, Med 300



PORT HEDLAND WITH KATE



Welcome to Port Hedland!

The first thing to hit you when you arrive in Port Hedland is the heat! Despite being a colder than usual summer this year, you notice pretty quickly that you're no longer in Perth.

The second thing you notice is that Port Hedland is very much a mining town, with road trains and actual trains everywhere, massive ore ships coming into port and hi vis being perfectly acceptable clothing all day, every day and for every occasion.

Everything up here is quite proudly covered in a layer of red dust that marks it as belonging to the Pilbara. Our red dirt and big skies are very easy to fall in love with. Hedland is known as 'the gateway to the Pilbara' (according to the sign at the airport) and with Karrijini and Millstream national parks right on our doorstep, we definitely live up to that. There are plenty of streams, waterholes and waterfalls running during the wet season that are worth seeing and swimming in too – but check for crocs first!

You don't need to leave Hedland to see spectacular sights though. The salt pile can be seen from 40kms out of town – a fact that I can personally verify – and is the highlight of our home to hospital commute each day.

This year has been the wettest wet season Hedland has had in a long time – over 100mm of rain in just one day and about 300mm in March alone. The summer storms and the sunsets have been nothing short of incredible!

The health facilities in Hedland are pretty amazing. The hospital, which opened in 2014, is new and shiny, with a busy ED department, general medical/surgical, paediatric and maternity wards, as well as a range of visiting specialists and outpatient clinics run through the hospital. There is a variety of health services outside of the hospital that you can engage with as a student, including the Royal Flying Doctor Service, the Aboriginal Medical Service, multiple GP clinics and remote community clinic visits. There's no way to get bored!

My goal for this year is to make the most of being in Hedland. It's not often you get an opportunity as unique as what RCS offers and in a place like this! With only 6 medical students around – and everyone on different rotations – there are plenty of opportunities for teaching and clinical experiences, like assisting in theatre, being at births and attending clinics in remote communities. There are plenty of opportunities to hit/miss cannulas and venepunctures too!

I've been grateful for all the experiences I've had so far and I can't wait to see what the rest of my time here will bring. Getting out of Perth and being in a place as beautiful as the Pilbara has been amazing – although I do miss family, friends and the quality of Freo's coffee.

Port Hedland has a very strong community spirit and the people here are not afraid to welcome you with open arms and open hearts. If you're prepared to adapt and willing to engage with the community, then doing RCS in a place like Hedland would hands down be one of the best years of your life – it's definitely shaping up to be one of mine!



Kate Dewar, med 300

NARROGIN



I'm spending the year in Narrogin, located 200km south east of Perth in the heart of the Wheatbelt. Three months into my time here and I am really enjoying the relaxed, country lifestyle that Narrogin has to offer. I live in the RCS house with three other students. We spend time in the General Practices, in the Emergency Department, on the Maternity and General Medical Wards, and with the visiting specialists.

The clinical exposure we receive here is fantastic; Narrogin is one of the smaller RCS sites, which means that as a student you get to be very hands on right from the beginning. I have been involved in a number of deliveries, assisted the general surgeon in theatre, and have had many opportunities to implement the clinical skills and knowledge that I learnt in the first two years of

medical school. The teaching staff are incredibly supportive and eager to pass on their knowledge. Everyone is very keen to involve us in the care of patients and I feel we really are treated like future doctors and team members.

The community have been incredibly welcoming. Some of the highlights so far have been; playing social tennis on Sunday afternoons, going to the Wagin Woolorama, winning our last game of corporate lawn bowls, catching yabbies, trying our hand at squash, being interviewed by the local radio station, going to the farmer's market at the local Gnarojin Community Garden and wine tasting at the local Dwnderry Winery.

I'm looking forward to what the rest of this year has to offer and will see you all back in Fremantle next year with many stories to share!

Maddy Gryta, Med 300

NORTHAM

What were your first impressions of your site? It's so close to Perth! In just 90 minutes I was in rural WA. It's really hot. From 35 degrees heat in Perth, I arrived to unpack the car in 42 degrees heat!

It's really wet. Northam flooded the following weekend with the Avon River reaching impressive heights. It's tiny. With around 7,700 people in the area, the Northam hospital – 'the hub for the wheatbelt' – consists of one ward with about 20 beds, a low risk elective theatre and a busy ED. It really is a gold mine. You're sure to see the weird and wonderful in Northam ED.

Most challenging moment so far was... adapting to 'country time'. I like to be organised and punctual, and know what my day holds, but I quickly learned that I must 'go with the flow' in Northam, and get used to an ever-changing schedule, and all sorts of interesting characters!

Best moment so far was when... I got to remove and suture a cancerous skin lesion all by myself, 3 weeks into the year.

I am most looking forward to... more hands-on opportunities, such as mastering my Pap smears, perfecting my suturing, cannulating like a boss, and taking bloods with my eyes closed!

What do you hope to gain from doing RCS? An understanding of the resources (or lack of) in a rural town; an appreciation for the country way of life; and confidence and skill in performing the many clinical examinations and procedures that country medicine exposes you to.

Emily Reid, Med 300

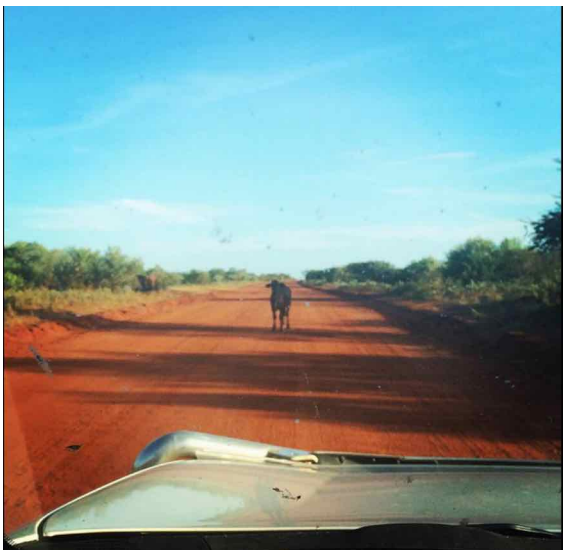


DERBY, THE REAL KIMBERLEY

Ahhhh Derby, the real heart of The Kimberley (never mind what Broome has to say).

Small community, large personality, epic lifestyle.

I'd visited Derby during that extraordinary 2nd year Kimberley trip (thanks D-Mak) after already knowing this is where'd I'd be in third year, so moving here in January I had some idea in mind of what to expect. The warm and friendly community of Derby is highlighted by my first weekend which was full of invites to BBQ's, birthday parties and drinks at the Spinni which is an ongoing blockade to my studies.



I've had some weird and wonderful experiences in the hospital such as treating snake, spider and dog bites in my first week. I've also witnessed non-medical grade maggots infiltrating wounds and bush medicine put to the test. The beauty of tropical, remote medicine is seeing less common conditions frequently such as; scabies, RHD, Hansens disease, TB, molluscum contagiosum and assisting in a breech emergency caesarean. This might have been my most difficult task yet- holding a wet baby, with wet gloves, upside down by her feet. But do not fear: no babies have been harmed (yet) when I have delivered them. And if all of that isn't exciting enough for you, why not quit being a medical student and become a paramedic for a shift instead? With no ambos (and no postie, or recycling collection) you really do get to do everything.

There's definitely no such thing as 'just a GP' in Derby (or anywhere), because the weekly remote clinics are one of the most rewarding experiences around and the flights are beautiful during

this wet season as the waterfalls and gorges are full. The medicine in these clinics is all about problem solving with limited resources.

And if I can throw a shout out to "Can I drink Beer?" and "Living on Medicine" PBL cases I will, because diabetes is much too common up here, and having some of the basics behind me has left me in good stead.

Outside of the hospital, the community events are endless and finding time to sleep is becoming somewhat problematic. Royal Flying Doctor Flights, Derby Volunteer Fire and Rescue, fishing, basketball, netball, Aqua Tabata (yes, indeed), trips up the Gibb River road to Gorges or up the Peninsula to Cape Leveque oh and did I mention drinks at the Spinni?

"See one, do one, teach one" is a code to live by up here although to be fair I often don't even 'see one', but that's ok the teaching and guidance in Derby is to be envied and the hands on experience is unequivocal.

To the second years coming up later this year... Drinks at the Spinni?

Victoria Everton, Med 300



FROM GERO WITH LOVE

If I was describing Geraldton to someone who hadn't been here I'm not sure exactly what I'd say, but here is an amalgamation of my thought processes over the first few weeks of living here. Some of it in rhyme.

Geraldton, Geraldton, set by the sea
You don't have a Kmart, but Maccas X 3
Some of the local license plates read:
LILBICH, FISHAMAN, REOWW and GOTWEED

There's this gen med consultant here, who instead of quizzing us on diabetes, hands out the most obscure riddles. Instead of seeing patients, I am figuring out how a guy with 12 diamonds can know which one of twelve diamonds weighs either more or less than the other diamonds by using the scales only three times. All the diamonds look the same. There's an equally complicated case with 10 boxes of 100 apples, with all apples weighing 100 grams, except that in one box all the apples weight 110grams and you can only use the scales once to figure out the heavier box. PM me with answers because *Kumar and Clark* has proven useless.

Gen med and gynae, ortho and paed
surgery and opthal for all of your needs
The favourite tutorial so far must be
Friday morning surf sessions with Dr Lee

Week 4 I'm assisting in a c-section. The gynae reg hands me half of the abdominal muscles and tells me to pull. There's lots of ripping noises, tearing sounds and a crazy amount of bodily juices from all the body juice compartments. For the life of me I can't figure out how Mum is holding it together back there. There's a tiny human at the end of it though - an outcome I understand in theory, but still find shocking.

We've done some exploring, to Kalbazza and around
And Archery and mini golf, Dongara bound
Eaten some cray fish, abseiled down cliffs
We bonded as a team without too many tiffs*

I join a local netball club. Sport is a serious business here. The season opener has our names being called out over the speaker whilst we run onto the court, followed by recital of the national anthem before the game begins. The entire committee is watching and writing down notes on your game, for quarter-time tips. I have no idea how they know so much about me, but they do: my name, 'new girl from Perth,' 'she's actually from Geelong,' '5 foot 4'... it goes on. If you want to be a celebrity for a day, move to the country and join a sports team.

Its been 15 weeks since unpacking our things
And we're still finding our awkward med student wings
Learning is everywhere, and when least expected
I hope that next year our skills might reflect it

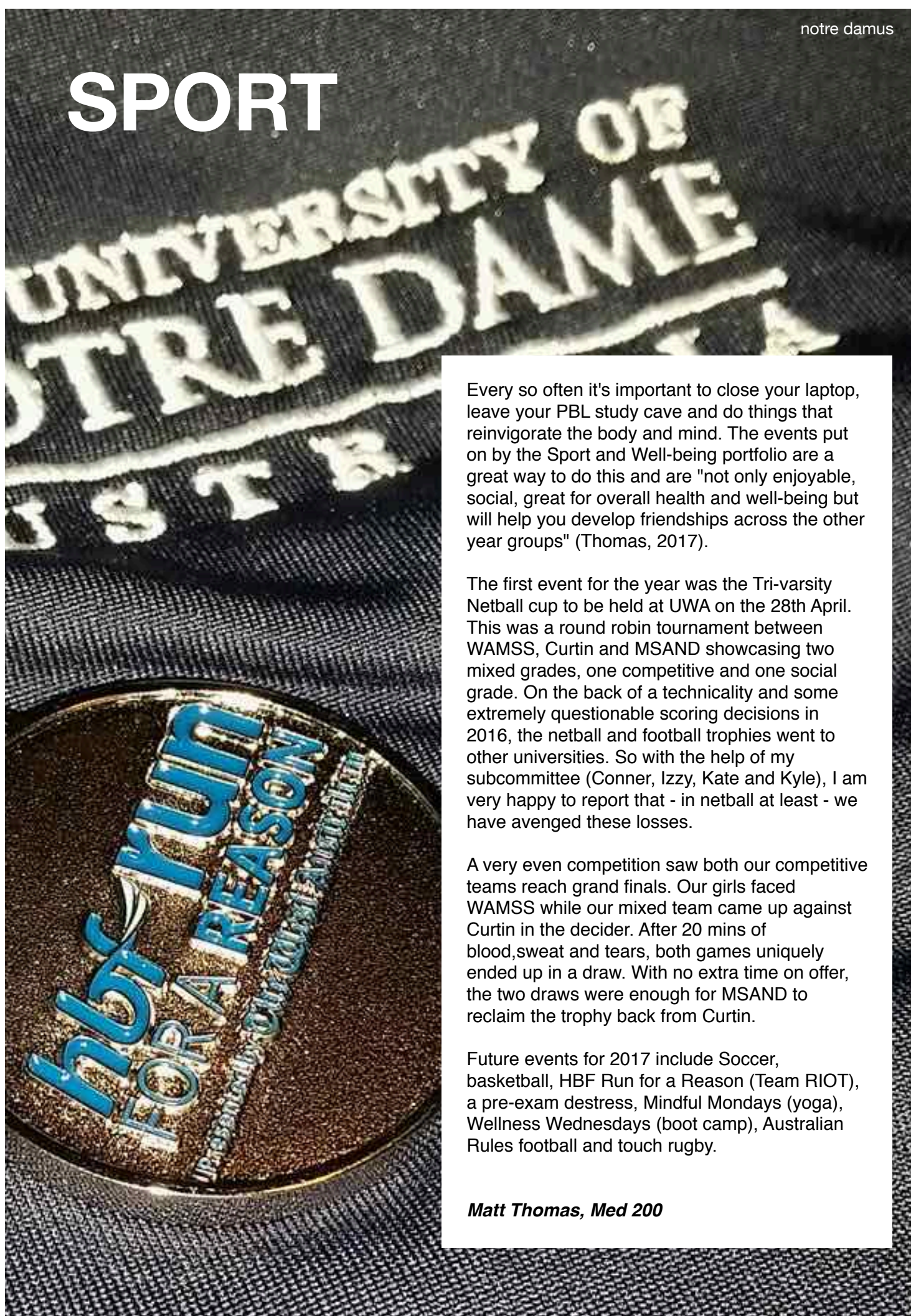
Geraldton definitely has a rough side. We were warned multiple times at the beginning of the year to be vigilant in locking up our houses, as last years' students were broken into every month or so. The rural GP student who are here now had their car windows smashed last week. But you quickly learn about the 'dodgy' suburbs and aim to avoid those on your morning run. For the most part, I am blown away by the sheer tranquility of some of the most beautiful beaches I've seen. It paints quite a different picture to the hustle and bustle and Mr Whippy vibe of city beaches.

The beaches are stunning, the surf is insane
I wouldn't mind actually living here one day
And have a nice house with a view and a pool
Maybe teach for the Rural Clinical School ;)

Anna Clark, Med 300

*1 major tiff did occur due to male members of group being seemingly incapable of throwing a meal together

SPORT



Every so often it's important to close your laptop, leave your PBL study cave and do things that reinvigorate the body and mind. The events put on by the Sport and Well-being portfolio are a great way to do this and are "not only enjoyable, social, great for overall health and well-being but will help you develop friendships across the other year groups" (Thomas, 2017).

The first event for the year was the Tri-varsity Netball cup to be held at UWA on the 28th April. This was a round robin tournament between WAMSS, Curtin and MSAND showcasing two mixed grades, one competitive and one social grade. On the back of a technicality and some extremely questionable scoring decisions in 2016, the netball and football trophies went to other universities. So with the help of my subcommittee (Conner, Izzy, Kate and Kyle), I am very happy to report that - in netball at least - we have avenged these losses.

A very even competition saw both our competitive teams reach grand finals. Our girls faced WAMSS while our mixed team came up against Curtin in the decider. After 20 mins of blood, sweat and tears, both games uniquely ended up in a draw. With no extra time on offer, the two draws were enough for MSAND to reclaim the trophy back from Curtin.

Future events for 2017 include Soccer, basketball, HBF Run for a Reason (Team RIOT), a pre-exam destress, Mindful Mondays (yoga), Wellness Wednesdays (boot camp), Australian Rules football and touch rugby.

Matt Thomas, Med 200



WINS FOR MSANDFA

It seems there's no stopping the tremendous form of MSANDFA! A record-breaking 12-1 win against UWA Podiatry to start the season was followed by a strong 4-2 result over Dentistry. But it was the absolute thriller against the cross-town med rivals WAMSS that has everyone talking. Facing the undefeated champions of Med Clasico, we gave it all in a brutal contest of attacking football. It all looked lost at 1 goal down with 20 minutes to go. But in the irrepressible spirit that has defined the team this year, our forwards powered through and struck twice to complete a remarkable 4-3 win and claim the MIPS Cup!

The MSANDFA family would like to dedicate these wins to one of our own, No. 6 Jules Vitali in his treatment and recovery. Get well soon mate!

Dan Nguyen, Med 300



THE SOCIAL PAGES

It has been a busy couple of months for the Social portfolio! Semester One started on a high with 85 MED100s, along with a handful of MSAND helpers, venturing off to Nanga Bush Camp for O-camp. An action-packed weekend of activities and challenges allowed MED100 to mingle and meet their new med family, whilst also bringing out their competitive side. Special mention must go to our winners, team Red (aka. The Red Cans), who no doubt consumed a red can or two to fuel their victory.

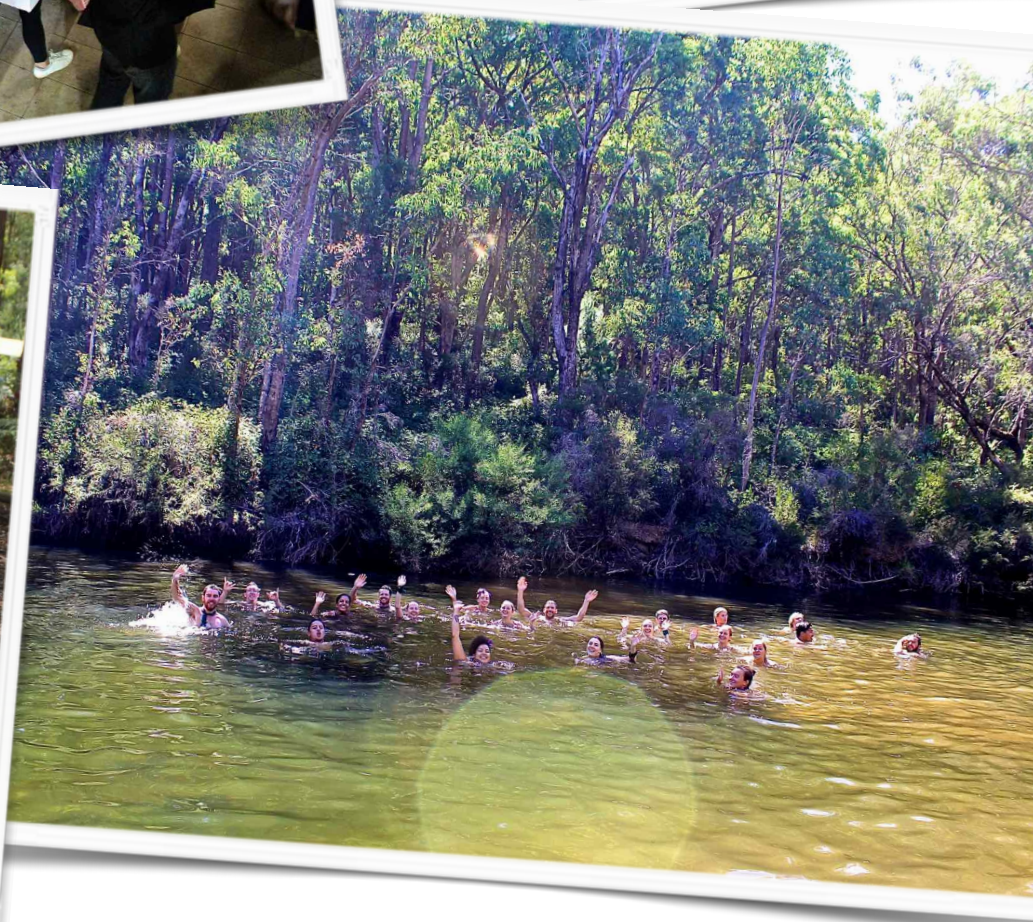
Uniform Party was once again a success in 2017. 180 attendees, dressed as every occupation you can think of, partied the night away in the name of charity. From brawny builders, to neat netballers, and the wonderful Wiggles, no effort was spared on the costume front. The night also served as a fundraiser for Orange Sky Laundry, with \$1896 raised for this wonderful charity. Orange Sky Laundry provides unique assistance to Australia's homeless community, by washing and drying their clothes for free. With Orange Sky Laundry vans visiting the Fremantle area at least 4 times per week, MSAND is thrilled that we can help this very worthy cause.

PBL Games was yet again a highlight of semester one. 13 PBLs competed in fiercely fought challenges that involved both brains and brawn. Themed as "Noah's Ark", this biblical twist allowed a variety of animal costumes to be constructed. From social butterflies to lab rats, no animal missed the boat. Special mention must go to push-up extraordinaire Travis Chong, who won the push-up contest after being short-changed in 2016. Congratulations to PBL10 for their victory, and commiserations to PBL1 for taking home the wooden spoon.

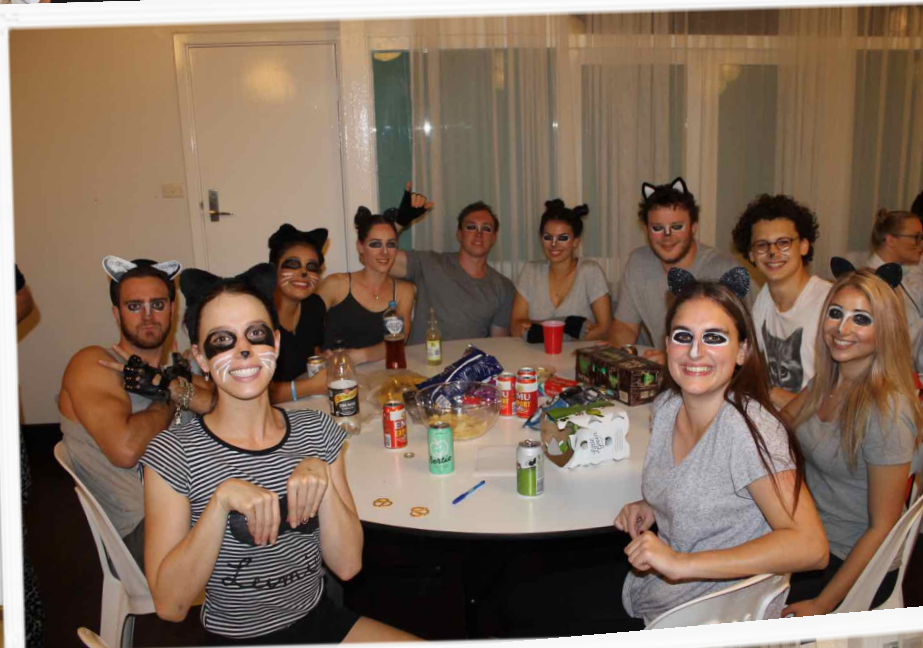
The annual MSAND Gala Ball, which will be occurring in semester two, is an absolute highlight of the MSAND social calendar. Be sure to save the date for August 12th, as this will be one event you definitely do not want to miss!

Sarah Finlay-Jones, Med 200

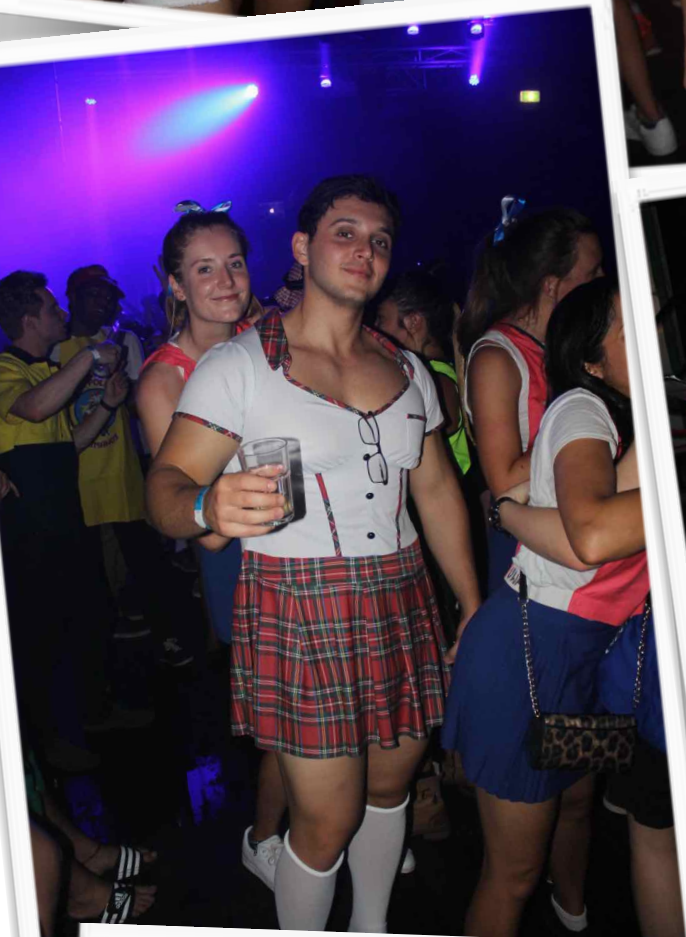
O-CAMP



PBL GAMES

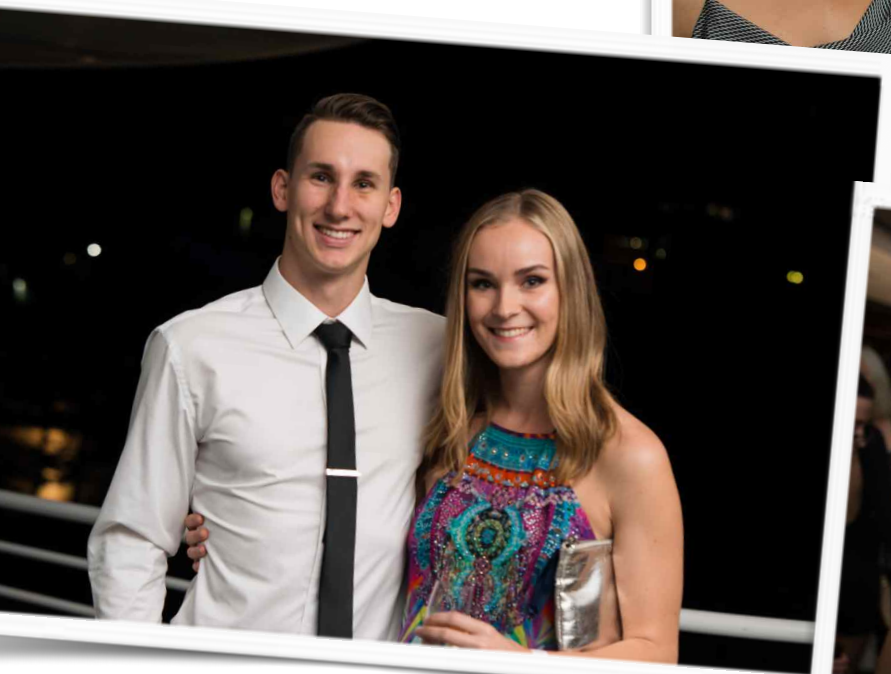
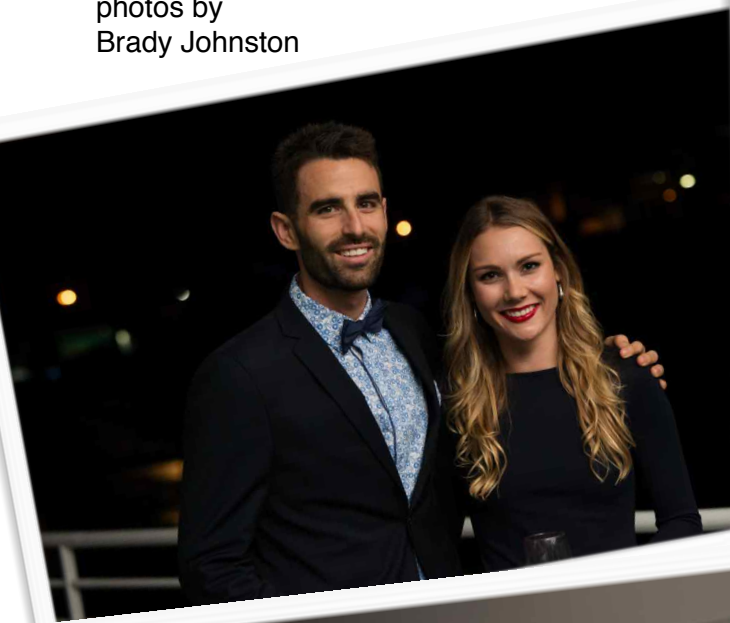


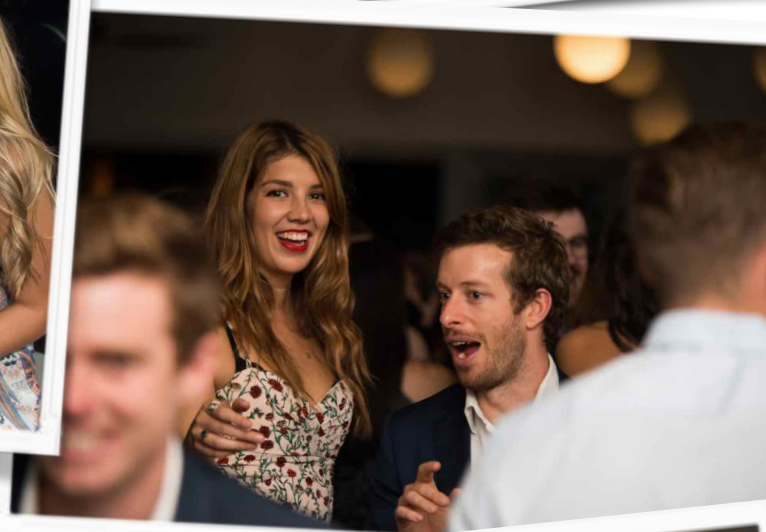
UNIFORM PARTY



MAY SOIREE

photos by
Brady Johnston





NOTRE DAMUS IS BROUGHT TO YOU LOVINGLY BY MSAND!

ALEX WRIGHT
PRESIDENT



Previous degree: exercise physiology

In 1 sentence I describe myself as: An eternally curious instinctive optimist who loves wild places, sport and cold beer

Favourite movie: The Big Lebowski

Favourite song: Spiritbird, Xavier Rudd

Greatest accomplishment to date: One time I poured black espresso coffee into an almost empty jar of nutella, put the lid back on and then shook it all into a coffee/chocolate/hazelnut situation. That will take some beating.

Superpower: flight

If I could spend one day with anyone it would be: David Attenborough. I'd ask the bloke to take me to whatever part of the planet he finds the most incredible.

MICHAEL MCKENDRICK
VICE PRESIDENT EXTERNAL



Previous degree: B Medical Science, Hons Medical and Pharmaceutical Science

In 1 sentence I describe myself as: Crazy outgoing sporty guy.

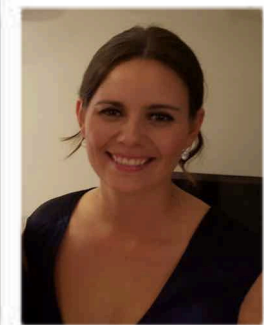
Favourite song: Action - Blink 182

Greatest accomplishment to date: Climbing to Everest Base Camp

If I had a superpower it would be: Flying

If I could spend a day with any 1 person (alive or dead) it would be: David Attenborough

SYLVIA RIENKS
VICE PRESIDENT
INTERNAL



Previous degree: Bachelor of Arts (Politics)

In 1 sentence I describe myself as: Instinctive optimist, rides bikes, love dogs, hates easy cynicism, respects loyalty,... oh wait, that's Alex's Instagram description

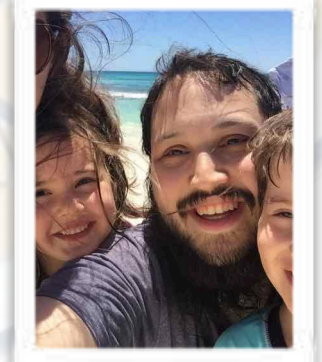
Favourite movie: Die Hard

Greatest accomplishment to date: surviving a year and a half of driving in Perth – considering the complete disregard of human life Perth drivers demonstrate on a regular basis

Superpower: needing 2 hours sleep a night

If I could spend a day with any 1 person (alive or dead) it would be: Elon Musk

GARY AVITAL
TREASURER



Previous degree: Accounting

In 1 sentence I describe myself as: my level of sarcasm has gotten to the point where I don't even know if I'm kidding or not

Favourite movie: A Clockwork Orange

Greatest Accomplishment to date: Surviving med school so far, with two kids, with a partner in med school in the same year.

If I had a superpower it would be: to lower and raise my cholesterol at will, just like a certain someone from the Office.

If I could spend a day with any 1 person it would be: Walter White

STEPH GASSNER
SECRETARY



Previous degree: BSc Anatomy and Physiology (UWA)
In 1 sentence I describe myself as: A non-coffee drinking redhead who loves Officeworks and stationery.
Favourite movie: 10 Things I Hate About You
Favourite song: Anything by Adele
Greatest accomplishment to date: I have never had food poisoning
If I had a superpower it would be: The ability to fly
If I could spend a day with any 1 person (alive or dead) it would be: Meredith Grey

SID NARULA
EDUCATION



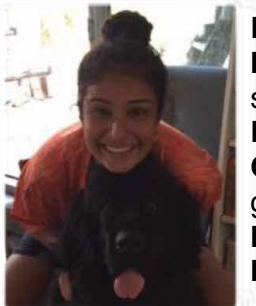
Previous degree: BSc
In 1 sentence I describe myself as: good kid, mad city
Favourite movie: Rocky V
Greatest accomplishment to date: can rap Sweatpants by Childish Gambino without stuttering on the fast parts
If I had a superpower it would be: Invisibility
If I could spend a day with any 1 person (alive or dead) it would be: MLK Jr.

MATT THOMAS
SPORT & WELLBEING



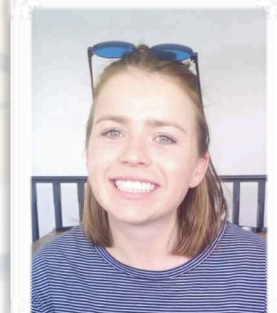
Previous degree: Glorified Personal Trainer @ UWA
In 1 sentence I describe myself as: Extroverted, annoying, easily distracted and easily amused
Favourite movie/song: Movie: Se7en; Song: Thrive - Whistleblower
Greatest accomplishment to date: It's a toss up between recording an album that made the ARIA charts or managing to eat breakfast everyday for an entire week this year.
If I had a superpower it would be: A skeleton made of Adamantium
If I could spend a day with any 1 person (alive or dead) it would be: Willard Carroll Smith Jr.

AMY KALANTRY
SOCIAL JUSTICE



Previous Degree: BSC(Hons) Psychology at UWA
In 1 sentence I describe myself as: Friendly, outgoing and the perfect mix of serious and fun.
Fav movie/song: Song- Zombie by the Cranberries, Movie- She's the Man
Greatest accomplishment to date: Fitting 20 Easter eggs in my mouth at PBL games
If I had a superpower it would be: Making it rain avocados instead of water
If I could spend a day with any 1 person (alive or dead) it would be: Beyonce

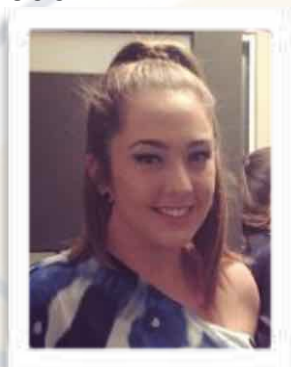
ANNA CLARK
MEDIA



Previous degree: BA Creative Writing and Journalism
In 1 sentence I describe myself as: A cereal-for-dinner kind of girl
Favourite movie: Guardians of the Galaxy
Favourite song: Loving Tash Sultana at the moment
Greatest accomplishment to date: HD in a grade 4 maths competition one time. loljks. Making use of my Arts degree by editing this magazine
If I had a superpower it would be: breathing underwater
If I could spend a day with any 1 person (alive or dead) it would be: JK Rowling

SARAH FINLAY-JONES

SOCIAL



Previous degree: BSc with Honours in Physiology

In 1 sentence I describe myself as: Way too obsessed with dogs

Favourite movie: White Chicks

Favourite song: Beautiful Soul by Jessie McCartney

Greatest accomplishment to date: Nominated by Radio Lollipop for 'Best Balloon Artist' award. It's nice to know that if medicine doesn't work out I have a promising career as a clown doctor

Superpower: Time travel

If I could spend a day with any 1 person it would be: Prince Harry

DARIELLE BROWN

RURAL

Previous degree: Nursing

In 1 sentence I describe myself as: Don't need a sentence, my friends use one of two words: sassy and loud

Favourite song: It changes too often, but triple j is on almost constantly

Greatest accomplishment to date: surviving into my 10th year of tertiary study without self imploding.

If I could spend a day with any 1 person (alive or dead) it would be: Jesus, I have so many questions for that guy,



ANTHONY STARK

ONLINE COMMUNICATIONS



Previous Degree: bachelor of Science, bachelor of Health Science, bachelor of Emergency Health (Hon)

In 1 sentence I describe myself as: an enigma

Fav song: Crystallised - The XX

Greatest accomplishment to date: memes?

If I had a superpower it would be: An email that replied to everyone automatically

If I could spend a day with any 1 person (alive or dead) it would be: Nina Las Vegas

RUBY OSMAN-MULRANEY

AMSA

Previous degree: BA English and Cultural Studies

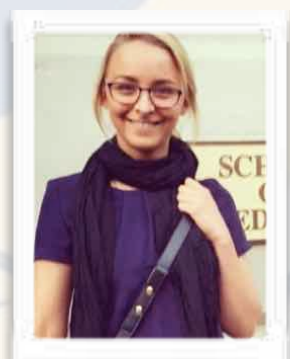
In 1 sentence I describe myself as: An extraverted introvert, or an introverted extravert. I'm definitely verted.

Favourite movie: In the Mood for Love, directed by Wong Kar-Wai

Greatest accomplishment to date: Surviving first year med as a single mum and still managing to get involved in MSAND/AMSA

If I had a superpower it would be: the ability to experience someone else's reality for a brief moment. Eg. see what it's like to think in multiple languages, or to have complete faith that there is a god.

If I could spend a day with any 1 person it would be: My daughter



KAREN MOTTA
MED100 REP



Previous degree: Occupational Therapy

In 1 sentence I describe myself as: I love travel, the outdoors and speaking a very un-fluent Spanish

Favourite movie: Dirty Dancing

Greatest accomplishment to date: Walking a Camino de Santiago in Spain for 1100km

Superpower: Falling asleep

If I could spend a day with any 1 person it would be: My grandmother, who everyone says was a very eccentric, yoga loving, ahead of her times woman.

TODD MOIR
MED 100 REP



Previous degree: Physiotherapy/Sports Science

In 1 sentence I describe myself as: Easy going bloke that's keen on footy and froth

Favourite movie: The Lion King

Greatest accomplishment to date: Getting into med school

Superpower: Time travel

If I could spend a day with any 1 person (alive or dead) it would be: Pete Murray

SALLY CASH
MED200 REP



Previous Degree: Exercise and Sports Science

In 1 sentence I describe myself as: Non-competitive and highly enthusiastic, prophesied to be the next Masterchef

Fav song: Run the World by Beyonce

Greatest accomplishment to date: Won PBL games 2017

If I had a superpower it would be: Teleportation

If I could spend a day with any 1 person (alive or dead) it would be: Neil Armstrong

TRAVIS CHONG
MED200 REP



Previous degree: Chiropractic Science

In 1 sentence I describe myself as: Just here for a laugh

Favourite movie: The Lion King

Greatest accomplishment to date: 2007 Beau of the Ball

If I had a superpower it would be: The ability to always have a fresh haircut

If I could spend a day with any 1 person it would be: Nelson Mandela

FLEUR SPRONK
MED300 REP



Previous degree: Medical Science

In 1 sentence I describe myself as: A talkative typical second child of a family of four daughters

Favourite movie: My Big Fat Greek Wedding, Mean Girls, Center Stage

Greatest accomplishment to date: Watching every season of The Good Wife over the summer holidays

Superpower: Technically not a superpower but magic, then I would go to Hogwarts and be bestie with Luna

If I could spend a day with any 1 person it would be: Poh Ling Yeow

SID SHARMA
MED300 REP

Previous degree: Science, Human Biology

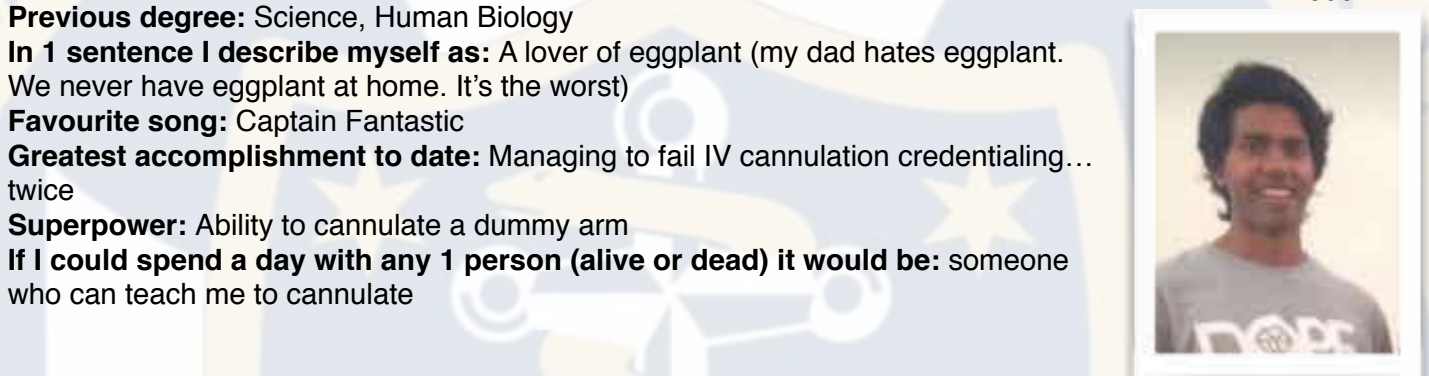
In 1 sentence I describe myself as: A lover of eggplant (my dad hates eggplant. We never have eggplant at home. It's the worst)

Favourite song: Captain Fantastic

Greatest accomplishment to date: Managing to fail IV cannulation credentialing... twice

Superpower: Ability to cannulate a dummy arm

If I could spend a day with any 1 person (alive or dead) it would be: someone who can teach me to cannulate



LIESL
MED 400 REP



Previous Degree: Public relation and Science

In 1 sentence I describe myself as: Unrealistic goal setter who gets cranky when she doesn't get enough sleep

Fav movie/song: The sound of Music. Obvious reasons. Plus I know all the lyrics so there's no backing out now.

Greatest accomplishment to date: This varies. Recently I've been pretty proud that I've made it all the way to Midland by 8am everyday for 2 weeks

If I had a superpower it would be: Winning at exams without trying? photographic memory? But mainly I just want to get my letter from Hogwarts that got lost in the mail 18 years ago... Accio letter!

RYAN COHEN
MED 400 REP

Previous degree: Science - Pharmacology

In 1 sentence I describe myself as: A 65 year old man stuck in the body of a 25 year old, with the sense of humour of a 15 year old, and the male pattern baldness of a 45 year old

Greatest accomplishment to date: dodging every pharmacology question in med school by saying "I have a degree in pharmacology, maybe ask another student"... when really I just don't know the answer

If I had a superpower it would be: the capacity to work out this 'work-life balance' thing

If I could spend a day with any 1 person it would be: Gabriella Wende... I don't get to see enough of her





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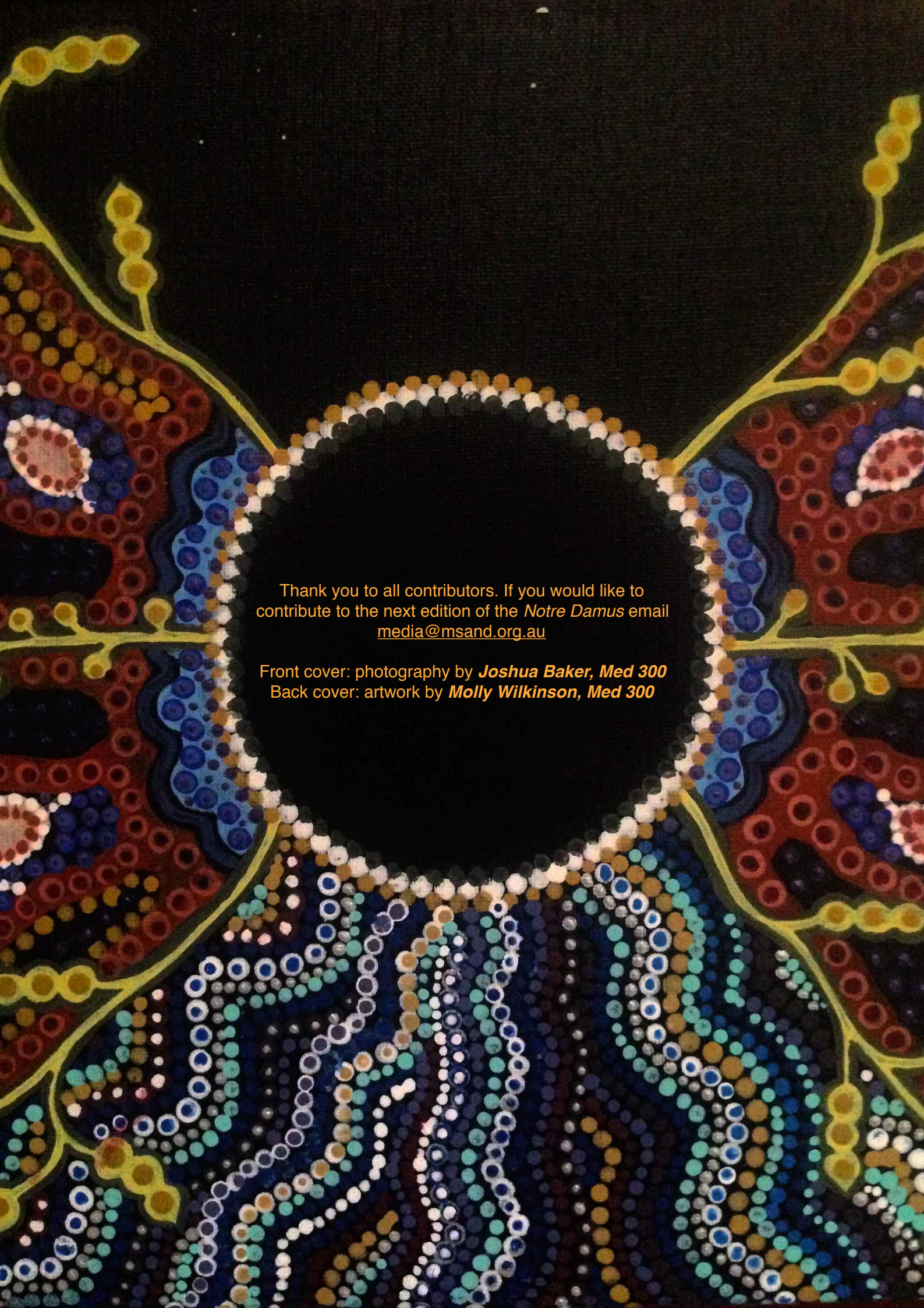
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