

# NOTRE DAMUS



ISSUE 1, 2021



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# NOTE FROM THE DEAN

## GETTING THE BALANCE RIGHT



Two of the many challenges that confront medical practitioners are maintaining professional boundaries and demonstrating humanity. Arguably these could be seen to be in conflict and so getting the balance right is critical.

Professional boundaries are important to ensure that we remain objective in our doctor-patient relationships – and that protects both parties. It is listed as a key section (10.2) of the Good Medical Practice: Code of Conduct for the Medical Board of Australia (AHPRA) and is a key focus for medical protection/defence organisations. This is because it carries a significant risk when breached with potential damage on both sides.

Professional boundaries used to be evidently clearer, certainly more visible in past days. When I was a paediatric trainee, the consultants were (on the whole) more formal – in their dress, manner and interaction. They went by Doctor X or Mr/Ms Y or Professor Z – no first names used – for the patients/families, JMOs and students. Most of the men wore suits or sport coats. Some stood at the end of the bed and would pronounce formally the diagnosis and the treatment plan and move on to the next patient. There was minimal personal interaction let alone relationship and there was a professional boundary about the size of a six lane freeway – you couldn't miss it.

As a consultant, I and many of my colleagues, go by our first names, no longer wear ties let alone jackets (for many now often scrubs), often sit on the bedside and interact on a more personal basis. That six lane freeway has often become a narrow, meandering track – clear to those of us drawing the track, but harder to see for the students and JMOs who are learning the ropes.

On the other hand we are more humane in our approach to patients. Developing a real connection in the doctor-patient relationship enables the provision of high quality care. Given that healthcare delivery is now a partnership between the patient and the healthcare providers, the relationship is essential and key to that is trust. A key way of developing this trust is demonstrating your own humanity – by revealing something of yourself, by being your authentic self.

When I was a trainee, one of my seniors advised me not to get too close to the patients and families, and that it was better not to attend patient funerals. Thankfully in paediatric practice these funerals have been infrequent, and for the first part of my career I kept to this advice and turned down several invitations by grieving parents. In my ignorance I thought it best to maintain the professional boundary and not attend. It was not until later in my career that I reconsidered this position and was fortunate enough to be invited by other grieving parents to attend their child's funeral or memorial service and in a few instances was able to attend. In each occasion it was a privilege and a remarkable experience to be welcomed by family and friends into and participate in the most personal of occasions.

So be careful who you take advice from (including me), but remember both professional boundaries and humanity matter and getting the balance right is good for you and most importantly your patients.

# PRESIDENTS REPORT

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In 2021, the normal cut and thrust of medical school was accompanied by myriad challenges and opportunities. From an MSAND perspective, I was consistently impressed with the resilience and innovation of the Committee, often breaking new ground to overcome the rules and restrictions of a certain virus which needs no introduction. In much the same vein as 2020, this year proved difficult in planning and executing events, though fortunately we can count ourselves lucky compared to our eastern seaboard counterparts.

It is safe to say that there were numerous new initiatives concocted by many representatives this year that enriched the experiences of many students – the weekly quizzes and lockdown exercise challenges to name but a few. I want to thank all our representatives for their creativity, adaptation and steadfast efforts this year in helping all students have a rounded, positive experience outside their studies. I will leave it to the various representatives to regale you of their novel ideas and enterprises. I also want to thank all our students for their engagement in and support for MSAND-run events – typified by the phenomenal World’s Greatest Shave event which raised over \$20,000.

Some of the most significant changes have been to resource allocation and university staffing. Given the significant staff restructure, I can only commend our teachers and administrators for their tireless work over the past two years. COVID-19 has caused, or perhaps just accelerated, a significant paradigm shift in medical school education. Didactic teaching seems to be on the way out, and online tutorials, recorded lectures, and electronic platforms like Osmosis and Amboss seem the way of the future. Many people are kicking themselves for not investing in Zoom in the early stages of 2020. Fortunately, most students have taken these changes in their stride, adjusting to the new ‘norm’ quickly. Moreover, I have been grateful for the comprehensive feedback regarding potential future large-scale changes in the curriculum; the third-year calendar changes for example.



All in all, I am proud of what MSAND has been able to achieve this year. We set out with the aim of reintroducing and expanding the social calendar, to promote wellbeing and strengthen the bonds both within and between year levels. One of Notre Dame’s greatest strengths is the quality of people it attracts. It’s hard to fathom the number of medical students that some universities have – UQ and Monash have about 1900-2000 each – and this year more than ever I have appreciated the smaller, tight-knit group of around 400 that we have at Notre Dame. I always find it a tad sad hearing stories of students graduating and seeing scores of people in their year they’ve never met crossing the stage. I believe MSAND this year continuously provided students the ability to celebrating each other’s talents and interests outside of our medical studies, whilst also assisting their learning.

From a personal perspective, I am content in retiring from student life. I think attendance at four consecutive orientation camps is enough for a lifetime and I am happily passing the baton onto Jarrad and the new committee. MSAND is in safe hands, and I’m sure 2022 will be even bigger and better.

I hope to see you all soon, stay safe and eat your vegetables.

# FIRST YEAR REPORT

It's hard to believe how quickly time has flown by this year. Our great journey into "welcome to no life"- I mean, 'medical school', commenced on Monday 25th January 2021. We nervously walked into the Drill Hall (after some panic in finding the building first), feeling like lost puppies. We were wondering who we were going to meet, knowing that these strangers at the time were going to be our colleagues for the next four years of our medical school career and beyond! Most of us were anxious but excited. We engaged in awkward conversations, asked superficial questions, all at the same time, legs shaking and fidgety fingers. However, upon reflection and looking back, I cannot help but feel blessed and proud of the 2021 first-year cohort.

After a few days in, having butterflies in our stomachs, orientation week settled us in quite well. The Welcome to Country and Smoking Ceremony allowed us to bond as a community and show respect for Country and towards Aboriginal tradition. This sacred ceremony had opened a doorway as we commenced our studies with a focus on Aboriginal and Torres Strait Islander health. Orientation week ended with a weekend away in the bush for O-camp. It was here where many of us realised how much we truly needed each other for support. After some exciting activities like building a raft, team-building exercises, chubby bunny, talent performances and dances, by the end of the weekend, we had laughed more than what our cheeks could have handled. Here, we bonded like arteries and veins.

The first six weeks of uni was rough. We had to learn how to navigate our way around the online portals, blackboard, Sophya, Murdoch, Prudentia and bioethics portal, to name a few. We also pursued to "figure out" our study technique. Do I stick with pen and paper? Do I type up my notes? Make flashcards? It was a lot. Then the 'Anki king', Oli came to the rescue and informed us (more like "suffocates" us) with Anki! Yet, at this point in the year, we cannot thank you enough for doing that for us, Oli. We not only appreciate your insight on Anki but also your input on the quizzes that you created for us weekly. Legend!

At this point in the year, we were still puppies, trying to find our feet and place in the cohort and at Notre Dame. Yet, at every step of the way, we were there for each other. During the World's Greatest Shave event, we were there supporting our girl, Indi Scanlon. Absolute trooper.

When a student in our cohort had her car broken into and iPad stolen, we came together to help her purchase a new one. After two lockdowns, a deferred case-based exam, and not having the luxury to enjoy a proper two-week break in between semesters, I can say that this cohort is a resilient bunch of exceptional students! Our motto is 'no man left behind', and throughout this year, we have supported each other above and beyond. We are not only colleagues and friends, but family.

We continue to walk past each other and say "hello" with smiles on our faces. When one of us needs support, or is feeling overwhelmed and behind in study, any one of us is happy to drop what we are doing to assist in any way. This is what we do. Many of us have realised the importance of receiving a hug for support and recognise how a 5-minute check-in can make a world of difference.

This year we have seen each other laugh, cry, struggle, succeed and grow. What a journey it has been so far. My colleague, Raph Reyes and I cannot be prouder in representing the first-year cohort. Our year coordinator, Professor Paul Noakes, has been incredible. On behalf of the cohort, we thank you Paul for being there for us, even when you were away. Your door has always been open, and you welcome each one of us with open arms. We also send our love to those special individuals that have supported us throughout the year whether it be our partners, families, staff members and mentors. Thank you. You have put up with a lot, from our meltdowns to our doubts and crazy schedules. We are forever grateful to those that have been our rocks through everything.

I couldn't be more honoured to have represented an enthusiastic, caring, and bright cohort. Despite having my family on the other side of the country, like many of us do, I wouldn't want to study medicine anywhere else but here with you all at ND, in Fremantle. What a pleasure it has been. My love goes out to each one of you, as we pursue the last four weeks of first-year medicine. Let's smash out these exams so we can finally enjoy a well-earned break!

With love,  
Camilla

# MED100 O-CAMP

The memories and good times had at O camp set the tone for the rest of the year and beyond, and I can confidently say that as a cohort, we will cherish these memories forever

After an overwhelming week of orientation filled with an abundance of new information and free food, I can collectively say that the MED11600 cohort were understandably lacking in energy. So, as you can imagine, we were more than delighted to learn that we would be spending our afternoon competing in an Amazing Race, which involved being divided into teams and running around Fremantle in 35-degree weather and getting up close and personal with strangers. This of course was all in an attempt to win points, an elusive currency whose yield we were yet to discover (Edit: the points were very high yield)

After completing the race, we piled into buses, ready for some much-needed rest on the way to the infamous O-Camp. As many of us closed our eyes in an attempt to get some kip, the ever-enthusiastic MSAND team decided to turn up the voltage with 'speed dating', AKA trying to sound interesting to a group of strangers and future colleagues for all of 3 minutes. Thankfully, this was a talent many of us had already perfected to get through interviews.

After arriving at Nanga Bush Camp, located in Dwellingup, we buddied up with 3 of the other strangers that we would soon call friends and chose our bunks for the weekend. After donning our crazy shirts, we were then ushered downstairs and seated with our teams to start what we all anticipated to be a hazing. We carefully selected team names while being slated by the MSAND team about how wholesome our choices were. After this, the games began! Literally... to kick off the weekend, we played a large-scale game of paper-scissors-rock.

Following a collection of various games and ice-breaker activities, the cohort, retired to bed, ready for some much-needed rest. In the midst of our dreams about chubby bunny, two lies and a truth and trying to process our new friends' secret talents, which included wildly impressive walking handstands and beating our beloved MSAND president at an arm-wrestling competition (sorry Joe), we were abruptly awoken at 0700 to the docile sounds of Energy by Space Cadets. This undoubtedly exacerbated the not-hangover-related headaches that many of us were experiencing

Following another day filled with a variety of fun activities, we donned our N and D costumes and got ready to boogie the night away. There is nothing stranger or more splendid than seeing hundreds of medical students dressed up as Dobby, Doritos, double denim and disco-goers, as well as nerds, nuns and navy sailors, to name a few. And just as DNA ligase binds Okazaki Fragments (yay for biochemistry jokes), Fruity Lexia bound the cohort together and left us with lifetime memories and lifetime friends.



If there's anything I've learnt from this experience, it's that there is no quicker way to foster friendships than to throw a bunch of strangers together in a place with no phone service. The memories and good times had at O camp set the tone for the rest of the year and beyond, and I can confidently say that as a cohort, we will cherish these memories forever. Not even the news of Perth going into a 5-day lockdown could bring us down.



# A TRIP TO THE COUNTRY\*

\*WHEATBELT



If you've ever been fortunate enough to visit WA's Wheatbelt, then you'll know the sense of peace and freedom my classmates and I felt as we arrived in the small farming town of Corrigin on our first day of the 2021 Wheatbelt Medical Student Immersion Program. If you haven't been, then you'll just have to take my word that the famously dreamy city of Fremantle seems downright clamorous in comparison!

After a warm welcome from the Shire, we were given a tour of Corrigin and the beautiful Gorge Rock. A classmate told me that the view from the top was breathtaking, but you and I will have to take their word for it. I spent this part of the tour fending off some unusually tenacious flies and regretting that morning's choice of floral shower gel. Back in town, our billet families tipped us off about some basketball at the local primary school. Jumping at the opportunity to simultaneously ingratiate ourselves with the locals and defeat some preteens on the court, we were soon well ingratiated and thoroughly defeated—home advantage. Mixed netball against the billet families was the final activity of the day and 64% of my cardio quota for the year. Did we win this time? What's important is we had fun.

From then on, events took a turn for the medical. After a morning yarning with a local Aboriginal Elder and learning about the town's history, we had the opportunity to practice our health communication skills with Teddy Bear Hospital and the incredible students of Corrigin District High School. These teddies weren't going to bandage themselves, and (in typical medical student form) the chance to wear stethoscopes in public was met with enthusiasm

We spoke with Corrigin's health practitioners to gain a better perspective on the challenges and opportunities of rural healthcare. Dr Raj, the town's only GP, showed us around his clinic, giving insights from his life as a rural GP. When asked what he enjoyed most in rural practice, Dr Raj replied, "You get to do everything here. You are a dermatologist, an obstetrician, a geriatrician, an emergency physician, everything!", "I wouldn't want to work anywhere else". A later visit to Corrigin's hospital highlighted the urgent need for more skilled nurses and professional healthcare workers in rural WA. Speaking on the attrition rate of newly qualified nurses at the hospital, the hospital's head nurse said, "We train young nurses and give them all these new skills; then they use these skills to get jobs in the city. We can't get them to stay".

Our time in Corrigin highlighted the need for passionate and committed healthcare professionals in rural WA. It was an incredible opportunity to get out of the city to experience life in this unique part of the world. I can't wait to go back.



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# SECOND YEAR REPORT



MEDI6200 dusted off our steths and started off the year by completing our 6 GP placements. Although we had some placements last year, this seemed like a big step up as we actually kinda had an idea about what was going on. We got to observe a whole range of things in GP land, from skin excisions, Mirena insertions and witnessing the difficult task of vaccinating screaming children.

These valuable placements were overall a crowd pleaser and made some of us think more seriously about a career as a GP. The placement was accompanied by a GP population study which was by far one of the cohorts favourite pieces of summative assessment. We thoroughly enjoyed spending 15+ hours of our time sifting the census data and completing the comprehensive appendix for a whopping 2% of our overall grade.

## 2nd year described in a few words by students:

- Long
- Truly excellent
- Hectic, entertaining
- Long
- Whirlwind ball of emotions, steepest learning curve ever encountered

One of the key differences to the second-year timetable in comparison to first year is the addition of path classes at Murdoch. We loved spending our Wednesday nights with Louise and Marek and learnt a few valuable lessons.

1. Any patient presenting with any symptom has SLE and antiphospholipid syndrome until proven otherwise.
2. For bottles, if in doubt – measure.
3. Not sure how to histology? No worries, just write “amorphous pink stuff”, and you will be guaranteed full marks.

An absolute highlight for the cohort was the Kimberley Remote Area Health Placement. We were dispersed around the Kimberley – from Broome to Fitzroy crossing and everywhere in between. After 28 days straight of rain in July, this trip came at the perfect time. The program was described by the cohort as “life-changing”, “warm”, and “rewarding”. We were placed at different locations, from cattle stations, to schools, to local radio stations and national parks. Highlights included dinner on the mudflats in Derby, tuning into the local radio stations to hear fellow students trying out a career of DJing, and joining in the 100m sprint at the Fitzroy Valley interschool Athletics Carnival - walking away with a solid last position.

Some of us are still trying to cling to the week by refusing to wash our white linen shirts of the red pindan sand. The real-life stories we were privileged to hear, lessons learned and connections made during this short week indeed will remain with us forever into our careers and personal lives. This life-changing week was undoubtedly one of the best so far in our medical school journey and we simply cannot imagine second year without this trip (hehe sorry MEDI6300 cohort).

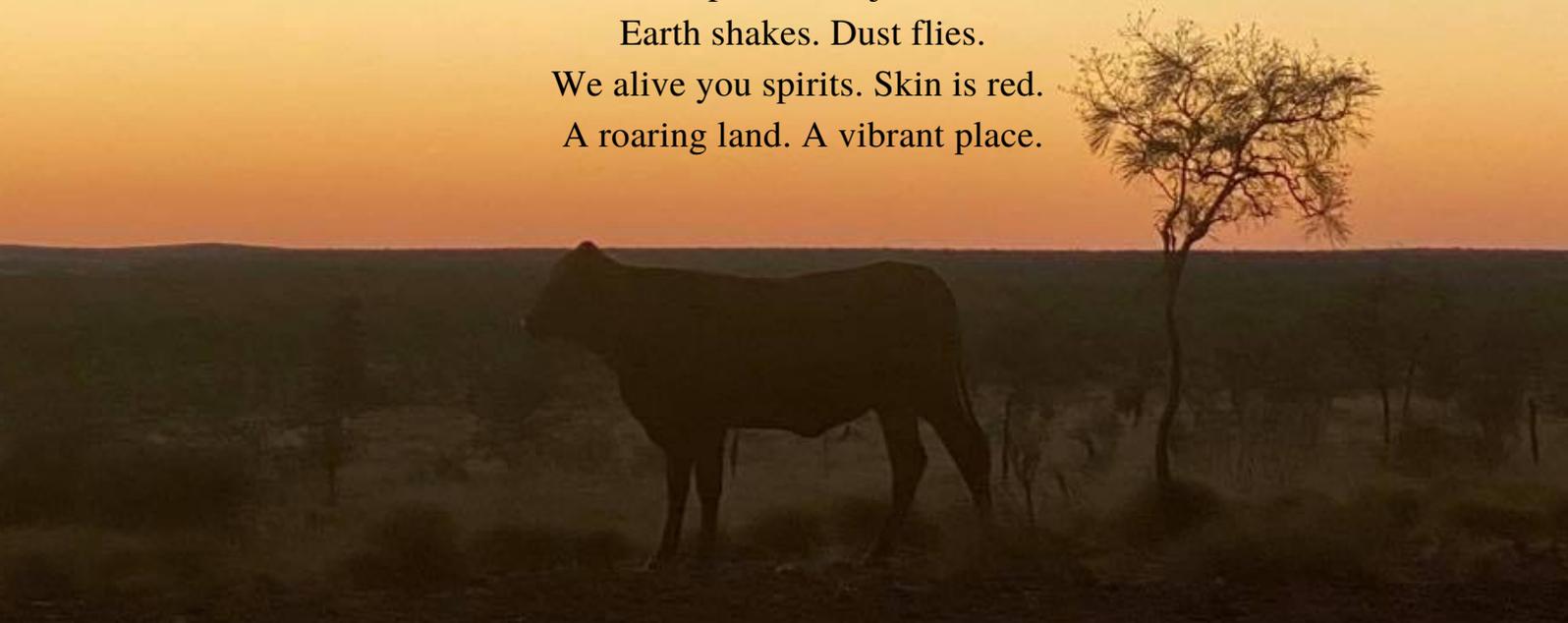
Overall it has been a fantastic year for the MEDI6200 cohort. After a disrupted start to our medical degree, we are so thankful to be all together and receiving quality teaching here in beautiful Fremantle. The year has been a long and challenging one but we are so excited for third year and to start intersecting with patients (wow, what a concept!).

# KIMBERELY TRIP WUNAN NGARI

Mosaic burning bright.  
The flood and the scorch.  
Big old Boab watches over.  
Shepard of the land.  
Stoic. Alone.  
The sap of the Blood Wood cares for the people.  
Lost wisdom in the trees.  
Time to listen.  
A slumbering land. An ancient place.

An arid path.  
Speargrass defends the secret.  
Stillness broken by a trickle.  
Old spirit.  
Soap wattle freshens skin and soul.  
A friendly breeze carries the tea trees  
Sweet treats of the Boweenya  
Life to give.  
Untouchable to but a few.  
A waking land. A peaceful place.

The fragrance of the Cyprus cleanse.  
Shaving back the Silver gum makes for music.  
Clapping sticks pierce the night.  
Bellow in the bones.  
The passion of junba.  
Earth shakes. Dust flies.  
We alive you spirits. Skin is red.  
A roaring land. A vibrant place.





## BROOME LEARNING ON COUNTRY

As eighteen lucky students said goodbye to cold, rainy Perth and hello to the sunny Broome paradise, it was hard to contain the excitement. I think it is safe to say that for all of us, the Broome experience provided an unparalleled opportunity to learn about what it's like to live away from the big city and expanded our understanding of rural health. Hospital placements offered us the chance to see what the rural healthcare system is like firsthand. Seeing the inner workings of a rural hospital and having the opportunity to interact with local community members meant that many of us were left with a far greater understanding of how tight-knit these communities truly are and a newfound passion for working rurally. Furthermore, attending PBL and clin skills classes run by local doctors allowed us to test our knowledge and refine the skills we had developed back in Perth over the past eighteen months (did someone say circle of death?).



The Aboriginal health experiences we had in Broome were also unparalleled. It was a privilege to learn from local Yawuru people about Aboriginal community and culture in the Kimberley. Workshops learning about skin groups and traditional language have provided the foundations for future interactions with Aboriginal patients. Specifically, attending organisations such as the Kimberley Stolen General Corporation, Nyamba Buru Yawuru and participating in cultural tours of Broome meant that we had a fantastic opportunity to learn about Aboriginal history and culture firsthand.



It, however, wasn't all work and no play (in fact, for many of us, it was almost no work and all play). Weekends and outside of class time were filled with travelling around Broome and exploring the beautiful sites the North Kimberley has to offer. Between visiting Gantheaume Point to search for dinosaur footprints, attending the legendary Derby Rodeo, unforgettable astronomy experiences with Space Gandalf, exploring the natural wonders of Cape Leveque and enjoying a leisurely float through Coconut wells, there was almost no time to learn about osteosarcoma or what on earth the difference between nephrotic and nephritic syndrome is!

As the six weeks ended and reality started to hit that we would have to travel more than 300 meters between bed and PBL once back in Perth, the mood was sombre. In Broome, we learnt that it is possible to carry a weeks' worth of groceries from Woolworths on a bicycle, that red dirt is a fantastic substitute for fake tan and can now all flawlessly recite the lyrics to Chicken Fried. The opportunity to take part in the Broome Learning on Country program should not be overlooked. The experiences we had in Broome are not ones that can be learned from reading a chapter in Robbin's or watching a Pathoma video on double speed. They are ones that can only be had by genuinely living and engaging in rural life – an experience I think anyone would be lucky to have.

# THIRD YEAR REPORT

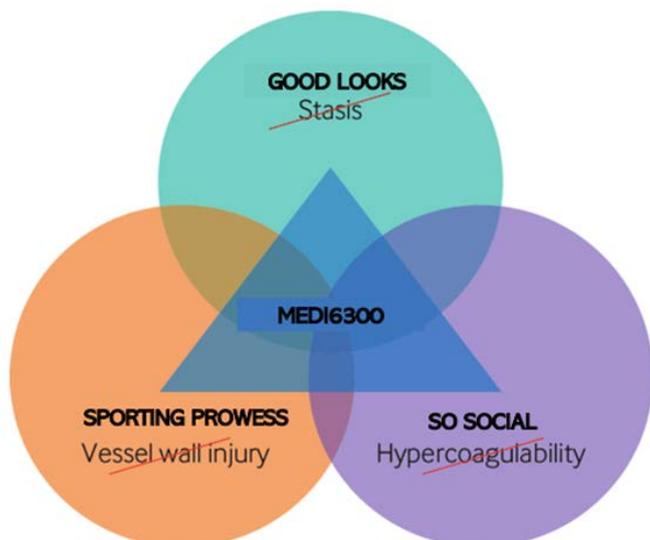
Pure DOMINATION is how we would describe this year for all of the wonderful MED6300 cohort. We started the year off with a bang, crushing the souls of the other cohorts in the fitness lockdown challenge. There is nothing more satisfying than asserting your physical dominance on the rest of the medical school (Figure 1).



RANK	TEAM/NOC	GOLD	SILVER	BRONZE	TOTAL	RANK BY TOTAL
1	MEDI6300	32	23	16	71	2
2	United States of America	27	34	24	85	1
3	Japan	21	7	13	41	5

**Figure 1: Olympic Medal Table demonstrated MEDI6300 dominance**

Yet another highlight of the year was our strong presence at each Friday Friendly, sporting and general social events. Whilst the clinical years may have attempted to physically separate us, our desire to come together and discuss our next #mememonday idea was just too strong (and ofc our general love for one another). The gregarious spirit of third year's has yet again proved that we are not only the hulking braun of the university, but we are also the sprawling social butterflies. We have generated a new Virchow's triad that demonstrates the lethal combo that is MEDI6300 (Figure 2). Unfortunately, no anti-coagulant has proved effective at breaking down our greatness, paucity of MED63200 research on this topic.



**Figure 2: MEDI6300 Lethal Triad**

Third year marks an evidently new chapter in our medical education. The transition from pre-clinical to clinical brought an array of interesting and novel challenges. As a cohort known for our awe-inspiring comedians, we decided that Notre Damus is no place for dwelling on the negatives, as such we invite you to glance on some of our finest moments.

## Funniest moments of MEDI6300:

- “I discovered that after 4 hours of being in theatre I had a massive rip in my scrub pants – thank you to the scrub nurse that told me!”
- “I followed the registrar to the bathroom”
- “I hit my finger so hard with a tuning fork my clinical partner was concerned for my bones”
- “My clinical partner was doing a cardiovascular exam in front of a professor and was taking their time with auscultation. They then look up at me, paused, then turned on their stethoscope and continued to listen.”
- “A consultant accidentally ‘stole’ a patient’s phone thinking it was theirs and we didn’t realise till the end of the ward round”

## And for our final word, our best tips for the future MEDI6300’s:

- “Don’t feel bad that you don’t know as much as the consultant surgeon expects you to know”
- “Never lend a pen to a patient. You’ll never get it back”
- “Private hospitals can represent different patient groups to those at public hospitals. Make sure you cover the main conditions if you are seeing a private specialist’s niche area”
- “Don’t compare yourself to your classmates. Can be difficult with ward rounds/tutes/bedside teaching and seeing the wealth of people’s knowledge, but you know a lot too!
- “Medicine is a marathon. It’s constant learning journey and we are not expected to know the whole of medicine by the end of 3rd year!!! Remember that self-love <3 “
- “You’re going to think that you’re inconveniencing patients by doing a hx/ex. Never underestimate the therapeutic value of being listened to, 95% of patients will love that they’re helping you learn!”

Xoxo The (alpha) 3rd years

# RCS PROFILE: CARNARVON



## What have your best memories been this year?

We're so lucky with all the beautiful regions around Carnarvon that we often go camping or even take day trips to places like coral bay or the Kennedy ranges the beaches are often empty, the water crystal clear and the sea life is wondrous. Wildflower season this year was a particularly incredible highlight, fields of native flowers as far as you could see carpeting the Kennedy ranges. Many of our RCS organised activities are also camping trips to explore the region and it's actively encouraged by RCS staff.

Carnarvon is also called WAs fruit bowl and it's another reason I love it here, the plantations produce so much incredible food that you can often buy direct from the farm, not to mention the Gascoyne food festival that happens in the region every year with Top chefs coming from all over to cool with the regional produce.

Placement is also excellent, there are so many hands on opportunities for the med students as there aren't any other juniors, and the docs at the hospital are super supportive and love to teach. This year I've sutured, plastered, managed patients from go to whoa, relocated shoulders, ventilated a patient in a resus and even put in a chest drain for a tension pneumothorax to name a few!

We also get to go on flying clinics to remote communities and towns to provide services to regions that don't have doctors. Carnarvon is a great site if you want to really throw yourself in and get your hands dirty so to speak, it may not have all the specialties and glamour of the larger sites but the town is so grateful to have us here and the opportunities for exploration and learning are endless

## What is one thing you wish you knew before going?

How exhausting placement is when you first start!



## Any tips for students wanting to go on RCS?

I've had the most amazing year and have loved all of my placements. Like with anything there are going to be ups and downs and it can be tough being away from family and friends but ultimately it's only one year (not even!) and the learning and opportunities and travel I have been able to do has been amazing. My main tip for choosing a site is to first ask around and find out as much as you can about where you are considering going and choose the site that you think will give you what you want to get out of RCS. Some sites are definitely cruiser than others, some like mine you become a part of the team and end up being put to work in a manner of speaking. Every site is different and RCS isn't always for everyone. Manor the choice that suits you best. Finally my biggest academic tip is probably to try and follow the Notre Dame LOs instead of the RCS ones...



# Keep on learning

**Russell Thompson**

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# AN ODE TO THE CLASS OF 2021

Four years of hard work, toil and tremor,  
Finally has come to culminate in this, our impending year of terror.

As first years we stood with trepidation,  
What would the next years hold, was our consternation.

Yet soon the years passed with pace and a flourish,  
Sometimes during exams, we were malnourished.

We cursed PBL triggers and cried out in dismay,  
How does one even pronounce borborygmi?

Did you thrive, survive or occasionally stall?  
Now quick, grab a pen, jot down the ethics of it all.

All too soon, we scurried to the corner of rooms,  
Hiding from failure, videos off for all zooms.

Now please, do not get us wrong,  
Occasionally things went with aplomb.

Friend were made, romances begun,  
Some of them ended, but that sounds less fun.

We met fresh-faced teachers, and some who'd retired  
People who have changed us and inspired.

We owe many thanks, and yet they seem insufficient,  
Without you all we would be deficient.

So thank you, Prof Courtney, Prof Chaney,  
there are simple too many to try to name-y.

And to you, the Class of 2021,  
Thank you for many memories and fantastic fun.



# EVENTS

## Andrew Warnock

From the ashes of a lockdown-filled 2020 emerged the biggest MSAND social calendar in at least one year. I was blown away by the enthusiasm of everyone packing our events to the rafters, special mention going to MEDI6100 for championing the festivities.

The social calendar kicked off down at Nanga with O-camp, where the first-year cohort participated in various games and activities as they got to know each other. They didn't fatigue and managed to carry onwards with their performance on Saturday, with all teams competing with vigour but the Teamiest Team emerging as the victors.

March heralded another stellar Uniform Party, with the Jeyadevan household generously hosting the ultimate Pre's once again. Party buses ferried over 250 revellers to The Avenue for a silent disco night hosted by 3 DJs.

In April, MSAND joined forces with CAMS and WAMSS in a partnership event with 20talk, a Fremantle based not for profit aiming to normalise the conversation on mental health. Entree to Easter was a great success, with 8 DJs killing the game on the Funktion One sound system and over \$2500 raised for the mental health cause.

May came around, and instead of the highly anticipated Soirée, we were treated to another snap lockdown. With Delay Soirée in motion for a second year running, the scene was set for the event to have its biggest ticket sale reboot to date. Instead, the spicy cough reared its ugly head once again, and McGowan plunged WA into another snap lockdown in July, making Soirée the most COVID cursed event in MSAND history. 2022 will hopefully be the year of no-delay-Soirée.

In Semester 2, we launched our first collaboration event with NDNS with the Cocktail and Kicks Quiz Night. The Anki king and education rep Oliver Taylor led his team to victory with the ultimate statement of academic authority. The event raised over \$1500 for Fair Game Australia.

The Gala Ball was held at the Hyatt Regency this year and was truly spectacular. We were able to celebrate some of our amazing educators and the students of the year who are all cherished by their peers. Event proceeds allowed for a \$700 donation to the Multicultural Services Centre for WA who are leading the resettlement services for Afghani refugees.

2021 was truly a huge one for socials, so thank you all for being such enthusiastic attendees! Looking forward to a bigger and better 2022!





# SOCIAL JUSTICE

Ashani Jeyadevan

Social Justice came into 2021 with goals of planning impactful events on the ground and inspiring change through advocacy. It was such a busy year, and I thought the best way to encapsulate our wins would be to highlight four of our bigger campaigns!

## Leukemia Foundation: World's Greatest Shave Fundraising

We started the year with a massive fundraiser for the Leukemia Foundation, supporting children and families impacted by blood cancer. Five brave medicine students, Indi Scanlon, Teegan McQuinn, Natalie Ferrington, Cassandra Mattes, and Curtis Read came together to give away their hair to raise an incredible \$20,000! Our Social Justice team supported the shavers by hosting the shave on campus alongside peers and staff, with live music and a food truck. We collected an incredible amount of prizes for a raffle, including an overnight stay at the Hilton, which raised \$4,900. Our friends at the Bar Orient kindly hosted us for a post-shave party, donating \$5 from every drink sold to fundraising efforts!



## Share the Dignity: Menstrual Hygiene Drive

Share the Dignity is an organisation that supports those who are experiencing period poverty, under the belief that everyone deserves to be afforded the dignity of safe and free menstrual care. We assisted efforts by collecting pads and tampons through donation boxes placed around ND35 and a social media campaign outlining the prevalence and risks associated with period poverty. Over 1000 menstrual hygiene products were collected by generous donations of Notre Dame students and staff. Share the Dignity distributed these donations to those experiencing homelessness and/or living in rural WA.

## Biloela Family: Social Media Advocacy Campaign

The Biloela Family are a Tamil refugee family who were detained on Christmas Island, after living in Queensland for 12 years. The family were stripped of their dignity, home, and adequate healthcare, leading to the youngest child almost dying of septicemia whilst being treated for the common cold. We ran a social media campaign shedding light on the mistreatment of this family and ways our followers could help. This post was liked by 116 followers and shared by a further 225 Instagram users. Our social media followers and engagement this year has more than doubled! We hope that we played a part in the relocation of this family to the safety of Perth that followed.



## Tangaroa Blue: Beach Clean Up

On Sunday October 10th we hosted a Beach Clean Up at Leighton Beach with Tangaroa Blue! We collected over 7kg of waste left in the ocean and sand dunes, some of our most notable findings being half a watermelon, a bottle of car coolant, and lots of metal and food packaging remnants. Tangaroa Blue's mission is to not only clean up oceans and waterways for wildlife, but understand the cause of pollution. This is why we collected rubbish and logging it into their extensive database of waste collected across Australia. The database acts as tangible evidence to enact change on an industrial level and holds big companies accountable for their environmental impact.



We have also donated 1000 cans to Containers for Change after O-Camp, run a donation drive for St Patrick's Community Centre for warm clothes for those experiencing homelessness, joined forces with the Sydney Equity team to host a Trivia Night, volunteering with Feed the Little Children in Broome for BLOC students, and placed a permanent FairGame donation bin in the Medicine Building. In terms of social media advocacy, we have led successful campaigns for Raising the Age of Criminal responsibility, lobbied for equal pay for Australian Paralympians, and advocated for Australian Government support for those impacted by violence in Afghanistan.

None of this could have been possible without the incredible subcommittee who brought passion, endless ideas, and (wo)man-power for our success. Rubi Chin, Indi Scanlon, Farzana Jamali, Samantha Elle, Hannah Cadlolo and Deepika Prasad, thank you so much for gifting your time to MSAND Social Justice! It has been an absolute privilege to lead this group, and I feel even more inspired to continue working in the Social Justice space going forward.

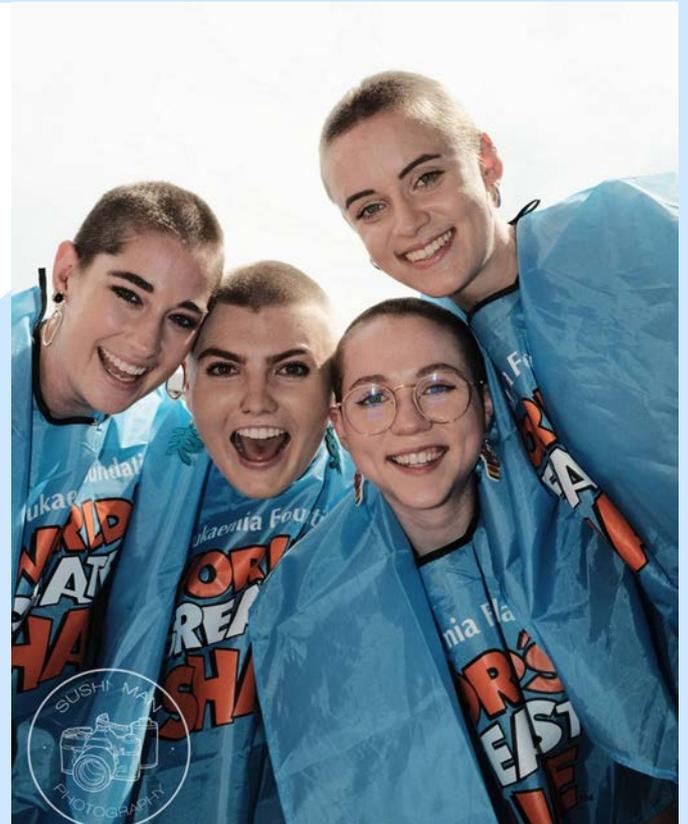
# WORLD'S GREATEST SHAVE

Indi Scanlon

In Australia, 47 people are diagnosed with a form of blood cancer every day. At the beginning of this year, this was the unfortunate diagnosis for a close friend and colleague of mine, Dr Jamie Drummond. With research continuing to work towards finding a cure for those affected by blood cancer, I decided to contribute to this cause by participating in the World's Greatest Shave.

Being a cause close to my heart, you can imagine how grateful I was when four brave Med Eggs (Cass Mattes, Teegan McQuinn, Natalie Ferrington, and Curtis Read) offered to undertake this shave with me. Alongside the Social Justice team, we banded together to fundraise over \$20,000 for the Leukaemia Foundation. The Shave Day was an emotional and memorable experience, with friends, family, and teachers coming down to support and learn more about the impacts of blood cancer.

From the bottom of my heart, thank you to everyone who donated. The money fundraised will be able to support over 600 families living with leukaemia, in addition to aiding in 6 months of research toward finding a cure.



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# SPORTS SUMMARY

Ethan Willaims

The 2021 sporting calendar began unexpectedly with a snap lockdown in January, sparking the first of 3 lockdown wellbeing challenges. 156 students smashed out a highly competitive week of lockdown exercise and wellbeing activities resulting in over 20,000 pushups completed and 2280km run. On the final day, the first, second and third years all shared top spots until the third years prevailed to take out the first challenge. Lockdowns later in the year resulted in two more challenges, with another win going to MEDI6300 in the second challenge and MEDI6200 narrowly upsetting the MEDI6300 in the final challenge of the year.

Outside of lockdown, soccer was the first team sport to get up and going with MSAND fielding two teams in the local Fremantle 5-a-side competition from February to April, both teams finished up mid-table in a strong outing from some emerging second-year stars. An evening of lawn bowls with Curtin & WAMSS followed in April to socialise with the enemy before the footy season began a few weeks later! Footy predominated through the middle of the year, with Netball rounding up the sporting calendar in early September, seeing a ruthless performance from Notre Dame winning both divisions with three wins and no losses for MSAND 1 and MSAND 2. MSAND 3 was also able to fight hard on their night but won the division two wooden spoon, helping Notre Dame take home all the major prizes of the night.

This concluded what was an interrupted but exciting sporting year for MSAND, with many solid performances and a large amount of talent moving through the preclinical years, MSAND sports has a very bright future



# FOOTY WRAP-UP

The word “rebuild” gets thrown around a lot these days.

Freo are at the tail-end of their “rebuild” and are tipped to go well into September next year. Clarko’s Hawthorn dynasty famously skirted their way around “rebuilt” with 4D chess trades to stay top 4 for the better part of a decade. I have had to “rebuild” my sense of self after watching my 3-minute thesis.

I’d like to start by saying MSAND are NOT in a rebuild. Declaring a rebuild is akin to declaring bankruptcy. It’s putting your hand up and saying, “I’m cooked and I need to start again and Dad won’t tell me his new credit card number”. MSAND are not in that position. OK so the boys are 2-4 from the last 2 years and the girls haven’t won since 2019. That doesn’t mean we’re in a rebuild. Allow me to recap the 2021 season and give you 3 reasons why 2022 is the year of the ‘sanders.

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MSAND are NOT in a  
rebuild . . . 2022 is the year  
of 'sanders

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## ROUND ONE – MSAND v WAMSS

Down at South Oval, we started the year by booting a bunch of year 6 girls off our oval after a double-booking error. The collective sounds of their hearts breaking only fuelled the MSAND girls’ hunger for blood as they got off to a quick start against WAMSS with goals to first-year recruit Addy Crossing and Gero expat Georgia Brand. It was all looking too good to be true until tragedy struck and club icon Hope Kleinfelder went down nasty in a tackle and broke her wrist. Lacking Hope’s leg speed in the second half, WAMSS ran over the top and claimed victory 31 – 19.

Following the girls’ game was the Miracle On Grass. The boys, helped by an ethically questionable recruiting strategy, grabbed an historic one-point nail-biting win over their arch enemies from Crawley. Gunnell came up from Busso to help out (honestly champ why bother) and gee there’s some talent in the first-year boys. Cult hero Ege Eroglu kicked truly from a set shot and sports daddy Ethan Williams snapped one of his own as MSAND took it out 33 – 32.



## ROUND TWO – MSAND v ND Physio

Grotty weather forecasts and personnel crises lead to a cancelled girls’ fixture.

The boys went in confident with a 2-0 record against this physio outfit. Keeping to tradition, this one went to the wire but wayward kicking cost MSAND dearly as we went down 4.10 34 – 5.7 37. Ethan found the big sticks again and Phil Inn was terrific with 2 snags.



### ROUND THREE – MSAND v WAMSS

Things got ugly down at McGillivray as WAMSS brought the ruckus in both games.

The girls, missing a lot of big names to RCS, rural GP, and BLOC, went out with a fresh-faced team and did themselves proud with a strong showing against an experienced WAMSS side. Club captain Jo Bunney and lightning-fast Tara Bacovic lead the girls bravely in their final game for MSAND. I'm not posting the score for this one.

The boys were blessed with the return of some fourth-year fossils Ned D'Souza and VPI Justin Taherichivers, as well as battle-worn soldiers Xavier Jarmas and @kimberleyjab, for their last outing in the anchor. Unfortunately, even the world's longest rev up speech from Skimmy Berry wasn't enough to get MSAND up to standard. Highlights included D'Souza's silky left foot goal from 40m, Gunnell somehow converting in the opening minute then heading straight to the showers, and all of the western suburbs hearing JTC's frustration at missing a chance for a goal of his own late in the fourth. Again, no score for this one thanks.

So, as you can see, the wins weren't on the board in 2021, but we're not rebuilding. If you had a house and you wanted to rebuild, you'd knock the whole thing down and build a new house. Honestly do I have to explain everything to you. At MSAND, we're not knocking down the house. We have a great house. And we have a few extra bricks we're gonna add to this house. This metaphor's going nowhere and I'm going to abandon it. Here are Jarrad's Top 3 reasons why 2022 is MSAND's year

### THE NEW

Gee wizz have we got a good crop of first years and they're only going to be better next season. Sophie Dixon made her debut in round three and I think we've found our new ruck. The girl can jump over the BHP building. Addy is just stupidly good, Naomi & Hewy add heart & soul, and Penny & Georgia slotted seamlessly into the backline.

For the boys, goodness me can Ira Howard play footy. Underutilised in the forward line at times, expect to see this animal breaking bones in the middle next year. Kyle Palmer was massive in all three games, Lachy Hannah will be pivotal after some hammy rehab over the summer, Egan & Uquhart played like kings, and RIP anyone near Will Jarrett once he fires up.

### THE RETURN

The MSAND list was decimated by big names going bush. In 2022, they're back bigger & better. After winning a flag for the Northampton Rams, goalsneak Georgia Brand and backline bandit Oyinda Orundami will return with a few new tricks up their sleeves. Also up in Gero were reigning B&F Josh Siegert and skullcrusher Joe Kerby who will both be spending the summer in rehab getting their broken bodies right for next year. Further up north in Broome was the reigning Walley Brolley champ Will Pascoe who, after adding some beer kilos, will be returning to his favourite back flank. Down south, Paris Elphick and Jo Kneebone (pls play for us Jo) won a flag with South Bunbury, while way down in Albany were Hot-Pants Norman and Skim Milk who will be injecting a bolus of culture next year. In Busselton, Alex Gunnell.

### THE PEPTIDES

I've got an order of Thymosin beta-4 arriving in January. 2022 is our year

# THE YEAR THAT WAS RURAL

We happily waved goodbye to the year that was 2020 and the restrictions that destroyed all fun. The MSAND Rural team set out to boost interest and knowledge of anything associated with Rural Health and the wonderful lifestyle of Rural living. This year, we had great interest and epic numbers of applications for Broome on Country learning, Rural Clinical School, and John Flynn Placement Program. Sadly, John Flynn was swept out of under us. The news hitting us like a Fremantle CAT bus speeding down Marine Ave. Despite this, our sorrow was soon sweetened with the big announcements of Rural Internships being more readily available and the Rural Generalist Pathway kicking off in Western Australia.



On top of the standard Notre Dame Med Rural outings, MSAND Rural hosted an array of engaging events. Men's Health talks were held in a friendly, casual setting, and it was 'Music to our ears to hear Dr Eihab Boules and Dr Stuart Downie talk passionately about men's health. Following this, it was mid-year, and RCS applications were rapidly approaching. An RCS info night was very informative and sparked great interest. This resulted in a record number of applications, which sadly left over 50% of the applicants shattered. But don't worry, there will be plenty of opportunities to do rural rotations in the future.

The second half of the year brought us BLOC. Thirty-two lucky students got to soak up the sun and sand of Broome whilst learning on Country. Dr Rachel Hall and her team provided an excellent experience for those who went, whilst the lovely rainy Fremantle weather provided disgruntled faces on their return. For those not lucky enough to go on Block, the annual Kimberley trip was a little taste of Block. The coordination, and some luck, needed to disperse nearly 100 students and staff across the vast Kimberley landscape is nothing but astonishing. Many students formed great memories and friendships throughout this trip and found a passion for the red dirt that sticks into your soul.

To top the year off, a Rural and Aboriginal Health evening was held. Dr Kieran Hennelly, General Manager of Rural Flying Doctors Service Western Australia, Mrs June Foulds from ACCRRM, and Kevin and William from Alive and Kicking Goals Broome captivated the audience with the pathways, services and experiences that Rural and Remote Medicine has to offer.

Looking forward to next year, MSAND Rural will continue on its trajectory of trying to make everyone a Rural Doctor at heart. We look forward to welcoming another cohort of 1st years into Notre Dame Fremantle. We hope to immerse them in Rural Medicine life and ensure they have red dust falling out of their belongings for many years to come.

Thank you for the support this year, and we look forward to many more like this.



# SPINRPHEX

'AN ACRONYM BY ANY OTHER NAME WOULD SMELL AS SWEET'

**It's hard to know where to begin when asked to contribute a piece of writing about Rural Health Clubs. Do I give you a succinct report of the club's yearly events? A piece of eloquent poetry extolling the virtues of rural medicine, so deep and emotive such that it brings a tear to Professor Donna Mak's eye? Alas, I have not the skills required for such an artistic feat. So, I hope instead, you will indulge me by allowing me to simply share a thought or two.**

SPINRPHEX. Students and Practitioners Interested in Rural Health Practice Education et(X) cetera. Catchy Name! Terrible Acronym! That's the response I get all too often when trying to explain the Rural Health Club I've had the privilege to help lead in 2021. A club that I have become particularly fond of!

Though I didn't come up with the acronym, I have come to love the awkward spelling. I gleefully quiz unsuspecting attendees to Spinrphex events on what the acronym stands for. Even with the reward of merchandise and other prizes my quiz has only ever been answered correctly once, and even then, I believe there was cheating involved! What is not confusing is where the club's heart lies, in Rural Health!

SPINRPHEX is the oldest student-led Rural Health Club in Australia. Since its foundational days as a nascent student entity, it has represented rural health practitioners' pluck and gutsy attitude. It has been instrumental in encouraging young aspiring health professionals to consider the benefits of a rural career and intrepidly head from the city into rural and remote Australia with no small amount of grit and courage.

From Rural Health O-Camps in Fairbridge, GP Obstetrics workshops held at RACGP, to presentations right here in ND35 on the weird, wacky and wonderful of rural medicine, Spinrphex events showcase the diversity of a rural healthcare career.

But in its 31st year, what is the role of SPINRPHEX? And of Rural Health Clubs such as MSAND's own Rural interest group, more generally? Emeritus Professor Max Kamien has something to say on the topic. He is a GP with a career spanning 59 years, a giant of medical education, and an unfailing advocate for the importance and exceptionalism of Rural Medicine, and without whom SPINRPHEX would not exist.



He states that at their inception in the early 1990s Rural Health Clubs were designed to be a "rural counterculture within the orthodoxy of the traditional medical school". While students from rural backgrounds remain the minority in Australian medical schools, in 2021 the popularity of rural placements, the Rural Clinical School of WA, and the (now sadly de-funded) John Flynn Placement Program, are undeniable and this shows a change in the value placed on rural medicine and the valuable skills gained through training for a rural career. Perhaps now less of a counterculture and more a thread woven into the diverse tapestry that makes up our medical curriculum.

In 1986 Professor Kamien asked a UWA Medical student how they considered their colleagues; their response was "that 50% of them wanted to discover the cure for cancer and the other 50% wanted to own a Porsche". When asked in 1995 another student added "then there are the SPINRPHEX students that want to work in rural areas so they can get some value out of their Porsches".

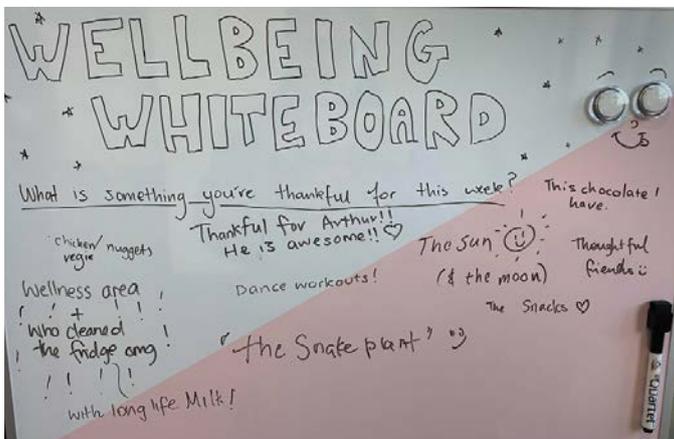
So, what about 2021 and beyond? Four-wheel drives are perhaps more in vogue than the 80s Porsche, but I think there are a few more students keen to get some country miles. I'm certainly one of them.

# WELLBEING

Amy Lorimer

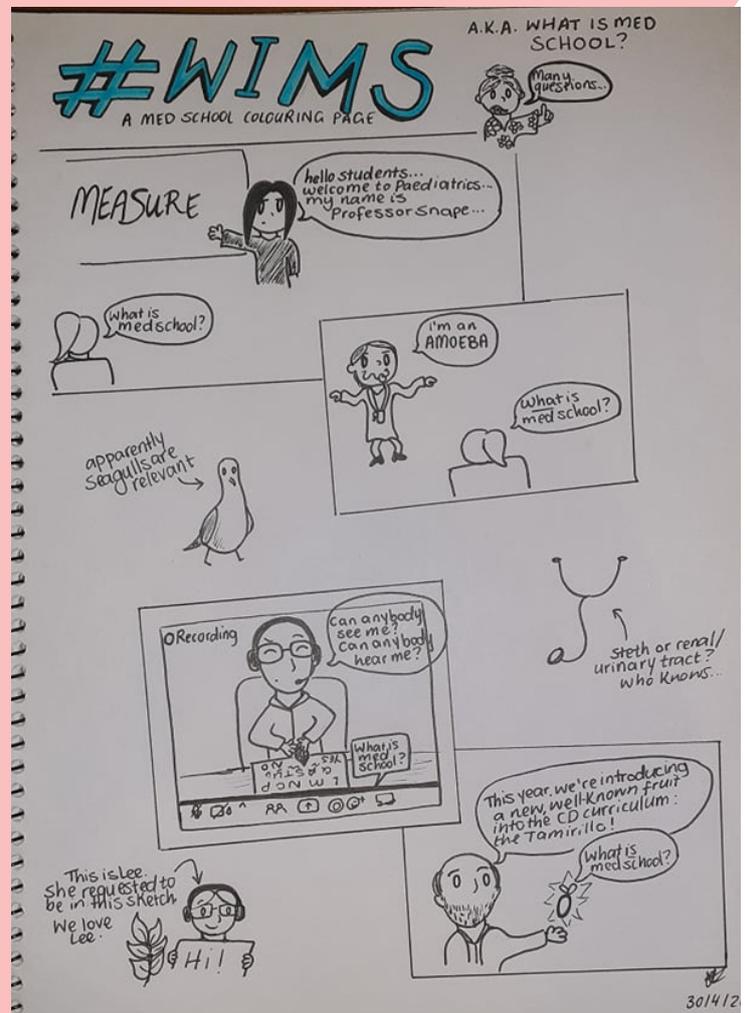
Being Wellbeing Rep in 2021 has been quite a ride! It has had its fair share of ups and downs, with moments of wondering how on earth I can support students' wellbeing during yet another lockdown contrasted with the joy of seeing everyone getting behind important mental health movements like CrazySocks4Docs. I definitely struggled with imposter syndrome 70% of the time, but I sincerely hope myself and the Wellbeing Team helped students feel less alone in the wins and losses med school brings.

Despite the uncertainty COVID brings into our lives, I managed to get quite a few things done this year! We kicked off the year with the Wellbeing Station in ND35. I wanted to create a place in the medical school where people could relax, eat snacks, and even have a nap on the couch when needed! There have been some amazing responses to my whiteboard questions, and I always enjoyed reading what people had to say! Here are a few examples:

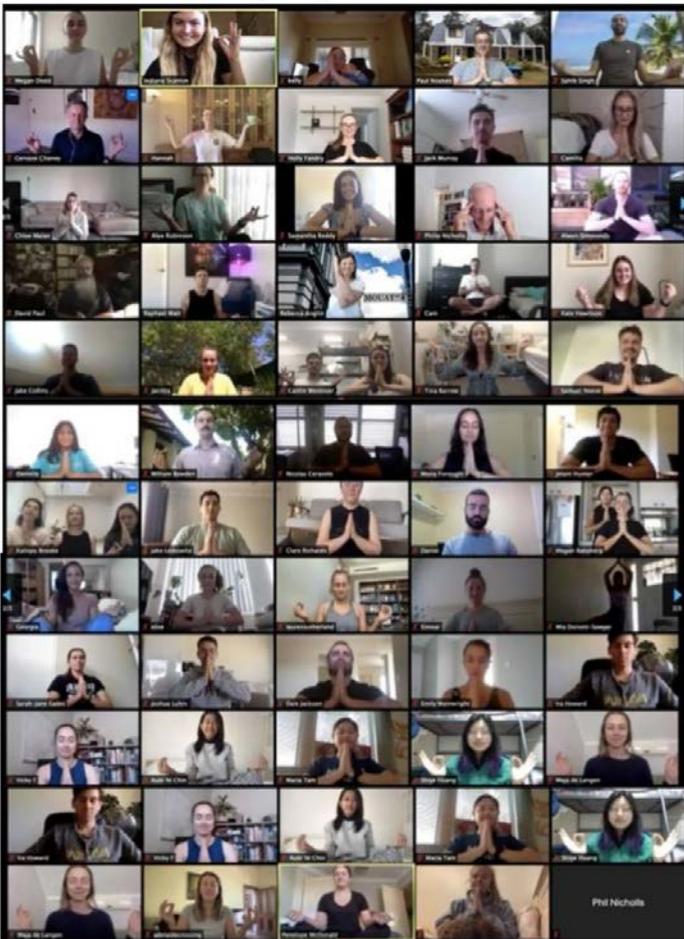


We also organised events to get the med school around important movements like CrazySocks4Docs and RUOKDay! We had originally planned a beautiful picnic outside in Esplanade Park for RUOKDay, but when the rain came to ruin all my plans, we ended up having an indoor picnic instead (which I think I loved even more). The fabulous Dr Rikki Priest came to speak to us about her experience of mental health in medicine and also spoke about what she loves about her job (an important reminder of why we are working so hard towards our goals - it's not all doom and gloom!)

We also teamed up with a few collaborators! Wellbeing teamed up with DEA to run a nature walk/picnic in Kings Park. I was also able to help our amazing sports rep Ethan with the wellbeing side of the Sport & Wellbeing Lockdown Challenges. We had some amazing submissions for the meditation and creativity challenges! Here are some of the winners:



### MEDI(6100)-TATION!



I want to say a huge thank you to my subcommittee for helping me organise and run events (shout out to Olivia Keating, Hope Kleinfelder and Laura McDuff), as well as everyone who lent a helping hand in donating snacks to the wellbeing station, helping me carry insanely heavy food trays on foot to ND35 and cleaning up after events. I appreciate each and every one of you, and I feel so grateful to be going through these four years which such a wonderful group of people.

Now for my final message as Wellbeing Rep! I think it's important to remember that medicine is only a part of our lives. The other parts (family, friends, hobbies, exercise, naps) are just as important. They can be so easy to neglect when med is getting hectic, but in those times, we should try our hardest to keep up with the things we know bring us joy. If you have never sat down and thought about what activities keep you grounded and feeling your best, I really recommend it. Try to incorporate those things into your life as much as you can. Your wellbeing is worth being purposeful about!

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# AMSA

## AUSTRALIAN MEDICAL STUDENTS ASSOCIATION

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In 2021 AMSA Notre Dame Fremantle has coordinated 3 policy thinktanks at Notre Dame, UWA and Curtin to increase accessibility for all Western Australian medical student. This information was used to edit and update AMSA's policy standpoints. As your AMSA Representative I have also attended and voted for policy amendments based on these thinktanks at AMSA's National Council 1,2 and 3.



Furthermore, AMSA Notre Dame Fremantle continues to strengthen its advocacy relationship with the AMA (Australian Medical Association) and MSCWA (Medical Student Council of Western Australia) through information and resource sharing. Our team also worked together with this year's Vampire Cup Representative to deliver one of the most successful blood donation campaigns in this school's history, with the school coming 4th nationally and 1st in WA based on percentage donated.



As co-coordinator of AMSA WA's WALDS (Western Australian Leadership Development Seminar) I am pleased to report that this year's event was a great success with double the number of attendees compared to the last time the event ran. This year's event included leadership development talks by Professor Fiona Wood, Professor David Playford, Dr Jenne Jove, workshops in medical innovation and a specialty training pathway panel. Thank you for your ongoing engagement and contributions to AMSA.



# VAMPIRE CUP 2021

Derek Liddall

For the uninitiated, the Vampire Cup is an annual 8-week blood donation drive that challenges all medical schools in Australia to donate the highest number to boost vital blood stores leading into Winter. Notre Dame has long held the unenviable reputation as the small WA university that comes last each year; however this time, we were due for a shake-up. Last year, at the height of the pandemic, donations were hard to come by, but being a small university, we had genuine potential to make a serious push for the win. Armed with a few new technology toys and an avid enthusiasm for procrastination, we\* (essentially me and anyone unlucky enough to be dragged into it) set to making some promotional content to boost donations and get people in the donation chair. We started with a single aim: to top the percentage of cohort donated of WA universities (#BattleoftheWest) and see how high this donation train could go.

What started with one promotional video (filmed in bulk by Madeline Schopp; hit her up for any of your multimedia needs) began an inspiring level of commitment and dedication across multiple year levels, and we saw unprecedented donation rates across the uni. Friends were encouraging friends, family, and generally anybody they knew to donate on behalf of Notre Dame as the excitement grew. As is customary, the preclinical years carried the bulk of the donations, either due to having more time or just generally being better people (the jury is still out on this). Before long, we were topping weekly charts, not only in the percentage of cohort donated but as the most improved university as well.

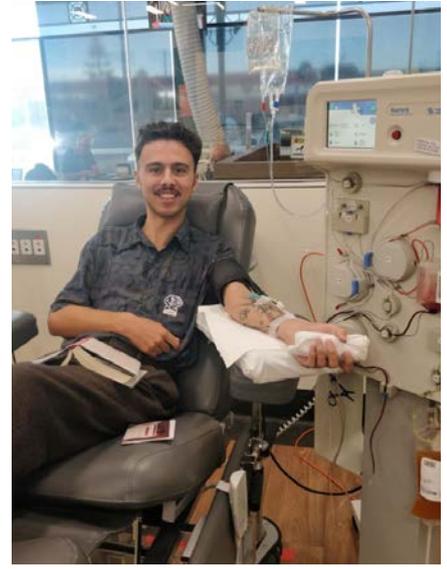
After a few weeks, it became clear we weren't just going to top WA, but we were smashing records for Notre Dame left, right and centre and had a genuine chance to not only finish in the top 5 universities in the country but to win the whole competition. This evolved into checking donation numbers daily, crunching spreadsheets and generally pestering anyone who had made a promise to donate to make their appointment (apologies, but this strategy was effective) with the hashtag #doitforderek trending across the world. Whilst the process was fun, it was genuinely heart-warming to see so many first-time donors roll up their sleeves for their community, ranging from needle-phobic to tried and tested veterans. Despite vasovagals, collapsed veins or even not eating enough breakfast (shoutout Mikael), everyone did their best, and the university spirit was alive and well.

With some late challenges from Curtin and some heavy-hitting East Coast universities putting in big numbers, we managed to finish 4th in Australia with 140 donations (34.1% of the cohort), topping WA and only 50 donations short of the top spot! This was a stellar effort from all involved and something that had never been considered possible at our humble university. Not only did we finish 4th, but we comfortably claimed the title of Most Improved University with the second-highest raw donation improvement in the country.

In closing, I was incredibly grateful to have led such a great year in the Vampire Cup for Notre Dame and thank everyone for their efforts in donating and encouraging on behalf of our university. Not everyone is eligible to donate, but for those who can, registration is quick and easy at [www.donateblood.com.au](http://www.donateblood.com.au) or by calling Lifeblood on 13 14 95. Let's see how far we can go next year!

Heart-warming to see so many first-time donors roll up their sleeves for their community, ranging from needle-phobic to tried and tested veterans





# GLOBAL HEALTH CONFERENCE 2021

AMSA's Global Health Conference 2021 did indeed live up to its mantra – SeEdS FoR cHaNGe. The action-packed five-day conference had incredible panel discussions and unforgettable/forgettable social nights. It was a refreshing weekend to halt LOs, suppress the urge to 'clack clack' on that space bar and take in the bigger picture of what it means to become a doctor in the current global and local landscape.

A highlight of the weekend was "Becoming an Anti-racist Doctor" led by MEDI6300 Queen Oyinda Orundami which discussed racism theories, offered tangible solutions of self-reflection to understand our own self bias and raised awareness on voluntourism. If you're ever considering volunteering as a doctor overseas or locally in Australia, I'd encourage to read this helpful pictogram that Yinds constructed.

Between amazing panels there were a plethora of workshops from reframing addiction medicine and substance use, sustainable practices at hospitals to mitigate Climate Change, how to approach a patient in domestic violence, avoiding 'Trans Broken Arm Syndrome' and affirming a LGBTQIA+ patients' identity, understanding the hardship and lived experience of asylum seekers and refugees navigating the legal system and yarning circles with elders that promoted Aboriginal Liaison Officers and their role of promoting Birthing on Country.

As you're probably reading, this small taste of various global and local health issues is overwhelming especially in the setting of a global pandemic thanks to a cheeky virus that shall not be named. I found it confronting and quite intimidating on how as an individual you can assist and mitigate all these problems. In simple, you can't. What you practically can do as an individual is find a cause that you're truly passionate about and I mean TRULY passionate about. Once you find that passion go out there and make a little bit of change in that area because that's how you make SeEdS FoR cHaNGe.

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I was very privileged to hear from incredibly successful and inspiring people who are experts on a plethora of global health issues. I left this conference with a much deeper awareness on my responsibility as a future doctor to be educated so that I can provide appropriate care to my patients and be an advocate for them and the communities that they belong to  
- Emily Gale

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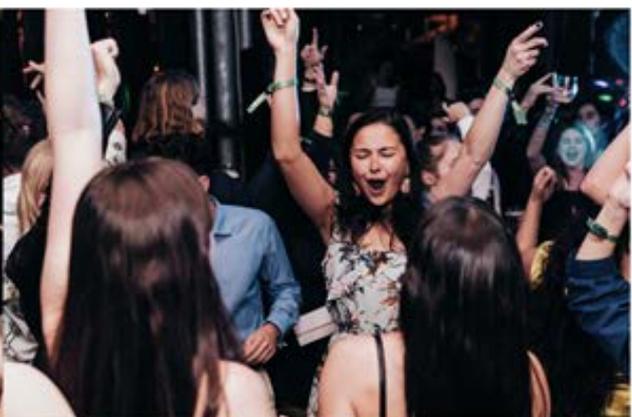
It was an amazing opportunity to engage with other medical students from WA in challenging discussions that provided unique insights into pressing domestic and international health issues.  
- Jack Murray

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Overwhelmed by global health issues



Combating global health issues





# TEDDY BEAR HOSPITAL

After COVID-19 limited the scope for Teddy Bear Hospital events in 2020, the new co-chairs were determined to revive the program. This began with training first-year medical students across Curtin University and Notre Dame in the art of teddy bear history taking and examination so they could best treat them and engage with their young owners in the many towns across the Wheatbelt.

Although Perth was largely free from COVID-19 throughout the year, the vaccination roll-out hindered opportunities to run events at General Practices including the historically largest event of the year at Queens Gate Medical Centre. Despite this, the Teddy Bear Hospital Program visited primary schools around Perth, fulfilling its aim of reducing children's anxiety associated with medical environments, procedures and health care workers.

As co-chairs we'd like to say a huge thank you to our subcommittee members for helping organise events throughout the year, and the students who volunteered their time to help at them.



# NDASS

## NOTRE DAME ASSOCIATION OF SURGICAL SPECIALTIES

NDASS is Notre Dame's Association of Surgical Specialties which aims to provide students with access to the incredible world of surgery, with workshops to improve surgical skills and career and networking events raising awareness of surgery as a profession and the pathways to a surgical career. With only a small percentage of medical student graduates pursuing a surgical path, NDASS aims to provide exposure to the variety of surgical paths students may take, as well as advocate for increased diversity in surgery, something that is still sorely needed.

This year without the restrictions of COVID we have been able to run multiple successful events. Earlier in the year we hosted our two sold out surgical skills evenings, where students practiced their suturing skills at a level suitable to their experience, with registrars and consultants demonstrating a variety of techniques. The Notre Dame curriculum only includes 4 hours total of suturing teaching; hence these evenings are invaluable in building confidence for the clinical years, honing new skills and giving students an opportunity to truly get their hands dirty.



Recently we hosted our Diversity in Surgery event where students had the opportunity to explore different surgical fields including laparoscopic abdominal surgery, obstetric episiotomies, general surgery and orthopaedic trauma. This event typically begins with a keynote address from a surgeon from a diverse background, to highlight the unique successes and challenges they have overcome in their career path. Unfortunately, our keynote speaker was unable to attend on the night, though we were lucky to have a detailed insight into the path to a surgical training program from recently announced 2022 Maxillofacial Surgery trainee Dr. Abdullah Kanbour.

Our final event, Complications in Surgery, will educate students regarding how operative complications can arise, how to spot them and how to treat them, excellent knowledge to have for future surgical rotations. For those wishing to learn more, visit <https://ndass.org> and enquire as to how you can get involved in future.



# VISION GLOBAL HEALTH

Shakira Donovan

The Vision Global Health Subcommittee has had a hugely exciting year in 2021!

After assembling an incredibly motivated team, our first campaign kicked off in March, where we collaborated with the Social Justice gang to collect period products for people in need. Through the generosity of medical students and staff we managed to donate over 600 pads and tampons to Share The Dignity for people experiencing homelessness, poverty, or fleeing domestic violence.

In June, ND35 regulars showed their kindness once again by supporting our bake sale and raising over \$700 for Vellore Christian Medical College in India to help fund their COVID-19 relief efforts. We'd like to say a special thank you to Sugar Rush Bakery for supplying all of the delicious baked goods – we highly recommend them if you're in the market for a sweet treat!!

Finally, we wrapped up a busy year with a bang at The Girls Who Run the World event run in partnership with the Obstetrics and Gynaecology SPIG, sponsored by the Australian Medical Association. The event featured an interactive chat with Professor Elizabeth Newnham, about women's and children's global mental health, a session on neonatal assessment and resuscitation with Dr Giulia Peacock, and an STI testing workshop with Dr Samantha Johnson. By purchasing a raffle ticket on the night, guests went into the draw to win an ophthalmoscope and raised money for healthcare teams working in low-resource settings in Timor Leste. The highlight of the night, however, was the opportunity to make up birthing kits for people who desperately need them. WHO reported that for every day in 2017, approximately 810 women died from preventable causes related to pregnancy and childbirth. By making up these kits, attendees saved lives by ensuring that more people around the world have access to a safe, clean birthing experience.

We are so proud of everything the Vision Global Health Team has achieved this year and very grateful to the beautiful community of medical students and staff who have rallied behind each and every one of our causes. We can't wait to see what the team will get up to in 2022!



# Expand your medical career possibilities



## CHOOSE COUNTRY

Working in rural Western Australia, you will have the opportunity to practise varied and challenging work, develop your professional skills and experience a healthy work/life balance while being part of a close-knit regional community.

## Find out how you can start your journey in rural medicine

Rural Health West provides medical graduates opportunities to experience rural general practice through:

### ▶ **SUPPORT PROGRAMS**

#### **Rurally Bonded Medical Scholars**

We provide support services and information for medical students who have a rural return-of-service obligation. We can help you to prepare for rural work and provide career advice and guidance.

### ▶ **TRAINING PATHWAYS**

#### **Rural career options**

We can help you navigate through the training options available. From PGY3, we can assist you to gain rural general practice experience through the More Doctors for Rural Australia Program (MDRAP).

### ▶ **SPONSORSHIPS**

#### **Professional Development**

Each year, we offer a limited number of sponsorships for junior doctors to attend conferences and professional development events.

## Would you like to know more?

Contact the Rural Health West Future Workforce Project Officer:

**T** 6389 4500

**E** [choosecountry@ruralhealthwest.com.au](mailto:choosecountry@ruralhealthwest.com.au)

**W** [www.ruralhealthwest.com.au](http://www.ruralhealthwest.com.au)



*Rural Health West is proudly funded by the Australian Government Department of Health*



# OBSTETRICS & GYNAECOLOGY

Notre Dame Obstetrics & Gynaecology (NDO&G) had a successful year, completing our second year as a newly formed group! We kick-started the year with our first event – “NDO&G at Your Cervix”. This was a gynaecology themed event featuring special guests; renowned Perth Gynaecologist Dr Rose McDonnell, and Dr Robyn Lloyd an experienced GP registrar with advanced skills in Obstetrics.

We were enlightened to hear their career journeys, along with the breadth and variety which this entailed. This was followed by a series of group discussions focusing on patient’s experiences and their perspective.

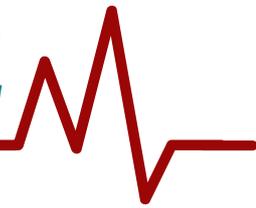
This included an LGBTQI+ station, pregnancy loss station and a suturing skills workshop.

NDO&G have been campaigning and fundraising for our upcoming event with Notre Dame Global Health team to package sanitary birthing kits. The kits feature simple and effective tools for basic infection prevention during birth and are distributed around Ethiopia.

Thank you for supporting ND O&G in 2021!



# EMERGENCY MEDICINE



What a busy 12 months for EMIG! After a year without events, we were well and truly ready to get some clinicians back in to help us dust off the cobwebs. With a HUGE subcommittee, we were able to put together two events that spanned the many topics relevant to practice in the ED.

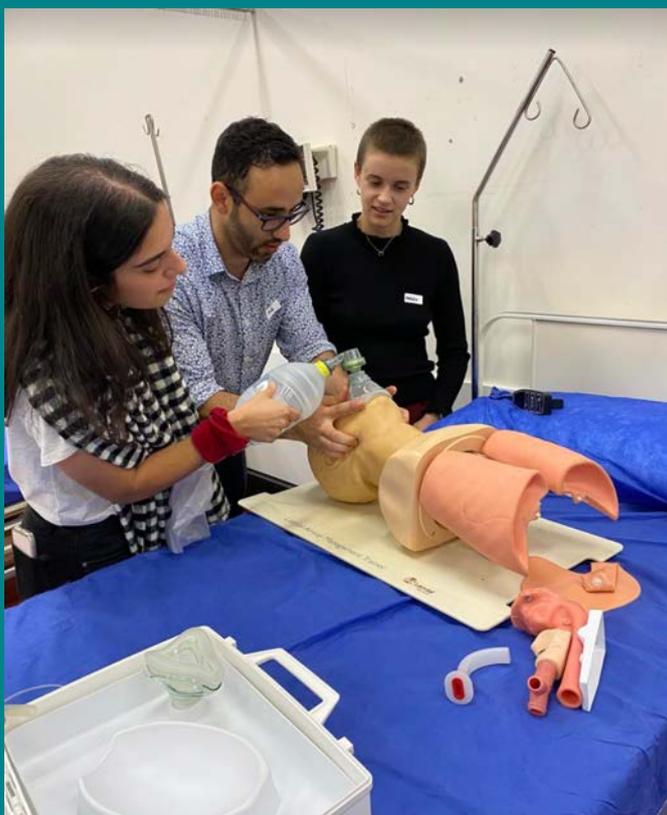
Our first event in April was all about basic emergency skills. ND alumni Dr. Ash Mortazavi walked us through what his transition to internship was like and how not to embarrass ourselves in front of consultants (stay tuned).

After talks about paediatric emergencies and what it's like to be a first responder, we rotated 60-odd students through stations on airway management, ABG interpretation and emergency pharmacology. ED consultant Dr. Jon Stewart capped off the event with an enlightening talk about the realities of emergency medicine and how despite these, work in the ED is not as bad as it is made out to be.

Jon and Ash simply could not stay away, and made a return for our second event that was held in September that put emergency investigations in the spotlight (not sure about you guys, but we had absolutely no clue what a X-Ray was prior to this). As a more hands-on event, Jon demonstrated how to use and interpret cardiac FAST (Focused Assessment with Sonography for Trauma) scanning, and with guidance we were all able to have a go at using the ultrasound ourselves!

Following on from this, radiology registrar Dr. James Waldron gave a lecture on CXR basics. After it was established that none of us had a grasp on how the appearance of a nipple and lung cancer differed on X-Ray, James ran through some of the most critical chest films to recognise, such as a PE, pleural effusion and pneumothorax.

For the final station of the year, Ash taught us how to cannulate under ultrasound guidance (using tofu instead of each other).



Our wonderful clinicians on the night helped us to deepen an understanding of the breadth that radiological techniques can cover in the ED. Thank you to every student who was able to keep us company at our events this year - hopefully

# PHYSICIANS SOCIETY

Anisha Pakrisamy & Claudia Harmawan

The Physician's Society is an integral special interest group for those who are interested in becoming a physician. In Australia, physicians refer to "specialists" or "internists". There are 33 specialty training programs to become a physician offered by RACP (Royal Australasian College of Physicians), including cardiology, dermatology, endocrinology, neurology and many more. Our society aims to enlighten medical students into the world of endless possibilities for physician training whilst simultaneously preparing them for medical school examinations.

This year, our education officers have been actively writing and delivering weekly high yield, concise and quality education summaries based on their respective year groups' materials of the week – from 1st year to 4th year inclusive. We have also hosted two events, both receiving a plethora of positive feedback.

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Our goal is to enlighten medical students into the world of endless possibilities for physician training whilst simultaneously preparing them for medical school examinations.

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**The Physician's Pathway:** We collaborated with the University of Western Australia to bring physicians from different specialties and career milestones (from basic physician trainee to senior consultants) who informed students on a myriad of topics: what their days look like, what it takes to be a physician, what training programs and exams they needed to go through, advice on how to balance work, life, study commitments and various many other invaluable insights.

**Clinical Skills Masterclass:** We brought in various physicians who are experts in their field (some are our OSCE examiners!) to show and teach 1st and 2nd-year students the clinical skills and techniques used in real clinical experiences. We rotated between cardiovascular, respiratory, GIT, neurology, psychiatry stations, further equipping the pre-clinical years to excel in OSCE exams!

We may be done with events for the year, but we will continue to provide educational summaries until the academic year ends. It has been a privilege and an honour to be Co-Chairs of such a brilliant society, and we couldn't do it without our wonderful, hardworking committee.



# GENERAL PRACTICE STUDENT NETWORK

The General Practice Student Network (GPSN) Notre Dame Fremantle is a medical student organisation that aims to encourage and emphasise the GP pathway.

In combination with GPSN UWA, we ran our annual state event “Not Just A GP” on the 13th May, 2021. It was a great opportunity for medical students to come along and see all the great things about being a GP!

The night was filled with delicious dinner and representatives from RACGP, WAGPET and ACCRM who spoke to students about the different pathway options. Our first GP speaker of the night was Dr Shawn Hsia who shared with us his ongoing enjoyment of working as a GP and the way his patients make his work fulfilling. Then Dr Sarah Newman highlighted to us the difference a GP can make not only to their patient and their family, but the community they live in. Both delivering great insight into the long standing change a good GP can make.

There were then three workshops that students rotated through. These included an opportunity to learn about and practice intramuscular injections. The second was to take a focused, time critical, cardiac history and the third station provided a chance for students to practice their suturing skills. To finish it off, there were exciting door prizes and raffle gifts that were won. Overall, the night was a success.

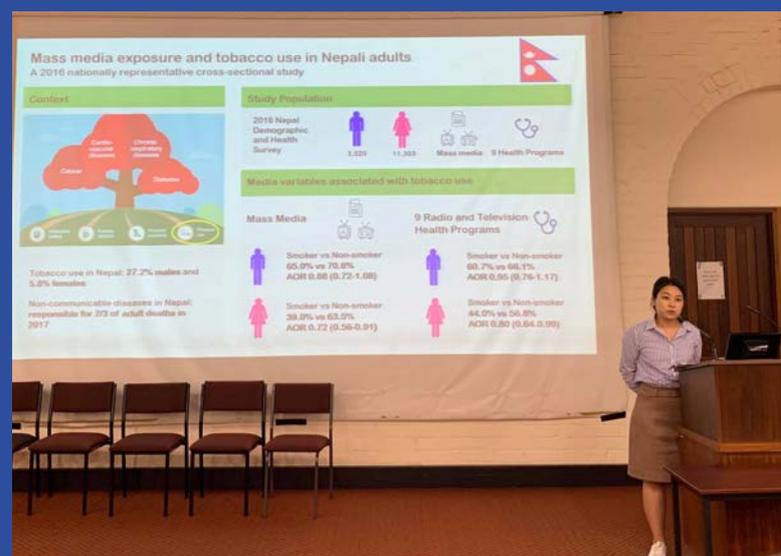
GPSN was further involved with R U OK? Day on the 9th of September with the Notre Dame’s Wellbeing Team. This indoor picnic lunch encouraged students to speak to and support each other regarding their mental health. The students got to hear from the wonderful Dr Rikki Priest. This lunch was able to further highlight that GPs are an ideal first point of call for people who are having trouble with their mental health and to encourage students to speak to someone in times of need.



# RESEARCH INTEREST GROUP

The Research Interest Group consists of a committee of like-minded students that aim to promote student research opportunities and garner exposure for medical research amongst student doctors at Notre Dame. Therefore, the main event for the Research Interest Group in 2021 was the inaugural Research Showcase held in September. Students from the School of Medicine were given the opportunity to present their audits and research projects to a broad audience, where the best presentation was awarded a prize. A panel discussion also took place discussing the audit versus research project in the fourth year, allowing first, second-, and third-year students to determine which option would be best for them.

Congratulations to Adriana Gangemi (MEDI6400) for being awarded “best presentation” of the evening and Dona Cho (MEDI6400) for “runner-up best presentation”. The Research Interest Group would like to extend special thanks to the Staff Research Committee for their support and judging expertise for the evening.



# MY MSAND BURSARY

## EXPERIENCE: GP21

For as long as I can remember I have had a keen interest in the field of General Practice. In my final year of medical school I have channeled this interest into another of my great passions, medical research. In our final year as part of the MEDI6400 course we are required to undertake a research component, either in the form of an audit or research project. I saw this requirement as the opportunity to build on my prior research skills and undertake a project in the field I am most passionate about.

Last year, the government revealed there were to be changes in funding to ECGs in general practice. This political change prompted me to ask the question, why are ECGs done in general practice and how do they influence management? Additionally, what are the thoughts that GPs have on the utility of ECGs in practice. Following a retrospective record review of 200 records, my study provided new insight into the indications and outcomes of ECGs in general practice. Additionally, the interviews with general practitioners re-emphasized the importance of ECGs as a diagnostic tool.

A key component of research is the dissemination and communication of results. Following the collection and analysis of my data, I applied to present at GP21, a conference organized by the Royal Australian College of General Practitioners (RACGP). The conference brings together those who are interested in general practice research from across Australia. As I had attended previously as a delegate, I was hopeful that I would be accepted to present at such a wonderful event. Thankfully, I was accepted to present a poster in person in Melbourne and couldn't wait to share my passion with my like-minded peers. Originally the event was to be held from the 10th and the 12th of September. However, as with many other events due to COVID the event has been converted to an online format and will now be held from the 19th to the 21st of November. I will be presenting the poster as a virtual e-poster, which will be a new and exciting experience for me.

I will be eternally grateful to MSAND for providing me with the bursary to cover the funds of registering for the conference. The bursary has given me the opportunity to develop as a researcher and share my passion with like minded colleagues, which I would not have been able to do without the funds. Thank you MSAND, for allowing me to pursue my passion and share my knowledge with the medical community.



# A PASSION REIGNITED AT GHC

**With assistance from the MSAND Bursary Scheme, I had the privilege of participating in the 2021 AMSA Global Health Conference from 5th-9th August 2021. I have a keen interest in Global Health and pursuing a career in Public Health Medicine, so GHC was right up my alley. It was a combination of inspiring plenaries, hands-on workshops and memorable social nights, with the chance to meet like-minded med students throughout the conference. The conference was home to a plethora of interesting and inspiring speakers on a range of Global Health topics, but a few in particular were particularly memorable.**

Firstly, a plenary panel discussion on refugee health included a brave and powerful lived experience discussion from a Refugee from Afghanistan. He shared a little of his journey to Australia and discussed how he and other refugees continue to struggle with the bureaucracy and inhumane treatment refugees receive here in Australia. This includes the excess of red tape and ongoing mental health issues associated with temporary protection visas for refugees, which usually don't offer all that much protection at all, but rather a maze of temporary rights. As an Australian citizen, born into my family and circumstances out of luck, this panel discussion was powerful and emotional, especially within the current political environment. My heart aches for our speaker, his family and every refugee trying to find themselves a safer life here in Australia and elsewhere.

Through a poignant and insightful panel, the conference also provided a stark reminder of the ongoing struggles LGBTQIA+ individuals face navigating our healthcare system and highlighted the ongoing need to provide safer health environments. From our trans speaker we heard of the ongoing trauma and frustration experienced when doctors assume every hospital presentation is due to their gender-affirming hormones rather than their broken arm or sore throat they actually came in with. We also heard of the daily struggle non-binary folk feel trying to feel recognised on hospital registration forms or by doctors. These experiences carry simple solutions that consistently fail to be carried out by doctors and the health system. This panel served as a reminder that we must continue to advocate for and strive for safer, more appropriate and more acceptable healthcare. It also highlighted that the responsibility to ensure this happens shouldn't rest solely on the shoulders of those groups within society being worn down time and time again by their negative experiences within the broken system. I urge you to think to yourself, what you are really doing to make sure hospitals are a safe place for all patients?

The conference also provided novel yet simple ideas for advocating about global health issues within the workplace, such as encouraging our tertiary hospitals to reduce their greenhouse gas emissions. From within theatres, to sustainable hospital in the home models, to using more earth-friendly consumables, there are endless opportunities for greener hospitals.

Finally, it was evident that Notre Dame's Aboriginal Health teaching is second to none and it has had a large impact positive impact on my knowledge and understanding. This, alongside a year spent with the Rural Clinical School in Kununurra, have greatly influenced my decision to carry-out internship in Darwin next year and I look forward to continuing to learn so much from First Nations leaders in Aboriginal Health. AMSA's 2021 Global Health Conference reminded me why I am doing medicine. GHC reinvigorated my passion for health equity and provided a great environment to meet other like-minded medical students whom I hope to work alongside in the future. I am so grateful to the MSAND Bursary for making such an opportunity possible and I encourage anyone with an interest in Global Health to make sure they get to AMSA's 2022 Global Health Conference; their passion will be ignited and they won't regret it.





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