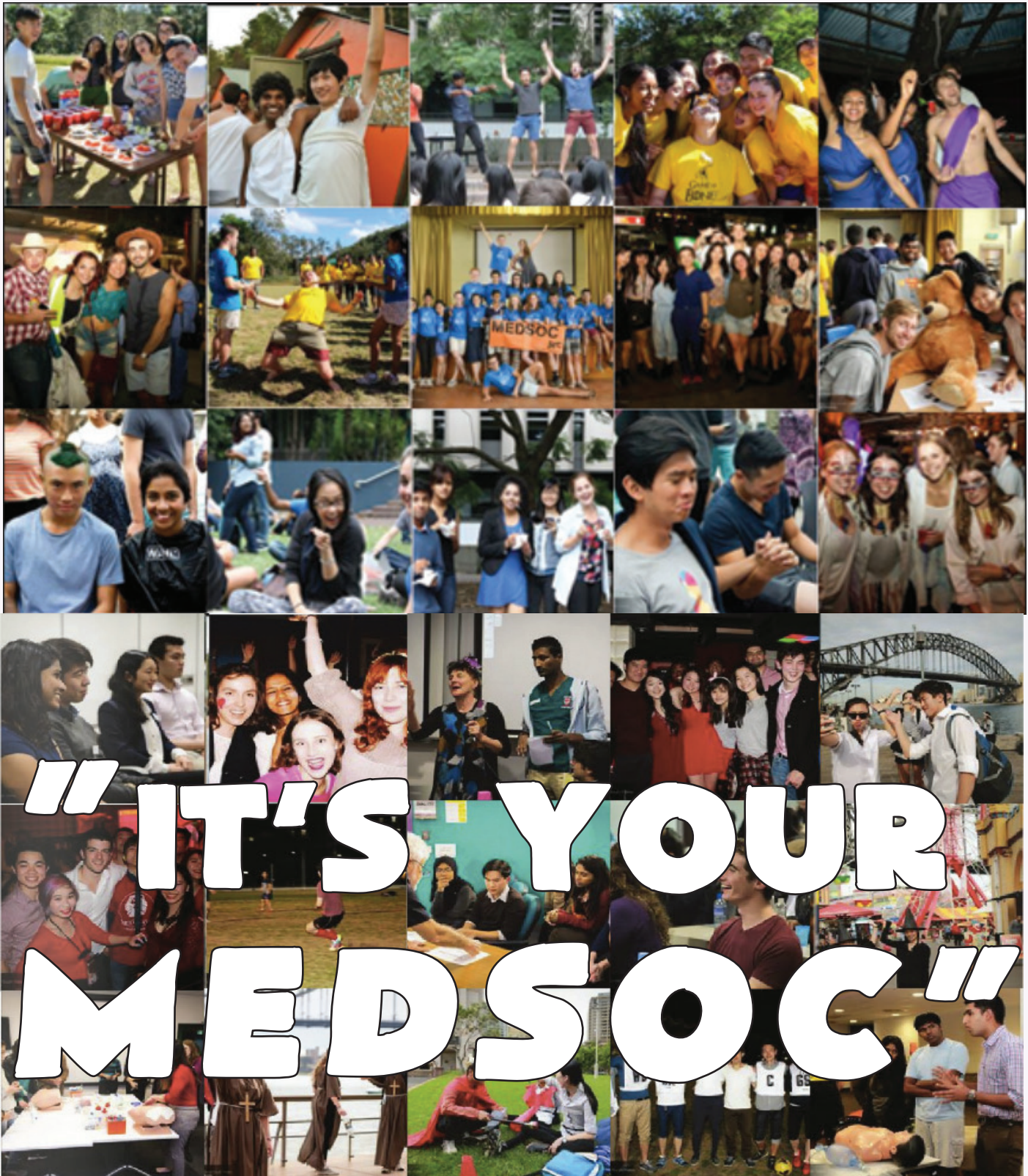


Idioglossia

THE UNSW MEDSoc MAGAZINE

2015 ISSUE 2



Welcome to Issue 2 of Idioglossia 2015, the official publication of UNSW Medical Society. As usual, we're showcasing highlights of the medical student experience, from plots hatched in lower ground Wallace Wurth to conferences in Belgium and the United States. Prominent student issues are given the spotlight too, giving insight on the internship report, women in medicine and refugee rights.

A big thank you to all our contributors for making this issue possible and a huge congratulations to the newly elected Publications Officers of 2016, Helen Zhang and Lucy Yang. I am sure they will do a marvellous job and look forward to bigger and better publications in the future!

For submissions to next year's Idioglossia or any other enquiries, please feel free to email publications@medsoc.org.au - we'd love to hear your suggestions.

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[HTTP://MEDSOC.ORG.AU](http://medsoc.org.au)

PRESIDENT'S REPORT

EMILY JANSEN (IV)

When all the names of my team were read out at AGM I was on cloud nine – I knew right then and there that they'd be truly amazing... but I didn't expect them to become my best friends! It's every President's dream to have a team that I loved so much, and a team that was also so competent! These people are going to change the world one day. First and foremost I need to thank everyone in MedSoc this year for everything that they achieved and for being such amazing people to work with.

Was I prepared for what the year had in store? No way! Things like Public Liability Insurance, the Incorporations Act, the ATO and the Student Code of Conduct were never worries that crossed my conscious mind before this year... before this year they were buzzwords that equalled 'boring', but it was only when I assumed the President position that I realised how BIG MedSoc actually is. It wasn't the year I expected to have, but was rewarding in totally different ways.

No-one is trained for the kind of job they do in MedSoc. MedSoc is so unique as an organisation that there are very few companies in the world that are similar – we don't have much reference for comparison, so we're very much improvising a lot of the time.

Keeping this complex, huge organisation and all of the things we do going is an achievement in itself! Looking back from the other side of the year, MedSoc 2015 achieved a LOT.

Advocacy-wise, Wifi at all clinical sites was a definite win. But we also started talks about Bullying and Harassment in the workforce with Faculty and they've started a working group, which is an issue I'm pretty passionate about. We continued chats with NSWMSC and AMSA regarding the opening of the Riverina Medical School, which is probably the biggest advocacy issue MedSoc will face in the next few years. Other academic advocacy wins on a local scale were had too.

We worked with Faculty on making sure that students who were identified as struggling because of illness/misadventure – particularly mental health – were addressed in a supportive rather than punitive way. We're getting a 'looking after yourself' guide made to be given to all meddies with practical advice specific to Med at UNSW, which looks to be ready for next year.

It's hard to be objective, but I think MedSoc really did make more of a dent in facilitating discussion about Mental Illness this year. It's an ongoing battle, but I think as representatives it's MedSoc's duty to talk about it and say 'look, you're not weak if you're depressed' and 'it's ok to struggle'. It's common, and the more meddies who know that they're not alone in suffering mental illness, the easier their journey will be. I rated the engagement this year, too. MedSoc can only take half of the credit here, because a lot of it comes down to the enthusiasm of the cohort, but attendance at our events was through the roof this year, and our surveys and Facebook page had more engagements than ever before. A personal highlight for me was the O-Day welcome video for the first years. That was fun. They're a great bunch.

More than anything, I think MedSoc gathered a little bit of perspective this year – We're a student organisation, not the leaders of the free world. On the whole, I think we realised that enjoying the year and not taking ourselves too seriously is just as important as what we achieve. We achieve a lot considering we're a volunteer organisation. These wonderful people are running huge numbers of events and advocating for you to the best of their ability – It's easy to forget we're also training to be doctors, and it's even easier to forget that our education is more important than the day-to-day functioning of this society. It ties in to the 'wellbeing' focus that we really wanted to push this year – I think we all, MedSoc included, need to be a little kinder to ourselves. If we take a step back, if we look at ourselves compared to other MedSocs across Australia, other organisations on campus, and other businesses in the corporate world who PAY people to take on this kind of workload...

Well... I think we're all pretty damn fabulous.

Take Care,
Em Jansen

P.S. Beryl and Evan are going to be amazing. I'm fangirling them pretty hard – Great stuff in store for 2016.



A handwritten signature in black ink, appearing to read 'E Jansen'.

EMILY JANSEN
UNSW MEDICAL SOCIETY
PRESIDENT

MEDSOC EXEC REPORTS



Medsoc Council 2015

VICE-PRESIDENT - RICHARD TIAHJONO (V)

As the Vice-President, I had a focus on overseeing the internal management of the society, making sure that there is proper day-to-day functioning and dealing with any conflicts that may arise within the society. I assisted in a number of executive portfolios, written policies, and participated in both local and state-level advocacy for medical students.

Internal to medsoc I have helped develop the SIG Pharmaceutical Policy and the Bullying & Harassment Policy. I have helped discussions about changing MedSoc into a charity with the Treasurer. I have also made changes to the Constitution and Regulations-and-By-Laws and taken a role in internal management of exec and council conflict resolution.

I have enjoyed working with Peer Mentoring@UNSW, brainstorming new ideas and disseminating feedback to mentors and mentees. We worked to provide a mentoring framework to the Leadership mentors and implemented mental health components into important sessions. I have worked to advocate for international students' rural placements. We have been successful on this issue with the school of Public Health and Community Medicine. Finally I have written the Events Organising Guide and organised the MedSoc training.

SECRETARY - SANJI FERNANDO (IV)

2015 has been a packed year for the Secretarial team. This year saw an increase in the number of events and rooms needed. Calendar Day earlier in the year went well for organising such a packed year. It has been challenging to secure the space for the great initiatives organised due to the demolition of the biomed theatres. While faculty helped provide spaces in the WW building we've still had to move some of our events off campus to Hospitals.

The weekly Mail out has continued to be used to keep students informed about what Medsoc has been doing. It has been particularly useful for highlighting major issues such as the opening of the new Curtin Medical School and writing of the AMC Report. Our Assistant Secretary has worked on video conferencing and lecture recording distribution, trialling Google Hangouts. Event video recordings are now made available to all UNSW Medical Students on the MedSoc Moodle Forum. The IT officer has worked to keep our website up to date throughout the year managing events, jersey forms, MedCamp submission and the ever changing SIG needs. Our MedSoc Historian has kept an ongoing track of our history, collecting memorabilia for the university and teaching hospitals. We are also improving UNSW MedSoc and UNSW's relations with alumni by liaising with alumni, faculty, and other organisations as appropriate, and working on projects together to foster this relationship where appropriate.

I believe overall those in Medsoc have done an amazing job this year volunteering their time to try and improve the experience of their fellow students. I am especially grateful for the work of my team - Amna Saadi, Lokesh Sharma, Youngeun Koo, Henry Bui, who have done a great job in their roles.

TREASURER - PHILLIP NGUYEN (IV)

Overall, it has been a great financial year for Medsoc despite some new innovative expenses.

Currently, we are in a net profit situation and after the remaining Gradball expenses, we should at least break-even. We also still have several sponsorship invoices to come in so we are looking very financially stable in this point in time.

This year, I have adapted a flexible budgeting approach and was happy to listen to concerns from portfolios regarding their funding. A budget was made at the very beginning of year and I'm proud to say that pretty much all portfolios were able to stick their allocated budgets. Well done Medsoc!!! Everyone has effectively and efficiently used their money and so this is an amazing team effort. A special shout out to our Medball and Medcamp conveners who were able to actually make money from their events despite history suggesting it would be extremely difficult.

My main priority in my term has been to fix the tax issue associated with Medsoc. After consultation with Arc and the ATO, it has been advised that the most appropriate strategy is to apply for charity status which 'advances education'. This will enable us to become tax-exempt. In previous years, the Medsoc exec executives have incorrectly made the assumption that we fall into the tax-exempt education non-profit category. However, the ATO have said that we need to determine our charity status first because only non-charities can fall into the tax-exempt non-profit category. Being a charity will not bring on any major changes and will only make auditing compulsory (which is already in the constitution).

MEMBERSHIPS DIRECTOR – SUMANA GUPTA (III)

2015 has been a transformative year for Arc. With the introduction of Orgsync and an online form-lodging system, there has been a big change compared to last year.

Arc released an "Executive Audit Form" to update the names and arc statuses of the executive members. They have also changed the criteria and time-frame of reaffiliation from last year. This criteria is: The AGM period must be held between the 14th of September and the 28th of October, the submission period for re-affiliation is from 19th October- 30th October and any late submissions will not be accepted. We have also moved the location of the banner to Wallace Wurth Lower Ground and have a Facebook pinned post for council to keep track on it's location.

In terms of the SCDG grant, applications can be accessed and lodged online. Our grants this year were MedCamp (\$3000) and AMSA (\$1000) which was a dramatic drop from the \$7500 Arc had contributed last year. After a discussion with the Arc SDC convenor, some light was shed on the issue. It apparently came to the committee's attention that alcohol was served at the social events and was seen as a major fuel for students to attend AMSA. And although they do understand that it is an educative conference, the social aspects of the event cannot be neglected. This years' committee thus felt the need to drastically cut down their contribution.

DEVELOPMENT DIRECTOR – HARLEEN KAUR (IV)

Our leadership team has done an excellent job to ensure there has always been a mentor on campus for first years and six scheduled meetings in semester one. Mentoring training and Meet your Mentors were also events introduced for the first time, with great enthusiasm and bonding.

Meet the Medics was, as usual a great highlight. We had over 100 students and 30 doctors and a great deal of food. We received positive feedback from both doctors and students. The theme for SB Downton this year was "Dr Who?" and attracted high profile figures such as Sam Prince. and Ranjana Srivastava who was a hit.

Our academics organised a number of great events. These included EOC for all phase 1 teaching periods as well as the How to Excel in series for Phase 1, coursework and phase 3. MICE and MOSCE ran smoothly though with a lack of volunteers. There was a request raised by a student to release cases early- resolved eventually by posting a document if students wanted to see possible topics before hand. We provided a facebook platform for Phase 3 students to co-ordinate with Phase 2 students likely times for tutorials and also provided optional weekly themes.

Our Charities officers have done a wonderful job this year with Movember (\$821), MedShave (\$4770.17), Treevia Night and Amazing Raise (\$1500). Perhaps the most successful was MedShave in terms of funds raised and engagement especially with Phase 1. The two core reasons for success were of course our brave volunteers and the series of promotional videos co-ordinated by our subcommittee. The one issue of this event was our accident during pack-up (where our dearest Mona was injured- she's okay now!).

Wellbeing was possibly the highlight of the whole year for MedSoc. The inaugural Blank Canvas was able to engage the entire metropolitan cohort in a creative and fun way. Most importantly it was visible to all students in Wallace Wurth. The Mental Health First Aid course was run twice in 2015 with the support of NSW MSC and external grants. Sessions were very well received by attendees, the first session was filled up within a minute!

Welfare Month this year was run as a month instead of a week. We found our subcommittee very helpful, willing to pitch in and worked well together. There was excellent attendance on mindfulness session, mental health talk, yoga and free food. We also were quite successful in gaining sponsorship for prizes.

EVENTS DIRECTOR - MILONEE SHAH (III)

I have had a fantastic time working with a group of dedicated, passionate and creative individuals. The Social, Sports and International duo's have worked cohesively together to bring a wide range of informative, fun and bonding events to the medicine cohorts of 2015.

The Socials Officers ran 8 events this year beginning with Beach Day and the annual Pub Crawl and concluding with MedBall. In particular Pubcrawl had more than 400 in attendance making the journey along Sydney's George Street. MedBall at Doltone House was the social event of the year, as meddies dressed up for a night of fun, fine dining and after partying at Bungalow 8. It was a great success and we are so proud of the social officers for all their hard work. Our other events were the End of Year Party, Classical Quest, Talent Quest, End of Semester 1 party and Red Party. The main sports events this year were the College Cup and NSWMSC Sports day. College cup included round-robin comps for frisbee, touch football, netball, football and basketball night. We love seeing med students take a break from their studies to get involved in some competitive inter college rivalry. This acted as the try-outs for the NSWMS-SC sports day where the UNSW team played with incredible spirit.

For our International students we ran the International Orientation & Welcome Event to introduce first years to Sydney life. We also organised an International Student Dinner at Niji Sushi to connect all the international across year groups. It was great to see more than 50 students attend.

The biggest achievement that we have achieved this year was that the turnout for most of our events was better than the previous year with approximately 50 students attending each event compared to around 30 students last year. Overall, this year has been an enjoyable year in MedSoc Executive, having a wonderful team in Council to work with and an excellent Executive team for guidance and advice when required.

SPONSORSHIP DIRECTOR - ERIC XU (II)

This year, we were able to seek new sponsorship, consolidate our current ones and tried to fulfil both our monetary and sponsors' aims. I formulated a Sponsorship Subcommittee, the members of whom were all wonderful and helpful. With regards to the membership stickers, the Finance Officers as well as my subcommittee team and myself, were able to secure eight deals on campus. With much credit to Em and Ash, who essentially perfected the prospectus last year, we were able to streamline and personalise the prospectuses to each sponsor. Similar to last year, I was able to also help coordinate with event organisers, eg Orientation Day, Electives Information Night, academic events such as the EOC tutes. Life and Money in the Real World is an upcoming event for our 6th years, which is once again one of our biggest events of the year.

The current projected sponsorship income for 2015 is \$38880; however, this is still pending as the year is not over, as aforementioned, there is one more event left, which is our biggest. The year finished as quickly as it came, and it was a great pleasure to be part of MedSoc!!!

AMSA REPRESENTATIVE - SCOTT ASHBY (V)

AMSA at UNSW has had an eventful year! Our year started with myself and Sam (Junior AMSA 2015) heading to Med-Camp to maximise first year engagement with 'Rem teaching session, and a presentation with a self-produced video about what AMSA does.

This was followed up immediately by Council 1. UNSW actively engaged at Council's this year, inputting on and changing a number of policies including the Sexual Harassment Policy, Bullying and Harassment Policy, and adding an adjunct to a Rural Teaching Policy so AMSA advocates for international student rural placement funding.

AMSA nationally faced a few major issues for advocacy this year, including the announcement of the opening of a new medical school at Curtin university, the reports and investigations on bullying and harassment in surgery and generally in medicine, and the inclusion of the Border Force Act to name a few. UNSW inputting with advocacy by contacting local MPs and media, producing a video on the new medical school and by encouraging members to write articles and engage on the issues. Two of these articles, written by Ananya and myself, got a fair amount of exposure through the UNSW publication Tharunka.

Melbourne Convention was huge. With the largest delegation ever (170 total delegates), a fantastic week was had by all. Congratulations particularly to our amazing debating team who narrowly lost in the final! This year we took Crash Camp to new heights, and finally got our badges organised for our representative teams. The NSW pre-Convention was also a hit, with great UNSW turnout and quality numbers from other universities.

UNSW has also been heavily involved in other areas of AMSA, with a number of students being on the 2015 National Executive, and many applying for the incoming executive which is also NSW based. UNSW also features heavily on a current Sydney Convention 2017 bid, and should we win the bid, will provide further opportunities for UNSW students to be involved.

PUBLIC RELATIONS DIRECTOR - JAMES DEACON (IV)

This year was a very exciting year for public relations in MedSoc. We saw changes to the way we use Facebook, policy, publications and of course our dear friend Wallace Wurth made his presence known to us all.

We began the year wanting to formalise the content and boundaries of MedSoc's social media existence. Through the creation of the MedSoc Facebook Policy we defined rules and regulations for MedSoc on Facebook. The arrival of our MedSoc Superman, Wallace Wurth, has been a lot of fun. Wallace is well known for his satirical posts, dad jokes and conspicuous liking of MedSoc photos. Behind his joking demeanour, Wallace plays a vital role in connecting with students across all year groups. We are excited to see what is next in store for Wallace.

We have seen the creation and fall of the MedSoc app in 2015. Through a private developer we created an app that we hoped would be able students to engage with MedSoc but unfortunately the release of the app was not as successful as we had planned with significant bugs.

Matt Lennon has done a fantastic job as the Policy Officer creating The Pharmaceutical Sponsorship Guidelines, The Bullying and Harrassment Policy and Complaints Handling Policy. In terms of AMSA policy UNSW medsoc has had a fantastic year with our own Alex Farrell, Ashna Basu and Scott Ashby all developing policy.

Victoria Liu has overseen the completion of Umbilical 2015 and two editions of Humerus and Idioglossia. This year has also seen the creation of a Facebook page for Medsoc Publications. Umbilical proved a successful guide, helping first years transition into medical school and university life. Humerus and Idioglossia were well-received on the whole and saw Publications cast the spotlight on student welfare and mental health issues especially.

STUDENT REPRESENTATIVE DIRECTORS – BIANCA GALGUT (IV) AND LAURIN LAU (IV)

It has been a busy year so far with a wonderful team of dedicated representatives. In phase 1, our new first year reps Naomi and Oscar were elected, and along with second year representatives Hyerim and Abeer - did a fantastic job organising subsequent welcome back snacks and barbeques. Integration party went off, and lots of interesting questions were asked at the Phase 1 QandA with faculty members at the beginning of the year.

In coursework, the ball has been rolling with sequence food, but a few things have been happening behind the scenes as well. Kevin, Brindhan, Jainoor and Hannah have been working to carefully consider ways to improve the coursework structure and assignments. They have also found proxy representatives at different hospital sites to increase the number of student led tutorials. Nick has been on top of ILP/Hons events, with a beach welcome back BBQ, and successful How to Write Research Night, Honours Seminar night, and Making Your Research Heard Night.

Phase 3 representatives had a busy start to the year with Priya, Rupert, Neera, Swara, and Mikey organising mentoring system for coursework students at hospitals, and then continuing to have open discussions with hospital teachers to improve the quality of biomedical lecture teaching. Michael, Rochelle, Jess, Mia and Henry, have done a great job with peer teaching initiatives and relaying student concerns to faculty.

Electives information night had a great turnout and featured some delicious Malaysian noodles. We've also been busy helping recruit for a blended learning project to improve the quality of supervisors in phase 3. Two advocacy surveys were released on facebook and the mailout this year with 108 and 324 responses respectively which we hope will provide benefit for future SRDs to help convince faculty of the student's stance. We have started new conversations with faculty about study space in Wallace Wurth, and the standardising of the P-, P, P+ marking system, and wellbeing support; and have continued the conversation on the quality of anatomy teaching and statistics support for ILP/Hons students.

GROUPS LIAISON OFFICER – DIVYA KUMAR (IV)

This year we have had over 50 SIG and Affiliate events from skills workshops, speaker events and first ever research competition hosted by Paedsoc. We have seen hundreds of students in attendance. The highlights have included the Surgsoc Speakers event featuring a renowned bone surgeon, the first ever combined SIG event including three different SIGs (BEAMSoc, Cardiosoc, Surgsoc transplant event) and the created two new SIGs: RheumSoc and Music Medicine Society. Moving forward we will continue to support the SIGs in expanding their events.

We require greater support from the Medicine Faculty in providing rooms and services, as well as recognition for Phase 3 White Book. We will also continue to support the creation of new SIGs to expand the nature and character of SIG events. We require greater collaboration among SIGs and a new Pharmaceutical Sponsorship policy to help guide SIGs through the arduous process of sponsorship.

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Q&A: THREE RESPIRATORY CONFERENCES THAT TOOK MY BREATH AWAY

BERYL LIN (III)



Did you know Medsoc has Funding support for students who attend conferences! I only recently discovered this, so contact Medsoc's secretary or see the website (and keep eyes peeled for Medsoc's Moodle Forum next year) for details. One of the few conditions is to give back to the students by contributing to Idioglossia. So...

Q: Tell us about your conferences this year!

A: I was privileged to present orals at the American Thoracic Society (Denver, Colorado) and European Cystic Fibrosis (Brussels, Belgium) conferences, and a poster for the Thoracic Society Australia and New Zealand ASM (Gold Coast).

Q: What was your research about?

A: Kids, cystic fibrosis, and lungs! My study looked at a marker of lung function called 'LCI' which is becoming increasingly important in clinical trials for children with CF (better and more sensitive than spirometry). We were the first to show that the timing of physiotherapy (a daily management for all kids with CF) confounds LCI testing, and thus make recommendations for future CF trials.

Q: What was your favourite 'academic' part of the conferences you attended?

A: In a nut-shell, the whole experience was about seeing research come to life....! The excitement/fear of answering questions on stage from actual experts in the field (when you feel you know nothing in comparison!), learning from all the other oral/poster presentations and symposiums, meeting clinicians around the world who approach you about your study and future project directions, attending breakfasts and workshops designed for 'young researchers'... the list goes on... but it is all an incredibly humbling and eye opening ex-

perience to see research beyond medline and I would highly recommend it! As a bit of an aside, it was also very interesting to witness and hear about politics with pharmaceutical companies, and the influence of research on health policy.

Q: What were the other highlights of your trip?

A: Having a valid reason to take leave from uni, and enjoy holidays in disguise is really the best! Highlights: Magritte Museum and authentic Belgium waffles in Belgium, Cheesecake Factory pulled-pork sliders in Denver, and sunshine beaches in the Gold Coast! Most of all – making friends with other young researchers who I still keep in contact with today, and meeting the kindest doctors/researchers, who really inspired me with their generosity of time to teach, talk, and even tourist around the city with me.

Q: How did you get involved in research, any advice?

A: It was honestly sheer luck - I met a great supervisor (in a non-medical context) and was offered to work on this resp study. At the time (late first-year) we hadn't even touched SH resp so if anything, it means everyone is capable of doing research!

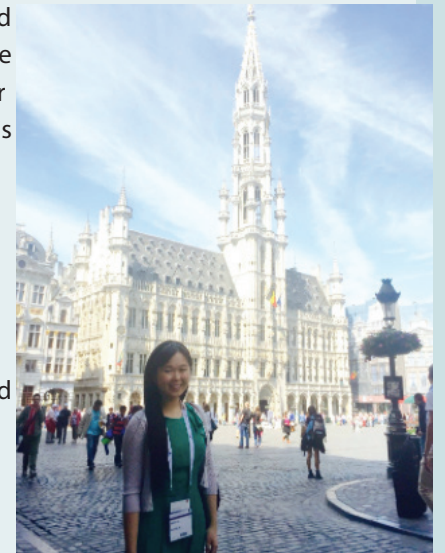
Q: Why have you enjoyed research so much?

A: Some might see research as a means to an end, but I think it's an exciting pursuit for knowledge that can translate into making a difference to people's lives on a big scale - the reason we're in medicine! Research empowers and challenges clinicians with the ability question dogma: question whether or not what we do is 'right' or the way we do it is 'best'. And to me that... is very cool... some would say, it might just even take my breath away!



NEED MORE INSPIRATION?

1. Say 'YES' to any opportunities that come your way, and make the most of them by SDL (seriously!). If a supervisor takes an interest in you – work hard to make good on their faith and the time they're investing!
2. Being clueless and then the process of having to figure things out along the way opens up many learning opportunities. Try do your own ethics, upskill in stats or do courses (Stanford online has some useful ones, or even UNSW's SPHCM), read widely (learn by example from previous studies' methodology and limitations, the format and style of writing published by the Journal you're aiming for etc.), and try present too for the full experience
3. Use your initiative to seek out new opportunities too (e.g. ask a doctor if you can get involved in some research)... nearly everyone I've said this to always asks me "what if they say no?" I think, if you try, and you fail, the worst that can happen is you're back to where you were if you never tried at all!
4. Finding a good supervisor can make all the difference - ideally someone who is willing and has time to actually teach and mentor you (rather than see you as their data monkey, or be so busy they take 3 months to reply to your email... I'm sure ILP students will tell you their stories!). On the same note though, I feel any opportunity to get involved at any capacity is a privilege for a medical students and will always lend learning opportunities!
5. Pick projects you're genuinely interested in so you'll enjoy the research process and will want to immerse yourself in it! Perhaps in an area you could envision your career heading towards too. If you're unsure, read the literature in that area, ask your friends, or go to hospital for the authentic on the wards experience!
6. Once you've found a project – try become the 'expert' in that field and read up on all the research in that area (like a lit review). Ask yourself lots of questions around your topic, and research answers to those questions (and if no answers are available, perhaps that's an idea for a new research study!)
7. Support your budding researcher friends, talk/build on your ideas, present to each other, critique each other's work/methodology, and asks each other lots of questions. It's been the nicest thing to be able to share my experiences with other (nerdy) friends, for us to rant together about the downs (e.g. tediousness of ethics) and celebrate each other's successes (and this way, if they ever present abroad, they might bring back some souvenirs for you)



AUSTRALIAN AND NEW ZEALAND RHINOLOGIC SOCIETY CONFERENCE BY ANDREW KAM (V)

In April this year, I went to Queenstown, New Zealand to present my research on 'Demographic Patterns of Aeroallergen Sensitisation in Sydney, Australia' at the 2015 Australia & New Zealand Rhinologic Society Conference. With the breath-taking backdrop of Lake Wakatipu and the Remarkables mountains (Mordor!), I had the opportunity to speak in front of an audience of both local and international ENT surgeons and respiratory physicians. The presentation itself was a great experience (as was fielding some of the thorny questions from the profs...) and getting positive feedback from the audience on how my work would change their clinical practice was very encouraging. The highlight of the conference however was the opportunity to learn more about otolaryngology from some of the world leaders in ENT surgery and to hear about their experiences and practical lessons. As always, watching the sparks fly when opposing camps clashed over controversial topics was extremely entertaining.

Aside from the conference, a few free afternoons gave me the opportunity to explore Queenstown and its surrounds with my research team. Highlights included: compiling the Encyclopaedia of Mushrooms of Middle Earth while walking through the forests of the Woodland Realm; scaling the dizzying heights of Ben Lomond, the highest peak of the mountains overlooking Queenstown (the views on the way look like you are hiking through Rohan and could see a giant eagle at any moment) and; enjoying a hearty burger from Fergburger (a MUST if you go to Queenstown!).

Overall, a great cherry on top of a successful research project and I'm very grateful to Professors Harvey, Rimmer and Katelaris for making it all possible.

NATIONAL LEADERSHIP DEVELOPMENT SEMINAR

BY LIZ HUYNH (IV)

Every year, over 90 medical students from around Australia and beyond are selected to attend AMSA's five-day National Leadership Development Seminar (NLDS) in Canberra. The event focuses on building political advocacy skills, as well as educating on lesser-taught topics such as LGBTIQ health and sexual health. There is a simple application with only four questions – no CV and no other barriers that should stop even a first year with little experience from applying.

I admit that the night before the conference, I was worried that I was nowhere near politically engaged enough to fit in at NLDS (and also that I'd be either underdressed or overdressed for the whole conference. How does "business casual" differ from "smart casual"???). On the Saturday, I carpooled down with two other UNSW delegates. After a Maccas pit stop, too much Taylor Swift for our driver and a long four hours, we arrived in Canberra. Our first social night confirmed many of my preconceived ideas of NLDS – one, that it was great to meet medical students from all around Australia and two, that Canberra nightlife was... pretty dead (although it meant that our 100+ strong NLDS crew essentially got a club all to ourselves!).

The academic program was eye-opening, with topics including tackling Indigenous health taboos, "embracing our inner media tart" to gain publicity for good causes, and youth mental health, which we were lucky enough to hear about from former Australian of the Year and Headspace co-founder Professor Patrick McGorry. One of my favourite talks though, was a challenging presentation on gender by LGBTIQ health advocate Gavi Ansara.

Tell me what you see in this 17th-century painting...



If your answer was a bearded woman breastfeeding her infant, while her husband stands behind her, you would be correct. Gavi managed to break down the issues surrounding social perceptions of gender ridiculously clearly, and many of us were still discussing concepts from the lecture afterwards.

Another highlight was the electric and highly-relevant Sexual Harassment Panel, which included Dr John Quinn from the Royal Australasian College of Surgeon and Dr Gabrielle McMullin, the name behind the initial media storm. Issues were addressed honestly and it was the first time I felt that RACS are genuinely wanting to solve the issue, rather than simply doing damage control (yeah, I'm a cynic). Beyond lectures and speakers, there were smaller and more intimate workshops, from how to manage underperforming volunteers to how to run a social media campaign. My favourite workshop was run by an event planner experienced in huge events, from functions for Prime Ministers to conferences in the Phillipines with 1500 delegates. Her tips were fantastic and she gave honest and hilarious advice. I am organising a teeny-tiny one-day "conference" for 150 high school students next year and was grateful when she offered her email to contact her for help.

Of course, I mentioned that NLDS has a political focus. On the second night, we headed to Old Parliament House to laugh and cheer some of our talented fellow delegates as they participated in comedy-laden debates on hot topics like climate change and fee deregulation. UNSW meddie Divya Kumar (IV) won best speaker, which was particularly deserved after her excellent crack at her fellow UNSW opponent's "\$450 Toni&Guy haircut" and "manwax".

The actual test of our political advocacy skills though, came when it was time to meet our MPs, a task encouraged of all NLDS delegates. Frankly, I was a bit terrified – sure, I knew about mental health and the internship crisis, but I felt neither qualified nor knowledgeable enough to discuss either issue with a politician. Nevertheless, before my meeting I'd researched the issues (thanks, Google) and called friends to discuss mental health services at UNSW. My local MP turned out to be lovely - she gave me shopping tips in my 'hood and even posted about our meeting on Facebook!

As a Labor backbencher, her promises to discuss the issues with the Shadow Health Minister were the outcome I expected and while my meeting may not have had much of a tangible impact, other delegates were more successful. Independent

Tassie MP Andrew Wilkie promised to consider proposing amendments to the Border Force Act in parliament and Melbourne MP Adam Bandt wanted to meet with his local delegates again the following week to discuss issues further! I found simply meeting with my MP and discussing issues to be an empowering experience.

The night before I met my MP, I admitted to my lovely roomie from Perth that “political apathy is basically my middle name”. My tone was sarcastic but deep down, I meant it. Yet in Parliament House, we heard from Richard Di Natale, a Greens senator who once was a GP. After one delegate asked him about the political disengagement common in youth, he responded with a line that certainly resonated with me:

“I don’t think young people are politically apathetic, I think they are apathetic towards the... system”



This point was hammered home in Question Time as newly-elected PM Turnbull answered questions amid constant heckles and jeering from the Opposition. I won’t lie, I loved the barbed questions flying around (SO. MUCH. SASS.) but I felt disheartened at the fact they seemed like schoolchildren. More inspiring were the talks we received from Shadow Health Minister Catherine King and Andrew Southcott, a Liberal MP who was about to rejoin the medical workforce after 20 years in politics.



My lovely roomies from Perth and Canberra!

A new initiative for NLDS this year was the group project – we were to design an initiative that could be implemented after NLDS, with mine being on Mental Health. My group was fabulous and diverse, and even included a former zookeeper from Nebraska (who is now a postgraduate medical student). We presented our group projects at the National Library of Australia on the final day and the Sexual Health Project was selected as a winner, to be published in the Australian Medical Students Journal.

Of course, many of my favourite NLDS memories occurred away from our academic program and on nights out, which ranged from trivia night, to celebrating the news of Turnbull’s #libspill victory on the dancefloor of an Indian karaoke restaurant, to eating burritos and churros, to our fancy cocktail party on the last night. Another Canberra highlight was eating at Patissez (also known as “that Canberra milkshake place from Buzzfeed”), which makes the best salted caramel milkshake ever. It had a whole slice of pecan pie in it!

Overall, I had a great five days at NLDS and met many fantastic people. I don’t know if my Mental Health Group Project Team will actually achieve its goal of creating a mental wellbeing framework for all medical student societies to use, but I hope we do. You may believe NLDS is only for those who’ve been involved in MedSoc, AMSA or advocacy projects in general. Honestly, it is best for these people, particularly as it allows you to establish inter-uni contacts to help with medicine-related initiatives. However, I found NLDS to be a rewarding experience despite not being involved in any of the above. I returned from NLDS feeling like I had developed skills that will help me in the future to advocate on behalf of patients. It’s a special experience and I would encourage anyone who thinks NLDS could help them to put in an application next year!

CARDIAC SOCIETY OF AUSTRALIA AND NZ 2015 CONFERENCE BY DOMINIC VICKERS (V)

In August 2015 I flew down to Melbourne for the Cardiac Society of Australia and New Zealand’s annual conference with the heartening assistance of the UNSW Medical Society. Whilst the chance to present research to cardiologists from around Australia induced palpitations, visiting Melbourne also gave me the chance to indulge in some of Melbourne’s famous cafes for a hearty brunch – I recommend ‘The Grain Store’ for an inner-city farmhouse vibe. The conference itself was full of thought-provoking doctors with a world leader in cardiac electrophysiology, Professor Silvia Priori, delivering an electrifying lecture to a packed out convention centre. Plus demonstrations of the newest and latest technology allowed conference delegates to experience immersive virtual reality with a three hundred and sixty look inside their heart of hearts. Overall, I’m grateful for the opportunity and to my supervisor for his guidance, as well as to all the cardiologists who were welcoming and openhearted throughout the conference. What was initially daunting turned out to be a heart-warming occasion and if you haven’t been to a conference I highly recommend the experience as a way to shock both your mind and circulation into action. Much love to UNSW Medical Society and the UNSW Medical Faculty for their support!

INTERNATIONAL PAEDIATRIC SIMULATION

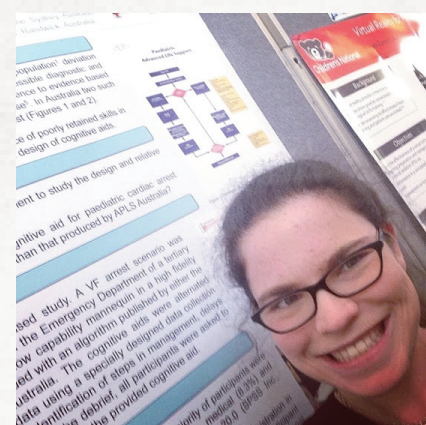
SYMPOSIUM AND WORKSHOPS BY BECKY SINGER (V)

The International Paediatric Simulation Symposium and Workshops 2015 was the 7th annual meeting of the International Paediatric Simulation Society (IPSSW) held in Vancouver, Canada in May this year. I was lucky enough to escape the daily ward rounds of Phase 3 to present my ILP research on using simulation to study cognitive aids in paediatric cardiac arrest as a poster presentation. Paediatric simulation seemed like a highly niche conference to me, but I was surprised by the number of people attending – sure it was smaller than a major trauma conference for example, but provided the perfect, small environment for my first poster presentation ever.

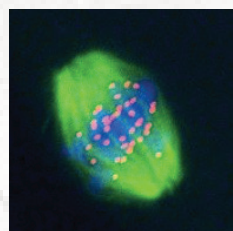
As I discovered, the more niche the conference, the more excited people are that you are a medical student, and will continually tell you so while you stand there blushing and murmuring “um... thank you”. Other than spending many hours wandering around downtown Vancouver and walking into every single Lululemon store I could find, I found one of the most valuable and enjoyable parts of attending IPSSW the pure networking opportunities I was afforded – from both within Australia and internationally. Given the supposedly small audience IPSSW appealed to there were numerous health professionals present, from consultant Anaesthesiologists to Clinical Nurse Consultants and everything in between. I was fortunate there was a large contingent from Sydney present – from both Westmead and Sydney Children’s Hospital so I always had someone to point me in the right direction, and a captive audience when I presented my poster.

Although daunting to present a poster to the immediate past president of the organisation (which I luckily found out AFTER the presentation) I found I was able to hold my ground and I actually did know what I was talking about. After spending a year consumed by one topic, turns out it actually does stick in your brain. Aside from presenting I also had the opportunity to hear about the numerous uses of simulation – both in terms of examining medical students and junior doctors (and picked up some handy tips) but also applications in resource poor countries where it can be used to train midwives and nurses to perform tasks with minimal equipment.

Overall, it was a fantastic experience – I learnt a lot of simulation but also how much we should appreciate the ILP year and the opportunities it can bring us.



ESA-SRB ANNUAL CONFERENCE BY LAURIN LAU (IV)



In August this year, the picturesque city of Adelaide played host to over 600 clinicians and scientists who attended the joint annual conference between the Endocrine Society of Australia, and Society of Reproductive Biology (or ESA-SRB for short). Here, the latest research in endocrinology and reproduction would be showcased over 4 days. And it was here that I was lucky enough to contribute to this body of knowledge by presenting my own research in oocyte biology.

Upon arriving at Adelaide Convention Centre, the conference started off with a bang with a fascinating talk on non-epigenetic signaling in male sea squirts, followed by a series of insightful presentations over the next few days including the efficacy of proton pump inhibitors for preeclampsia and the effects of mobile phone radiation on sperm quality.

On the second day I presented research as an oral presentation on the importance of a cofactor called NAD⁺ in the first meiotic division of oocytes. Although I felt extraordinarily under-qualified to present as a mere medical student alongside some of the leading scientists in Australia, I was lucky enough to have my lab group nodding their heads away for the entirety of my talk in and amongst the packed theatre.

Overall, the ESA-SRB conference was a blast – mind opening, interactive and definitely worth the preparation beforehand!



AMSA COUNCIL BY ALEX FARRELL (II) AND CHRIS CHIU (II)

Over the Labour Day long weekend, we had the privilege of attending the 3rd national council of the Australian Medical Student Association (AMSA) at the University of Sydney. AMSA council is an exciting opportunity for medical societies to come together to discuss policy and ideas, as well as to guide the future direction of the association. It was wonderful to see the inner workings of AMSA, and in doing so we were able to appreciate the advocacy and representation they do for Australian medical students. To be involved in the discussions which will drive this advocacy into the future was enjoyable and enriching. We were also able to meet incredible and inspiring medical students from around Australia.

Both of us had written and reviewed policy for AMSA over the course of the year, and it was exciting to have the opportunity to present these to the council and ultimately see them passed. The policies we worked on include the Youth Trauma and Incidence Policy (2015) and the Information Technology and Medical Education Policy (2015), both of which will now guide how AMSA addresses these pertinent issues. Working on policy team and attending council was a great upskilling experience, and one we would highly recommend for all students next year.



UNSW MEDBALL REPORT BY JAMES DEACON (IV)

In late August, UNSW Medicine placed the proverbial cherry atop its social cake for the year, in the form of MedBall. Our 007 theme provided us with a licence to kick back and have an evening of fun, frivolity and feverish dancing. Gents donned their best suits and ties while the ladies decked out in dresses and heels. Dolton House was a fantastic venue providing an intimate space with a picturesque location and close proximity to our eventual after party. Following pre-dinner drinks, many selfies, snapchats, intagrams and general catch-ups, the formalities began with the awarding of prizes. Following this and a delicious meal, the med students took it upon themselves to carve up the dance floor and show off their moves. After a couple of hours of highly contagious boogey-ing, which culminated in a Grease medley, we made our way to the after party at Bungalow 8. For some the night stopped there, for others the night was still young. Thanks must go to all those who worked so hard on the event booking, decorating, designing, planning and promotion to bring MedSoc MedBall: Licence to Heal to life. In particular thank you to Nadine Kauley and Terence Luo our Social Officers and Milonee Shah our Events Director.



SHEER RESILIENCE BY NADIAH JAMALUDIN (III)

'You don't belong here.'

This must be a nightmare. You can feel the mud reaching your ankles and that sinking dread that any moment now; the ground beneath will pull and drown you in. You try to reach out for help but in the pouring rain, you find that your trembling hand can never seem to grab anything but empty space. Your skin shivers from the cold and by a quick glance of your surroundings, all you see is chaos. Everyone is running from somewhere to any sense of security they can find but after running, you find yourself against a brick wall; the last obstacle and the finishing line. That wall denies you entry, blocks you from safety and leaves you exposed to what you've left behind.

And then, the screaming begins. In no way can you know the difference between your own voice and the child next to you or the elderly woman in front of the line or the angry men that are one provocation away from rage. In no way can you tell that you no longer have any voice left because there are other people who continue to express your pain. In no way can you comprehend the reason why people on the other side of the wall refuse to let you in. Surely, they must – after all that running and that struggle.

'You don't belong here'

But are we not the same as you?

'You don't belong here'

You pause– and everything snaps.

Damn right I don't belong where I stand now. Every child belongs in a safe environment, every elderly person has a right to be taken care of by society, every woman deserves to be treated with respect and every man should be given the opportunity to rebuild themselves and their families. Damn right we don't belong in boats sailing the troubled seas, no child belongs stranded dead on a beach, no father should ever have to tirelessly hold their crying daughter in the rain for days, no woman should ever have to worry about being handled roughly and no elderly person should ever have to spend the remaining of the life between borders.

If this was a nightmare, that would be better. At least, there is hope in waking up to a different and better place. But it's not a nightmare for me. This is where I am now, every day. Fighting. Surviving.

This is every day for the refugees.

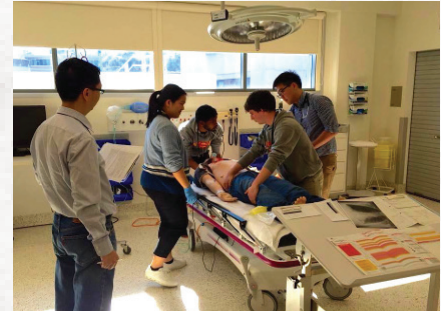
SPECIALTY INTEREST GROUP REPORTS

AICESoc

AICESoc has had a really exciting 2015 this year and we've had great fun hosting great events. The year started with our popular Basic Life Support Workshop in and Respiratory Physiology lecture in March. BLS had a great turnout with many new faces and gave our new first years their first taste of some basic skills in emergency medicine. Our second years also walked away from the Respiratory Physiology lecture with valuable information, presented by Dr Gordon Flynn from Prince of Wales Hospital. This was then followed by our Acute Observations Night, which provided supplementary information for our older students to challenging areas of course material. This was a great night with our highly experienced doctors; Dr Elizabeth Fugaccia from Concord Hospital and Dr Ranganatha Rangappa from Liverpool Hospital giving a biochemistry and radiology double whammy.

We held our annual fast-paced Emergency Medical Challenge in the second half of the year with three teams competing to complete 5 fact-paced simulations. All three teams rose to the challenge and had a great time refreshing some important life saving skills while receiving constructive feedback from our experienced clinicians. Other exciting events have been the hands on Cannulation workshop and Cardiac Arrest workshop with which we worked closely with CardioSoc. Cannulation workshop gave our students time to apply some practical skills with trained professionals guiding them the whole way. Cardiac Arrest workshop was another a successful event covering many emergency themes; basic life support, CPR and defibrillation. Students were taught by highly experienced nurse educators and given the opportunity to apply this knowledge in a simulation room. It made for an exciting night!

The events aren't over yet, with our thrilling new lumbar puncture workshop coming in the next few weeks. But if you missed out on the fun, next year we are sure to also provide a great selection of events to supplement your med student experience!



Students engaging in a life-like emergency simulation



Basic Life Support Workshop in full swing

BEAMSoc

The Bioethics and Medicine Society (BEAM) encourages the development of informed and conscientious doctors. It aims to highlight morality in medicine, as well as support academic accomplishment.

Our events in the first semester were very well attended. "MSM and Blood Donations"—focussed on the ethics of a 12-month deferral period for MSM when donating blood. "Fertility Night: Science and Ethics of IVF" (run in conjunction with the UNSW O&G Society) explored IVF from three perspectives—science, patient experience, and ethical issues.

BEAM continued to have a very strong presence in the second semester, commencing with the "Phase 3 Mock Viva Workshop" facilitated by Dr Adrienne Torda. This was helpful exam-preparation for the sixth-years and was very well-attended.

The "Heart Transplant Night" was run in conjunction with Surgsoc and Cardiosoc. The audience was treated to a multi-dimensional overview of heart transplant from clinical, ethical, and patient perspectives. Dr Adrienne Torda shared her insights into ethical issues surrounding organ transplantation.

The "Euthanasia Debate" was once again very well-attended. We were privileged to have The Hon Emeritus Professor Peter Baume and Dr John Obeid to present arguments for and against euthanasia respectively. The ever-present Dr Adrienne Torda was the moderator for the evening. The speakers engaged in rigorous debate from ethical, legal, and clinical perspectives. Thoughtful questions were directed to the speakers by the audience at the end.

BEAM is grateful for the support of the students throughout the year and look forward to wrapping up 2015 in style with our final event—"Phase Two Mock ICE Workshop". We are grateful for the support of our patron—Dr Adrienne Torda—for being present in every single one of our events in semester two to date!



Ethics Viva Workshop



Euthanasia Debate

CardioSoc

It's been an electrifying year for CardioSoc starting off with our clinical skills night, explaining the pathophysiological basis behind signs of cardiovascular disease, shortly followed by important investigations including our ECG and Echocardiography workshops, both conducted by Cardiology registrars from POW.

With the best interests of fellow students at heart, we've been pumping out monthly study notes (check out the link on the CardioSoc FB page) to ease those congestive workloads. If those weren't enough to get your heart shocked into a regular study rhythm, we've had weekly FB ECG competitions with attractive prizes to thrill you. We've worked in syncytium with other SIGS to host the Cardiac Transplant Ethics night (with SurgSoc and BEAMSoc) and Cardiac Arrest Workshop (with AICESoc). We hope these events paced your hearts towards Cardiology, because we've had the Cardiology Subspecialties pathway night as a treat for those Cardiology heart-throbs. We're big on aerobic fitness to paradoxically shunt the cardiologists away. So when City2Surf came around, we formed our PACEMAKERS running team and raised funds through our bake sale (oh another sweet paradoxus) for the Victor Chang Cardiac Research Institute.

To all of those who've supported our events, thank you and we <3 you. You're heart-warmingly welcomed to our last 2 events of 2015- the BioMed revision night to fuel our 5th years' studies, and lastly, our Annual General Meeting to select new executives to continue the beat of CardioSoc in 2016. <3 CardioSoc 2015



Clinical skills night: pathophysiology of clinical signs of the cardiovascular & respiratory exam

DermSoc

DermSoc has had a stellar year and are erythematous with excitement for our upcoming third birthday! The year started off with a blast at MedCamp, where first years mingled with members of Dermsoc and learned about common skin conditions. Our Careers Night and Launch Party was held in April and was the most anticipated event of the year. The speakers came from varied backgrounds and experiences, with a world-renowned dermatologist and a dermatology research fellow (also a UNSW research alumnus!) sharing their personal journey into dermatology. Despite being held on the coldest and rainiest day Sydney had ever seen, students left inspired (and well-fed!), brimming with tips on how to plan their future careers and how to make the most of medical school years.

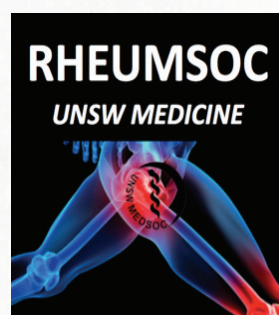
DermSoc's Grand Rounds was held in May in conjunction with RadOncSoc and was presented by a clinician who talked about a practical and concise approach to diagnosing and managing common skin cancers. The talk was fantastic in providing an introduction to treatments for skin cancer, which is often not covered in depth in our current curriculum.

Our popular suturing workshop was held in September at POW. Twenty students were taken through a variety of suturing techniques by two dermatology fellows. It was a great opportunity for younger students to learn about the basic skills of suturing, whilst others extended their skills by performing elliptical excisions and advanced suturing techniques with guidance.

Our last event of the year will be our mock OSCEs/ICE night, coming up in October. With cases and tips written by dermatologists, we hope this night will provide a good introduction into how to present cases in dermatology and the most common conditions that you may see in clinics, wards and of course, the exam!



First years at DermSoc's Medcamp Stall



RheumSoc

We are a brand new society that has only just started up this semester! We're passionate about rheumatological medicine (think: autoimmune disease, connective tissue disorders, arthritis and joint disease, and a bit of immunology!) To finish the year, we'll be bringing you a musculoskeletal clinical evening in late October to prepare you for your OSCE/ICE stations! Stay tuned for next year - we have so much planned already for you, and a swag of keen practitioners on board to present for us!

Medshow

As a SIG, Medshow did not hold, “events,” until the end of the first semester of 2015, despite the creative process behind it beginning much earlier, namely at the end of second semester last year. At the end of semester one this year, Medshow put on a launch party to garner interest and then held its auditions for singing, acting, dancing and band. The audition process was difficult, as many of our university’s medical students exhibited very strong talent that was frequently not limited to one portfolio. During the mid-year break, the Medshow cast members for each portfolio were chosen and informed of their success, with all rehearsals beginning in week one, semester one.

Rehearsals have continued throughout semester one. Medshow has also held its “Hour of Excitement,” in which it revealed its theme to cast members and also fostered more interaction and integration between medical students of the different portfolios. At the time of writing this, Tech Viewings 1 and 2 have also come and gone, with marked improvement across all portfolios’ performances being evident. These Tech Viewings have not only been invaluable in terms of assessing the show’s practical progress, they have also been immensely important as social congregations for the SIG’s members. The tech directors for Medshow have also been holding regular open barn days for constructing the show’s set and props.

Events that have yet still to happen include Tech Viewing 3, Tech Run, Dress Run and the Show Nights (14th – 16th October). These remaining events promise to be the gratifying culmination of months of hard work by many medsticks. The profits from this year’s show earnings will be donated to the Royal Flying Doctors of Australia. Medshow has also held many bakesales earlier this year to fundraise. The AGM will also be held later in the semester.

In concluding, Medshow has maintained its typical success in running events this year and continues to be an important SIG for supplying our medical students with a needed artistic and social outlet integrating into the culture of the medicine degree.



Medshow Bakesale outside Main Library

MusicMedSoc

Founded recently for the purposes of allowing medical students to pursue their musical passion whilst actively giving back to our community, the UNSW MMS has reached some milestones, and see many more coming in the near future.

Our On a Serious Note small groups division successfully launched, with over 20 students to take part in an informal concert on the 7th of October. In the future, we hope to send groups from this division to aged-care facilities and hospitals. Particularly, we are excited about a program we are organising to provide medical students the opportunity to work up and close with music therapists at Sydney Children’s Hospital.

In addition to small groups, we will be starting the UNSW Medical Orchestra and Choir in March 2016, for two concert seasons. We were fortunate to have much interest from skilled and experienced conductors, and after interviewing the applicants, we are pleased to announce:

- Principal Orchestral Conductor: Luis Fernando Madrid - currently studying his DMA (conducting) at Sydney Conservatorium)
- Assistant Orchestral Conductor: Harrison Collins - Musical Director at the NSW Uni Theatrical Society 2012-2015
- Choral Conductor: Jeremy Kindl - currently studying a BMus at the Sydney Conservatorium, and conductor of various vocal ensembles.

We hope to grow into an integral part of the UNSW medical community and invite you to join us in this exciting venture!



MMSoc’s Musical EGM



MusicMedSoc, one of UNSW Medsoc’s newest and brightest SIGs!

GastroSoc

For 2015, Gastrosoc coordinated 4 key events on the Special Interest Group Calendar. The first two events involved teaching Phase 1 and Phase 2 students important abdominal examination skills, to help them prepare for their respective clinical exams at the end of the year. Senior students provided comprehensive explanations for high-yield questions with a specific GIT focus. The combined Gastrosoc and Pathsoc Trivia night was also a remarkable success, with over 30 students in attendance. Prizes ranged from stockmarket discounts to Gelato Messina vouchers. To cap off the year, Gastrosoc hosted their inaugural combined imaging night with RadOncSoc with a focus on abdominal pathology. All in all, Gastrosoc has had an amazing year!

O&GSoc

2015 was a huge year for the O&G Society. Our small and homely SIG put on a plethora of events covering everything from charity and raising awareness, to academia, to skills development and education about careers in O&G. With the support of some excellent sponsors Work The World and IGA, we continued to develop the bond between O&G Society, The Royal Hospital for Women and the Australian Centre for Perinatal Science, both organising our own events and assisting the events of others.

We were happy to continue our now inaugural events: ethics of IVF, clinical skills night and O&G pathways night. New this year was our Women's Health Week in September, involving morning teas, raffles, intimate events with survivors of cancer and fundraising for Hamlin Fistula. Equally successful were our academic events: revision nights for all years, including 6th year vivas and an upcoming biomedical science night. As always, it was a pleasure to work with other SIGS notably SurgSoc on our C-Section night and BEAM on the Ethics of IVF. Working with the RHW and ACPS, we were also able to promote ILP information nights, synopsis and departmental seminars to provide students access to these fantastic events.

Looking ahead to 2016, we hope to continue to provide a variety of events, including furthering our engagement with Work the World in the promotion or facilitation of O&G electives and immersions. We are also becoming involved in the development of a national platform with RANZCOG to promote the creation of O&G societies in medical schools across the country, connecting like-minded students and JMOs.

A HUGE thank-you to the wonderful O&G team Linda, Lily, Emily, Guy, Aalya and Kawisha (and to the staff at RHW) who were wonderfully proactive, creative, clever and committed and are the reason for such a successful year. Thank-you too to our wonderful speakers and staff at RHW without whom we couldn't achieve much at all.



Smiles, cupcakes and raffle tickets for Women's Health Week



Students hard at work at GPSN's Clinical Skills Night



GPSN at Medcamp

GPSN

GPSN UNSW has had an excellent 2015! Our events this year included Trivia Night, Clinical Skills Night, and Indigenous Health Night, which were all great opportunities for students to get involved with GPSN. We loved mingling with our first years at our Medcamp suturing station, which was a big hit!

Our Clinical Skills Night run with RAHMS was an extremely popular event with students learning skills such as suturing, plastering, and cannulation. The event was run with great teachers, enthusiasm and some prizes to boot!

GPSN also enjoyed working with UNSW Medsoc with the hugely successful "Meet the Medics" Night again this year! It was great to see such a variety of professional pathways available to students.

Overall, GPSN UNSW has had a very productive year. It was great to bring the principles of primary care to medical students and provide opportunities for students to know and understand what general practice entails. From the entire, National and UNSW executive of GPSN, we'd like to thank everyone involved this year and hope you have a fantastic summer!

MSAP

MSAP had a busy year in 2015 with some fantastic events helping students throughout UNSW get inspired and involved with global health issues. We kicked off the year with our launch party, where two sixth years described their incredible experiences on elective in developing countries. We next had four tantalising educational evenings at our global health short course, which explored topics like Australia's foreign aid and maternal mortality. A first this year was our Global Health Pathways Night which had inspiring speakers from MSF and WHO talk about their experiences in global health and how to get involved. Our thought-provoking Crossing Borders Week, Red Week and Code Green Week shone spotlights on issues surrounding Asylum Seekers, HIV/AIDs and Environmental change, with our lively Q&A panel being a particular highlight. We capped off our year with our annual Birthing Kit Night, which was a huge success with 1000 kits packed. We would love to thank our outstanding executive for all their great work. Looking forward to a great year in 2016!



The MSAP team posing with the fruits of their labour - 1000 birthing kits all ready to go!

RadOncSoc

Radiology and Oncology Society held several events in the first half of the year which introduced students to training pathways into Radiology and Oncology, and equipped them with useful skills to interpret various imaging modalities. Moving forward, we were excited to bring two new events in the remaining half of the year. The "Skin Cancer" event, jointly run with Dermatology Society, touched on essential aspects of skin cancer detection and management. An experienced speaker from Cancer Council highlighted risk factors of skin cancer and the importance of prevention of this potentially fatal disease. This was brought further with a talk from a skilled dermatologist who introduced various surgical and non-surgical management options for skin cancers. Furthermore, interesting patient cases were discussed which facilitated application of theoretical principles to clinical scenarios. The CT workshop covered practical knowledge in the interpretation of thoracic, abdominal and pelvic scans. Students were divided into small groups and rotated through different stations, allowing interactive opportunities for fruitful discussion and hands-on practice at reading scans. These imaging principles were further reinforced by subsequent abdominal and chest imaging events where radiologists provided valuable guidance on approaching scans. These included our annual "Fracture Night" which explored common fracture presentations and their clinical relevance, as well as "Abdominal Imaging Night" covering a range of abdominal radiological signs brought to life with case studies. Students also had ample opportunities to raise questions they had and received pertinent advice on entering these fields. We hope these sessions have been beneficial in cultivating the interests of students in oncology and radiology. RadOnc Soc hopes to continue providing engaging and relevant events for students, and would love to hear any suggestions you might have on future event topics by contacting us at radoncsoc@medsoc.org.au.



Students were rotated through different stations in small groups covering thoracic, abdominal and pelvic imaging scans, "CT Interpretation Workshop", 20/8/2015.



Dr. Amit Chakraborty presenting at "Fracture Night", who kindly ran through common fracture presentations and discussed their clinical relevance, "Fracture Night", 3/8/2015.

NeuroSoc

NeuroSoc has been enjoying a very busy second semester with events including our Neuropathology Night, NeuroSoc Mock ICE Workshop, Neurology Placement Scholarship and 3-Minute Thesis Competition. NeuroSoc would like to again congratulate Harrison Faulkner (II) and Lucy Haggstrom (IV) for winning our placement scholarships, and Charles Su (IV, left image) and Vivek Srinivasan (IV, right image), for winning the 3-minute thesis competition.



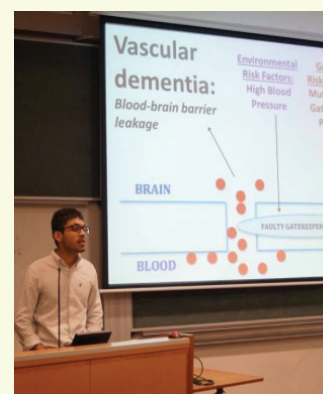
Charles Su speaking at the 3-minute thesis

It has been enlightening to read Harrison and Lucy's reports on their one-week placements: Harrison: "The team was fantastic, always willing to teach and tolerate my many questions. Indeed, some of the week's most valuable insights came as the registrars explained and demonstrated the process of diagnosis and treatment. With the limited clinical contact of Phase 1 the relevance of content is easily overlooked but as I watched the very real application of what had previously been abstract theory I was reminded of its consequence."

Lucy: "In just five days I managed to get exposure to many different aspects of neurology, attending stroke and neuroradiology meetings, clinics (multiple sclerosis, nerve and muscle disorders, epilepsy), ward rounds, and watched research being conducted into vestibular reflexes, postural reflexes and chemotherapy-induced peripheral neuropathy. Highlights were one-on-one teaching with Professor Colebatch about EEG interpretation, watching a needle EMG being used on a patient with ?polymyositis, and watching how video EEG is used to distinguish between true seizures and pseudoseizures. I would definitely

recommend the placement to anyone interested in neurology."

Our mock ICE workshop was an overall success with students reporting its usefulness in their preparation for their ICE exam in November. We are looking forward to taking on board everyone's feedback and applying it to our upcoming mock OSCE workshop and future clinical events. It has been extremely encouraging to see such great turn-outs at our events throughout this year seeing many medical students being interested in the field of neurology, and NeuroSoc is looking forward to providing more informative and interactive events and opportunities next year.



Vivek Srinivasan speaking at the 3-minute thesis

SportsMedSoc

2015 has been a fantastic inaugural year for the UNSW Sports Medicine Society. We opened the year with an interactive station focused on concussion at Medcamp. This was closely followed by our first official event, "Introduction to Sports Medicine and examination of the foot and ankle." We then focused on some very topical issues in sports medicine, running events on Concussion and Nutrition and Drugs in Sport, where we were lucky to have both Sports doctors and allied health professionals (neuropsychologist and nutritionist) provide their expertise on these topics. We finished the year with our "Exercise is Medicine" and musculoskeletal exam demonstration to provide an overview of the application of sports medicine in general medicine. We also held two first aid courses over the weekend where participants were able to gain qualifications.

One of our key aims throughout the year was to explore the use of social media in medical education. Through Facebook, Twitter, Google hangouts and live streaming of events we were able to reach the rural campuses as well as interested students, sports doctors and other practitioners both in Australia and overseas. As we recognized that musculoskeletal and exercise medicine was a significant gap in our medical education, it was very rewarding to see how wide the scope of our society reached. Our executive has put together a paper about the use of social media in medical education, and will present a poster at the Sports Medicine Australia Conference in October.

Throughout the year we have been very fortunate to have numerous high profile sports physicians give up their time to assist us in running events and connecting us with opportunities to further our interest in Sports Medicine. Thank you to our speakers, everyone who came to our events, and also to our very hard working executive team for all your effort and commitment in setting up this new SIG. We are all looking forward to what 2016 will bring!

RAHMS

RAHMS has had a killer of a year in 2015. From visiting new areas during our Rural High School Visits to a revamped Rural Appreciation Week in Tarcutta, here are some of the highlights of our year:

- The Start of Year Social - at the campus favourite Coco Cubano. Food was aplenty, company good, and by the end of the evening, everyone had met at least another member from a different degree. Multidisciplinary teamwork at its finest.
- Our Rural High School Visits - to the Southern Highlands and South Coast. Five dedicated members drove down to inspire future medical and allied health students from three different country town high schools. Now that's a reason for a mid-semester road-trip, if ever you need one.
- The Interdisciplinary Clinical Skills Night - if you're looking for a great way to meet students from other faculties, come to one of RAHMS's interdisciplinary CSNs, where you'll learn how much you'll appreciate having allied health colleagues supporting you in the future. Who knows, you might even meet a future optometrist who catches your eye ;) If not, hey, at least you'll have fun getting plastered.
- Our combined Clinical Skills Night with GPSN - gave students an opportunity to practice suturing, plastering, cannulation and OSCE skills and hear from Dr Nicholas Moore, an ED registrar from Orange and RAHMS alumni.
- The Desert Harmony Festival Trip - Tennant Creek in the NT. Five lucky students got to travel to the Red Centre to experience Aboriginal culture and arts in a beautiful and unique remote Australian setting.

Last but not least, our biggest event of the year, the Rural Appreciation Weekend (RAW) was held over the October long weekend. Over 100 health students from across NSW and Victoria converged in Tarcutta (near Wagga Wagga) to learn about rural health and lifestyle, farming practices and clinical skills. A trip to the Borambola winery added a drop (or more) of class to the end of the weekend.

Next year we look forward to involving more of our general members in our new Events Subcommittee, increasing our advocate role for international students, developing a database for rural placement opportunities and maybe even replacing our dearly-missed-but-never-forgotten long-lost mascot!



RAHMS members Gemma Bylos, Alice Cooper, Brittany Hill, Yvette Homann and Liam Mason in Alice Creek on the Desert Harmony Festival trip.



Students learning first-response paramedic skills at the Rural Appreciation Weekend in Tarcutta



Paedsoc

Paedsoc 2015 has seen an incredible year of growth and enthusiasm. We had a handful of NEW initiatives, with our greatest highlights including:

- Affiliation with the UNSW Faculty Discipline of Paediatrics
- Expansion of Teddy Bear Hospital for first time beyond Eastern Suburb Schools (for e.g. to Westmead) with over 10+ sessions in the year, and very successful TBH at rural schools also
- Inaugural Research Cup with USYD for students to network and share their research with an expert panel
- BGDA & B Paediatrics Facebook Academic Forum page, for Q&A and sharing of resources online
- Infectious Diseases Night with Hepatitis B Free combined learning with a great cause
- 6th Year OSCE / VIVA tutes for final exams
- Fundraising with a StarBQ for Starlight, and City2Surf for the Bandage Bear Appeal
- Paedsoc Clinical Skills Night for Phase 1 & 2 OSCES



Just one of the many Teddy Bear Hospital events conducted in 2015!

We continued to run the traditional introduction to Paedsoc night, Phase 1 embryology and BGD EOC tutorials, Paediatric Surgery Night with Surgsoc with an additional perspective of aid work on volunteering overseas. Future directions for 2016 that have been set up include teaming with MSAP Crossing Borders to reach refugee communities for Teddy Bear Hospital, and a Volunteering opportunity with Sydney Children's which will allow Phase 1 students early exposure to Paeds especially before choosing their research year topic. A very big and warm congratulations to the Paedsoc 2015 Team and for all the students who have been passionate in Paediatrics - we hope you continue to teach and inspire each other and engage with Paedsoc in the years to come!

OculuSoc

Oculus Soc is the special interest group for ophthalmology and eye teaching. This year we have expanded our activities to include academic Grand Rounds events on campus, Clinical Skills events at Prince of Wales Hospital, and tele-ophthalmology classes broadcast all around the state.

We were treated to two speaking events on Ophthalmic Assessment and Red Eye, presented by the ever-popular Dr Claire Ruan. Aimed at students of all levels, listeners were enlightened on both the basics and the more complex elements of common ophthalmological cases, as well as participating in highly productive Q&A sessions on career pathways and decision-making.

We also brought back our highly successful videoconferencing teaching course for Phase 2 students, now in its third year and better than ever. Run from the Prince of Wales Eye Clinic, this year we have been able to guarantee that every Coursework student is able to get adequate ophthalmology teaching and that key gaps in the medical curriculum are filled. Students from all over the state have been able to listen, watch and ask questions during one hour seminars each week, and the response has been overwhelmingly positive. In the future we hope to add practical elements to this program to further enhance the learning experience for students.

Our Clinical Skills events have also been a huge success. Experienced consultants taught students of all years skills including slit lamp use, ophthalmoscopy and eye examination. Older students had a great opportunity to get their logbooks signed off in a supportive environment and younger students got a wonderful first taste of ophthalmology and related skills that are important for all clinicians.

Thanks everyone for another amazing year and we'll be back bigger and better than ever in 2016!



Clinical Skills Evening



Teleophthalmology at POW

SurgSoc

Congratulations to the UNSW Golden Scalpel team of 2015 for second place in the Student's Surgical Skills Competition! Kei Woldendorp, Lucy Aitchison, Dinuksha De Silva, Kimberly Tan and Shadi El-Walsh competed head to head against five other NSW medical schools in surgical skills and knowledge. With a new selection and training process, UNSW saw great improvements in our surgical prowess against other medical schools. A thank you must go to the External Liaison Officer Daniel Yeo and the team for a huge organisational effort. Surgsoc urges all budding surgeons to come to all our events (both practical and grand-round style) to gain the skills and knowledge for selection for next year's team!



UNSW's brilliant Golden Scalpel team of 2015 who came a scintillating 2nd in the Surgical Skills Competition

Semester 1 also heralded one of Surgsoc's largest events to date with over 200 attendees, a night with Munjed Al Muderis. Not only one of today's leaders in osteo-integration surgery and transforming the lives of amputees, this astonishing man has escaped gunshot under Saddam Hussein's dictatorship for refusing to cut off the ears of army deserters. Preceding a long queue for book signings, Prof Al Muderis spoke about his life experiences and the reality of refugees, calling for Australia to rise to its 'international duty'. His speech attracted a vast variety of people from the community including students from various medical schools, some arriving over one hour in advance for the best seats, Prof's patients, friends, allied health workers and many more.

Surgsoc would like to say a massive thank you to the hundreds of medical students who came to our suturing skills nights this year. It is fantastic to see so many of you - surgeon wannabe or not - who have taken the initiative to learn to suture, an essential skill for any young doctor in the ED.

PathSoc



Phase 1 End-of-Course Revision Tutorial: Inflammation

PathSoc continued to deliver high-yield and fun-tastic events in the second half of 2015. Our second event from our inaugural 'Pathophysiology of Clinical Signs' series (sponsored by the RCPA) took Phase 2 students through the mechanisms behind perplexing neurological signs under the guidance of SIG leaders from NeuroSoc and PathSoc. This series effectively bridged the gap between the 'what?' and the 'why?' at the bedside whilst bolstering the impact of the fantastic peer teaching culture amongst senior and junior UNSW medical students.

Our other popular pilot series, the "Biomed Pathology Series" (sponsored by Pfizer Oncology), focused on preparing fifth year students for their end-of-year Biomed Vivas. The second installment of this series saw two previous high-achievers offer a valuable lesson on renal disease as well as the know-how and acumen to tackle the Biomed exam. Most recently, a joint "Trivia Night" with GastroSoc proved that you can have heaps of fun and learn medicine all at the same time.



Our speakers, Shadi El-Wahsh and Mishaal Patel, from the Phase 2 event "Pathophysiology of Clinical Signs Tutorial #2: Cranial Nerves & Long Tracts – Anatomy and Pathophysiology"

The end of 2015 brings us to our "3-minute Mini-Thesis Competition" on Tuesday October 27, which is guaranteed to showcase the works of brilliant analytical minds nurtured in the UNSW Medicine Program. If you have an exciting research project that you're passionate about and you want to tell us all about it, then the 3MT Comp is for you! There are incredible prizes to give away to our winners!

Finally, if you want to play a part in designing high-yield and fun-filled events which are tailored to the needs of PathSoc members, then come to our AGM on Tuesday November 3 for a chance to join the 2016 PathSoc Team.

THE FEMINIST AGENDA

BY ASHNA BASU (III)

I have said sexist things. Some benign, like the teenage proclamation “I only have guy friends, I don’t like the drama that comes with girls”, and some more problematic - “omg, she’s slept with so many people, what a sl*t!”. I look back on all those times and cringe. Fortunately, I’ve since become more educated and aware of the issues, but I’ll probably accidentally engage in sexist behaviour from time to time. I can’t promise never to sing along to a Chris Brown song, but I am a feminist.

You can say, and do, sexist things without being a sexist. It’s easy in this day and age to feel like people are jumping down your throat, and get reflexively defensive. You’re not a sexist! You love women! Some of your best friends are women! No one likes being told they’ve said something sexist, but I think we all need to appreciate that we make mistakes, and be willing to use them as a point of discussion and improvement.

There’s a misconception that ensuring equality for women is necessarily to the detriment of men. And sure, if you’re a man who uses his privilege to sexually harass women and think they’re just emotional, irrational baby machines then maybe you’ll find your way of life somewhat compromised. And no, that’s not political correctness gone mad, nor are you a hero for speaking out against the ‘groupthink’. Men are currently the standard for equality, so it’s time we bring women up to the same level. When discussing gender inequality, a few classic arguments tend to pop up:

#NotAllMen

Our society and institutions operate on patriarchal frameworks. Not every man is a sexist, but every man benefits from sexism. By virtue of being a man, you are more likely to get a senior position, and you’re probably going to get higher pay – and these are just the professional outcomes. You’re also highly unlikely to feel unsafe walking home, and much less likely to be sexually assaulted or the victim of domestic violence. And yes, some women can be sexist too. They learnt that in order to operate within a patriarchal structure, they had to conform. Understandably, it must have seemed necessary at the time. That being said, pragmatism is no longer an excuse for aiding and abetting a system that harms over 50% of our population.

But what about men??

You don’t have to talk about men’s issues every time you talk about women’s issues. Gender inequality disproportionately affects women. Moreover, a lot of the problems men face are the product of a gendered society. Men are told they have to be masculine in order to be A Real Man, and masculinity means conforming to a certain body type, not sharing your emotions, and not having ‘feminine’ interests. Gender norms are absolute rubbish, and they help no one. You’ll find that smashing the patriarchy will have beneficial outcomes for all genders.

Why focus on this issue when other things are more important?

No, you’re right. We can only ever focus on the one worst situation. That’s why we only prosecute murder, and don’t sweat the small stuff like theft, arson, white-collar crime... mmm, wait a second. Australia is rife with really important social justice issues, none of which are mutually exclusive. You can care about asylum seekers AND Indigenous people AND feminism AND The Bachelor – all at the same time! (Except don’t care about The Bachelor/Bachelorette pls).

There are a lot more issues to discuss – quotas, maternity leave, the income gap. But they’re important issues in their own right, and deserve separate articles. I guess if there’s anything I’d like people to take away from this article it’s that it’s okay if someone calls you out on sexist behaviour, or for saying something problematic. It doesn’t mean you’re a monster, it just means you’re human. It’s hard not to internalize ideas that are engrained in our society. Take a moment to listen to what people are saying, and don’t get defensive and resort to “but women do that to men too!” or “I’m not a sexist! Not all men are sexist!”. Don’t demand that every discussion about women cater for men’s issues as well. Don’t trivialize and dismiss issues that have significant impacts on the lives of so many people.

Sometimes I think it’s not worth speaking out because I don’t want to be that dark cloud that ruins everyone’s casual (and often innocently) sexist fun, but it’s important that we don’t just stand idly by. I might be a bit of a broken record, but to be honest I’m not planning on stopping until the record on sexism is fixed.

THE INTERNSHIP CRISIS

BY SUSAN LIM (III) BAOZHING TENG (III); EDITED BY RICHARD TIAHJONO (V)

We first heard whispers of an “Internship Crisis” back when we started at UNSW in 2013, but as fresh faced first years we naively believed that this would hardly be an issue to concern ourselves with since it would probably be solved in 6 years. We carried on with our Med journeys - hitting the books, meeting new people, and falling in love with a country that we had started a new chapter of our lives in.

But fast forward to September 2015 - and this situation has only gotten worse...

At the beginning of 2015, there were 3 pathways through which international students could apply for internship places:

- HETI: 985 training positions for 1395 applicants (approximately 53 spots international spots)
- The merit-based Rural Preferential Recruitment (RPR) scheme, which is part of the HETI process
- Commonwealth Medical Internships (CMI): Up to additional 100 spots in public and private rural hospitals

If it seems like we have options, think again. None of this is a guarantee for the future. CMI will be closed after 2016, which means 100 less internship training positions available. The significance this reduction will have on graduates in 2017 and beyond is nothing to take lightly. To add to the gravity of the situation, the opening of the new Curtin Medical University means it is only a matter of time before local students will start to miss out on internship places as well.

As third year Coursework students this year, we have both been spending more time in Sydney hospitals, getting familiar with the ins and outs of the Australian healthcare system and learning from its medical professionals and patients. We have so many reasons to want to stay, but the prospect of there being limited positions is constantly weighing on our minds.

Come 2018, we will have spent 6 years of our lives away from our home country, family and friends. We don't want our 6 years in Sydney to be just a transient period of our lives. 6 years of amazing memories and learning experiences is more than enough time to plant new roots and this is a country that we want nothing more than to continue to live and work in when we graduate.

We all have a stake and a say in this.

If you are an international student, there's no escaping the internship crisis, regardless of what year you are in at present. If you are a domestic student, there's still no promising that you will not eventually be affected by this. As such, we believe it should be a priority to secure positions for all NSW graduates by advocating for an increase in internship positions, and to be placed higher on the NSW Internship priority list.

224
applicants
may not receive a
state/territory offer
in 2016

For those of us who want to find employment in Australia following graduation, it is not going to be an easy feat as spots get more limited. It is imperative that we all stay informed and get involved where possible in order to better brace ourselves for the inevitable challenge of finding an internship training position. Action has started with the NSW MSC campaign publicising stories from NSW International students who are committed to serving the Australian healthcare system and community. Stay tuned to our 2016 updates and information on how you can have and stay informed. #helpushelpyou.

To find out more about the NSW MSC Internship Campaign, visit <http://www.nswmsc.org.au/internship-stories.html>. If you would like to share your story, send them to internship@nswmsc.org.au. If you have further questions or suggestions on the topic, feel free to get in touch with Susan or Bao at internationalstudents@medsoc.org.au

3065
Domestic
89
International

Presidential Q&A - Em Jansen

Q: Best part of the year?

A: Definitely the 2015 team. When all the names of my team were read out at AGM I was on cloud nine – I knew right then and there that they'd be truly amazing... but I didn't expect them to become my best friends! It's every President's dream to have a team that I loved so much. But they were also so competent! These people are going to change the world one day.

Q: Were you prepared for what the year had in store for you?

A: No way! Haha. Things like Public Liability Insurance, the Incorporations Act, the ATO and the Student Code of Conduct were never worries that crossed my conscious mind before this year... before this year they were buzzwords that equalled 'boring', but it was only when I assumed the President position that I realised how BIG MedSoc actually is.

We're also not trained for this! MedSoc is so unique as an organisation that there are very few companies in the world that are similar – we don't have much reference for comparison, so we're very much improvising a lot of the time.

Wasn't the year I expected to have, but was rewarding in totally different ways. I grew a lot, and my exec have told me they have too.

Q: If you could go back to this time last year, would you still run for President?

A: 100% yes.

Q: MedSoc's biggest achievements this year?

A: Tough one. I think keeping the organisation and all of the things we do going is an achievement in itself! But we did a lot of stuff that I'm really proud of this year.

Advocacy-wise, Wifi at all clinical sites was a definite win. But we also started talks about Bullying and Harassment in the workforce with Faculty and they've started a working group, which is an issue I'm pretty passionate about. We continued chats with NSWMSC and AMSA regarding the opening of the Riverina Medical School, which is probably the biggest advocacy issue MedSoc will face in the next few years. Other academic advocacy wins on a local scale were had too.

We worked with Faculty on making sure that students who were identified as struggling because of illness/misadventure – particularly mental health – were addressed in a supportive rather than punitive way. We're getting a 'looking after yourself' guide made to be given to all meddies with practical advice specific to Med at UNSW, which looks to be ready for next year.

It's hard to be objective, but I think MedSoc really did make more of a dent in facilitating discussion about Mental Illness this year. It's an ongoing battle, but I think as representatives it's MedSoc's duty to talk about it and say 'look, you're not weak if you're depressed' and 'it's ok to struggle'. It's common, and the more meddies who know that they're not alone in suffering mental illness, the easier their journey will be.

I rated the engagement this year, too. MedSoc can only take half of the credit here, because a lot of it comes down to the enthusiasm of the cohort, but attendance at our events was through the roof this year, and our surveys and Facebook page had more engagements than ever before. A personal highlight for me was the O-Day welcome video for the first years. That was fun. They're a great bunch.

Q: Biggest think MedSoc learned as an organisation this year?

A: I think MedSoc gathered a little bit of perspective this year – We're a student organisation, not the leaders of the free world. On the whole, I think we realised that enjoying the year and not taking ourselves too seriously is just as important as what we achieve. It ties in to the 'wellbeing' focus that I really wanted to push this year – I think we all, MedSoc included, need to be a little kinder to ourselves. If we take a step back, if we look at ourselves compared to other MedSocs across Australia, other organisations on campus, and other businesses in the corporate world who PAY people to take on this kind of workload... Well... I think we're all pretty damn fabulous.

Q: Advice for future years?

A: Perspective – On an organisation level and a personal level.

We achieve a lot considering we're a volunteer organisation. These wonderful people are running huge numbers of events and advocating for you to the best of their ability – It's easy to forget we're also training to be doctors, and it's even easier to forget that our education is more important than the day-to-day functioning of this society.

Beryl and Evan are going to be amazing. I'm fangirling them pretty hard – Great stuff in store for 2016.

Q: What are you going to do with your newfound free time?

A: Party, write a novel, run a marathon... nah, I'm a med student too, so I've got to smash some sensible study.

Q: Summarise MedSoc in 10 words or less:

A: "Started from the bottom now we here" - Drake, circa 2013

Q: Your favourite lecturer?


A: Definitely Mark Hill for entertainment quality. Ute is a contender because, well, Ute!



This year's Medshow was not a regular show - it was a cool show. Spleen Girls included so much singing, acting, dancing, and sexually active band geeks, all of whom helped tell the story of Cady, a junior doctor jungle freak who had recently made the move from Africa to Royal North Shore Hospital. Cady met a variety of characters, from the spunky nurses Damien and Janis, to the regal and cliquy plastic surgeons, headed up by the Queen M.D., Dr. Regina George. Thank you to all who came and supported the show, this year all our proceeds went to the NSW division of Royal Flying Doctor Service

Written by Lucy Yang





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