

A vibrant, cartoon-style illustration of various medical supplies scattered on a pink background. The items include several bottles of different shapes and colors (blue, red, yellow, green), some with labels featuring a blue cross. There are also numerous capsules (red and white), pills (white and grey), a pair of glasses, a clipboard with a blue cross, a syringe, a small cup, and a pair of scissors. The overall theme is healthcare and medicine.



Good notes, good practice, good defence

The quick brown fox jumps over the lazy dog

The quick brown fox jumps over the lazy dog

The quick brown fox jumps over the lazy dog

THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG

The quick brown fox jumps over the lazy dog

Legible notes are good practice and support
a good defence – so does **MIPS**

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THANK YOU TO ALL CONTRIBUTORS
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PLEASE SEND ANY ENQUIRES TO
PRD@MEDSOC.ORG.AU

WELCOME FROM THE 1ST YEAR REPS

After months and months of partying, sleeping late and waking up at 1pm, sadly, the time has come to get back to the books. We know some of you are coming from high school, travelling, another course, a gap year and so on, but you're all in the same boat now. There might be a lot of questions and uncertainty in the air right now. How hard is the degree? How many hours should I study per

day? Will I need to know all of this for the exam? The best advice we can give you is relax! Pace yourselves and try to enjoy this 6 year journey you're about to embark on with your 280+ colleagues. Becoming a doctor is a marathon, not a sprint, so don't tire yourself out too quickly.



First things first. Make sure you've joined the UNSW Medicine Class of 2023 Facebook group to keep up to date with all the latest announcements. You should also keep an eye on other Facebook pages such as the UNSW Medicine Noticeboard.

Do your best to get to know as many people in your cohort as possible since you're stuck with them for years and years. Instead of just sitting by yourself in silence, say "Hellooooo" to the person sitting next to you in the lecture theatre (with a big smile on your face). Try by all means to avoid the awkwardness of asking for each other's names after 6 years of learning together. Also make an effort to know some second years. They were in your shoes only one year ago and can provide some very useful tips and med life hacks.

Remember that medicine is your career, not your future spouse or best friend (unless you're that in love with it). Get out there and explore your other interests through the hundreds of clubs/societies on offer at UNSW. This will also give you the chance to make friends outside of medicine for those days when you're sick and tired of all the medical conversations.

"I regret not going to med camp!" (Lost Soul, 2023). Don't be this person. Medcamp 2018 comes once in a lifetime and is a great opportunity to have fun and meet your peers on a deserted campsite somewhere in the woods. Don't miss it because you were stressing over the Heroes Assignment (which counts for 0% of your mark). You'll have plenty of time to complete it.

Now, go out there and enjoy your medical journey. If you are ever in need of help or guidance, don't hesitate to ask us for help as we are your 1st Year Representatives until you elect your own in a few weeks.

Love
Munya and Savanna
year1@medsoc.org.au

WELCOME ALL INTERNATIONAL STUDENTS

LAMAR THORNHILL (IV) & CHRISTINE ZHAO (IV)



Welcome to Australia our fellow international meddies! As your international reps of 2018, we are very excited to meet all of you! We know the difficulties/struggles of moving out of our comfort zone and leaving our friends and family behind to come abroad and study. We were exactly in your shoes a few years ago, but now we've adapted and come to enjoy the life of a Sydneysider!

We hope to support you in any way we can, from giving you practical tips about living in Sydney to equipping you with medical resources. We also aim to connect you with other international students- as well as locals- in the various years and form lifelong camaraderie!

We have several events planned specially for you guys and we're so excited for 2018 to come!! Our biggest tip is to get prepared to mingle and jingle with the entire med family!



international
[@medsoc.org.au](https://medsoc.org.au)

MEET YOUR 2018 MEDSOC EXECUTIVES

PRESIDENT: KE SUN (IV)

ADVICE TO MY FIRST YEAR SELF

"Sorry, I can't go to MedCamp anymore because I have a Medical Heroes assignment due in 6 days and I haven't started."

NO that was not me - but don't let that be YOU!



Phase 1 of Medicine will probably be the only time you'll spend 5 days on campus each week. Immerse yourself in the diverse array of MedSoc events and if that does not satisfy you, Arc has so much to offer as well! Don't be a couch potato and bury your head in study, go outside, socialise, enjoy the opportunities that UNSW offers... before you really get chained to your textbooks!

Meet: Make new friends, not all the Freshers are from James Ruse! On the first day, say hello to the people around you and chuck them a smile - they will become your partners in crime navigating through the obstacles in Med together.

Engage: There are so so many things for you to do to as a first year! From parties, leadership, mentoring, sports, academics/research - get involved and live the Medlife!

Don'ts: Don't miss MedCamp, don't buy an electronic stethoscope to show off and certainly don't ask a patient about their sex life if you're stuck for words!

Study, Sleep, Smile? Study - keeping up with lectures and practicals are important as many of you will find that textbooks of content are thrown at you in the first two years! Make sure you attend the lectures - if not for learning, for the the socialising! Sleep is so important as well, after all caffeine is not the magic pill that fixes everything. Smile? Why not! :)

Opportunities: From MedSoc (subcommittees, first year representative, assistant secretary + more) to AMSA to Arc, seize every opportunity to explore your personal interest when you still have time. Be courageous, be confident and never doubt yourself, you've made it into UNSW Med, what else can stop you?

Care: Last but MOST important - your wellbeing matters, much more than what your grades look like. Look out for each other, there are times where things can get rough, we've all been there. Your peers have your back, the upper years are the angels watching over you and MedSoc is your safety net. We got you fam!

MedSoc 2018 is honoured to welcome you into our family. Remember, your time in the first two years will fly. So what are you waiting for? Go create memories and friendships that you will cherish.

FAVOURITE MED MOMENTS

Asking a patient at one of my clinical sessions in first year: "and now onto a few questions about your lifestyle, do you smoke alcohol?"

Being told I'm the most beautiful, ugly, sexy and unattractive man by the same person on the same night at MedCamp 2017.

QUOTES TO LIVE BY

"Leadership is about making others better as a result of your presence, and making sure that your impact lasts in your absence." - Sheryl Sandberg

Proverbs 3:5-6 - Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge him, and he shall direct your paths

VICE PRESIDENT: HYERIM SUH (V)

WHY UNSW?

Interview answer: Because UNSW medicine has such an innovative and stimulating curriculum!

Truth? Too much of a trek to go to WSU or UNE :P

FAVOURITE LECTURER

Gary Velan. Gotta love all the dad jokes.

QUOTE TO LIVE BY

Don't ever stop pushing yourself.



SECRETARY: WILL KARANTANIS (II)

ADVICE TO MY FIRST YEAR SELF

When you have absolutely no idea what's going on in a lecture don't worry too much! Most people are in the same boat and there's always a pretty good chance it won't come up in the exam...

FAVOURITE LECTURER

It's a close call between Ken Ashwell and PDP. That probably means nothing to you right now but it will very, very soon!



BEST FOOD ON CAMPUS

The coffee cart near the library! There is no way I would have survived first year without it. It's very a special moment when they remember your order.

TREASURER: TAMMY CAI (III)

MOST EMBARRASSING MOMENT IN FIRST YEAR

Mispronouncing duodenum because I had only ever seen it in written form and being teased relentlessly (albeit in good humour) by the Upper GIT ward interns and registrar.



FUNNIEST MEDCAMP MEMORY

Playing mafia in our cabin after the night party and being so loud that people thought we were having rowdy kick-ons, only to awkwardly try to leave when they realised we were not.

BEST FOOD ON CAMPUS

Q-lounge is my one true campus love but I've recently been introduced to the Chicken Club from Quad food court downstairs and it's pretty ace!

MEMBERSHIP DIRECTOR: JOANNE NIU (III)

FUN FACT

The loneliest creature on Earth is a whale who's been calling out for a mate for over two decades - but whose high-pitched voice is so different to other whales that they never respond. Guess I found my spirit animal.

MOST EMBARRASSING MOMENT IN FIRST YEAR

Calling someone the wrong name 5 times and having them call me out a year later.

BEST MED PICK UP LINE

Are you a tumour? Cause I wanna take you out.



PUBLIC RELATIONS DIRECTOR: LAUREN SIMPSON (IV)

MOST EMBARRASSING MOMENT IN FIRST YEAR

Losing a dare and consequently wearing a Hawaiian grass skirt to a lecture.

ADVICE TO MY FIRST YEAR SELF

Instant noodles are not a nutritious meal and skipping 20 lectures in a row will only lead to misery.

BEST FOOD ON CAMPUS

Do yourself a favour and try the smashed avo and feta on sourdough from Maze Coffee. You can thank me later.



AMSA REPRESENTATIVE: ANDREW COULSHED (IV)

DESCRIBE YOURSELF

Middle-class suburban white male who likes to wear problem patterns and clashing colours.

WHY UNSW?

Not pretentious enough for USyd, and too many friends for UTS.

BEST FOOD ON CAMPUS

Bin Juice from a long, curved beak.

SPOTIFY ANTHEM

S Club Party - S Club 7 (Ask me about my 20-hour playlist of retro bangers).



DEVELOPMENT DIRECTOR: CASSIE DOW (IV)

MY ROLE

I oversee the Leadership, Academic, Charity, Wellbeing and Women in Medicine portfolios. Come to all our events - they are awesome!

MOST EMBARRASSING MOMENT IN MED

Proclaiming to my Scenario Group, in a very distressed manner, that we can't have a sample size of 30 patients because it was an odd number and couldn't be divided into two... sometimes you forget the simpler things in life.

BEST FOOD ON CAMPUS

Definitely the Pho House at Mathews Pavillion. They have food for hot days or chilly days and my go-to is the beautiful wonton (egg) noodle soup... I cry when they are closed for graduation pics :'(.



EVENTS DIRECTOR: BEN XIE (III)

WHY UNSW?

Diverse and friendly people, great food on campus, beach and city just a few steps away... what's not to love?

ADVICE TO MY FIRST YEAR SELF

Get out there! Don't take yourself too seriously, meet as many cool people as you can and join societies that grab your interest (and even a few that don't)! Make the most of each opportunity that comes your way. You'll never know what you might learn, who you'll meet or where it'll take you!

BEST MED PICK UP LINES

Are you Broca's aphasia? Cause you leave me speechless (you'll get this when you do AEB haha)
Blood is red, Cyanosis is blue. I get tachycardia when I think of you ;)



GROUPS DIRECTORS

NIVEDITA RATTAN (IV)

ADVICE TO MY FIRST YEAR SELF

The uni life can be overwhelming at times. Stay true to yourself and what you believe in, but allow your new experiences to influence your identity. And make coffee your best friend. And Grey's Anatomy.

FAVOURITE MED MOMENT

When me and Dinu trekked it to Coogee Beach for the Supermoon. It looked beautiful, so we took a few photos. Stood there just looking at how pleasant it was, and it took us a while. Turns out it was a lamp post. And the actual moon was quite underwhelming. We're still not sure if it was the wine, or we're just that stupid.



FUN FACT

If you were like me and thought you were above everyone else, and wouldn't be the one to laugh at the lame medical puns that are seemingly pulled out at the drop of a hat, you were wrong. Welcome to the dark side.

DINU SADADCHARAN (IV)

ADVICE TO MY FIRST YEAR SELF

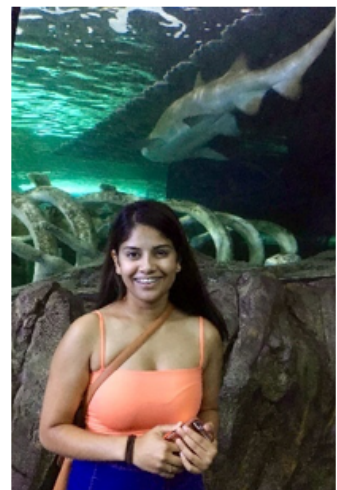
You can successfully get to fourth year without buying a single med textbook so don't feel guilty for forgetting to buy any (for the next three years lmao).

FAVOURITE MED MOMENT

MedCamp toga party. Word of advice: don't have several different drinks in succession before the party starts. Enough said.

FUN FACT

Those 4 hour breaks between lectures and SG are super unproductive.



STUDENT REPRESENTATIVE DIRECTORS

NAOMI SIRMAI (IV)

DESCRIBE YOURSELF

Stop asking me to think of a good pun - I can't control when the muse strikes. Ugh, you wouldn't understand. Anyway, ask me about the sick concert I went to over the weekend.



ADVICE TO MY FIRST YEAR SELF

Be patient with yourself, and with others. Be generous with your time and with your knowledge. Listen carefully to the songs people send you. Always sing wuthering heights by kate bush at karaoke.

BEST FOOD ON CAMPUS

The agar plates in the labs. I love jelly. Yum yum.

PHOEBE MACKINTOSH-EVANS (IV)

DESCRIBE YOURSELF

Literally one of the clumsiest people you will ever meet. It's a wonder I (and everything I own) is still in one piece.



ADVICE TO MY FIRST YEAR SELF

I feel like the stereotypical "don't say no to any opportunities" is the best advice I could give to any first year. It takes a while to figure out what you are passionate about, so taking as many opportunities as you can helps you get there and helps to distract from that med bubble you're about to find yourself in.

QUOTE TO LIVE BY

"I'm a uterus" - Dr Mark Hill, every year since he was in fact in a uterus

TEXTBOOKS 101

LAUREN SIMPSON (IV)

So you've just received your long list of prescribed textbooks for Phase 1 and you're probably thinking "do i really need ALL these textbooks?" and "oh great this is going to cost a fortune!" Well do not despair, this handy guide is here to help you decide what textbooks will be best for you!

HARDCOPY VS DIGITAL

Do you prefer to read on your computer? Or do you prefer whipping out the good ole highlighter and highlighting every second word with the hope that you'll retain the information? There are digital versions of almost every textbook you need so if you prefer to save the planet (and space on your desk) then digital might be the best choice for you!

HOW MUCH IS TOO MUCH?

This really comes down to how much you want to study. I know that at the start it can be easy to buy as many textbooks as you can afford with the hopes that you'll study each one in detail, but it's best to be realistic. A good anatomy atlas and textbook, a good pathology textbook and a good clinical skills textbook might be all you'll use in the first few years.

TOP TIPS

1. If you're going hardcopy, buy your textbooks from the Medsoc Bookshop! Information regarding package deals are included on the following page.
2. Consider how you study best. If you're a visual learner then perhaps a textbook with more diagrams will suit you better.
3. Look out for cheap second hand textbooks sold by older students on the "UNSW Medicine Noticeboard" Facebook group.

MEDSOC BOOKSHOP

PIERRE HEMMING (IV)

The UNSW Medsoc Bookshop is the cheapest medical bookstore in Australia. We not only have the best prices, but also a great range of titles available for all six years of the undergraduate medical program and beyond. We have a variety of medical equipment from lab coats, to stethoscopes and much more. Below are the book packages containing useful textbooks from a variety of disciplines that will help you in your journey in medical school! Be sure to get them while they last as they tend to sell out quickly!

2018 PHASE 1 ESSENTIALS BOOK PACK (\$430)

1. Gray's Anatomy for Students 3rd Ed
2. Clinical Examination (2 vol set) 8th Ed
3. Guyton Medical Physiology 13th Ed
4. Robbin's Basic Pathology 10th Ed
5. Netter's Anatomy Flash Cards 4th Ed

Order before 30th March to include \$20.00 Stethoscope Voucher

2018 PHASE 1 SURVIVOR BOOK PACK (\$610)

1. Pharmacology 8th Ed
2. Gray's Anatomy for Students 3rd Ed
3. Neuroanatomy 5th Ed
4. Clinical Examination 2 vol 6th Ed
5. Netter's Atlas of Human Anatomy 7th Ed (Due to be published March 2018)
6. Guyton Medical Physiology 13th Ed
7. Robbin's Pathologic Basis of Disease 9th Ed

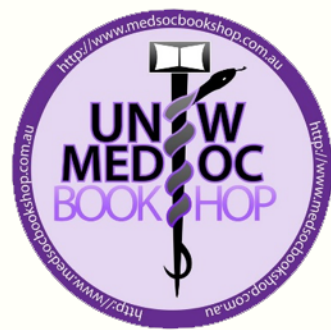
Order before 30th March to include \$30.00 Stethoscope Voucher

CONTACT US

The bookshop opens on Monday, Wednesday and Friday 9am-4pm and is a 15-minute walk from Wallace Wurth.

Phone: (02) 9382 2121
Email: bookshop@medsoc.org.au
Website: <http://medsocbookshop.com.au>

Address: Morgue Building, Barker St,
Randwick NSW 2031





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MOODLE.TELT.UNSW.EDU.AU

eMed? Moodle?

LAUREN SIMPSON (IV)

Love them or hate them, eMed and Moodle are two online systems that you'll come to use on a daily basis. While they may seem convoluted and confusing now, with a quick read of this guide you'll be a pro in no time!

eMed

eMed is where you'll find your timetable, submit your assignments and receive your results. Once you log in to eMed, click on the 'Timetable' tab and then click 'My Timetable' to reveal exactly that. All your classes (lectures, scenario groups, pracs, tutorials, hospital sessions) will show up here. Just under 'My Timetable' you'll find 'iCal Download' which allows you to download your timetable and import it to iCal for easy access. It is important to regularly check your timetable on eMed as sometimes details for classes may change.

If you click on each class, a box will pop up that will look like the one to the right. If you click 'Link to this activity in the Map' a new tab will open. In the new tab scroll down to the bottom where it says 'Content File(s)' - this is where lecture slides or worksheets for a tutorial will be kept. It's always a great idea to have a read through these before the class.

Scheduled Activity		Receipt Number: 076-F69
Phase	2	
Course Name	MFAC2506-3 : ICS B - Aged Care term	
Activity Type	Lecture	
Title	Introduction to Aged Care & Rehabilitation	
Start Time/End Time	09:00 AM to 10:00 AM	
Date	16 October, 2017	
Campus	Kensington	
Location	Central Lecture Block 1	
Teacher	Baird, Louise	
	louise.baird@health.nsw.gov.au; l.baird@unsw.edu.au; louise.baird@sesiahs.health.nsw.gov.au	
Groups	2017_S2T3_MFAC2506-3_ICSB_AgedCare	
Show Class List		
Map Link	Link to this activity in the Map	
Instructions for students		
Learning Context		
Notes		

Moodle

Moodle is your one stop shop for information about each course (e.g. Foundations). Once you log in to Moodle, click on the course you are currently doing. At the top you should find a link for the student guide for that course. I highly recommend that you save this as it has important information about your assessments. Near the link for the student guide you'll also find the prac manual (you'll be given a print out of this at your first practical). Bring your prac manual to every practical and make sure you take notes, this will help you with your prac exam at the end of the year.

Don't sweat too much if you happen to miss a lecture! If you scroll down a little you'll find a link to lecture recordings under the 'Scenario Learning Activities and Materials' heading. This link will take you to echo360 where you can stream or download the lecture.



KEEP CALM AND DON'T FORGET TO WASH YO HANDS

Making the most out of your hospital time in Phase One

CARRIE LEE (V)

It's your first day at hospital and you're as keen as a freshly minted Littmann stethoscope to experience what REAL MEDICINE is all about. The doctor teaching your bedside tute has finally arrived, and like a shepherd leading a flock of confused sheep, guides you and the other students through a labyrinth of corridors to the med ward. You pump the hand sanitiser bottle on the wall with gusto, releasing a glob of frothy sterile goodness into your hands. You discover a paper cut as you rub this sterile goodness through your hands. Hands still dripping, the consultant waves your group over to bed 10, where a patient is sitting upright. You are asked to take a history. The monitors beep expectantly.

For a first year medical student, hospital can be exciting and a little terrifying. It's where everything you learn about in the classroom begins makes sense. It's where theory takes on a genuine and humane meaning. In Phase One it can feel like a whirlwind of lectures, SGs and exams. When you meet patients, it's a humbling and sobering reminder about why we're studying at all. After all, patients are our greatest teachers. So you've got two hours every fortnight to spend in hospital, and these sessions fly by. Here are some tips to get the most out of these sessions:

DO:

- Wash yo hands!!
- Bring a stethoscope, pen torch, and reflex hammer (if you're doing neuro) to every session.
- Bring a notebook and pen to write notes
- Think of questions to ask the tutor after seeing patients
- Read up about the conditions you saw during hospital sessions.
- Give each other feedback about your histories and exams. (Constructive criticism!! Compliment sandwiches!!)
- Learn from the second years/older students floating around. We've all been through med school and know what's it feels like to flounder around hospital. Find nice humans who are happy to teach.
- Go and see patients in small groups by yourself (once you're confident taking a history and comfortable on the wards)
- Keep a patient logbook and/or a reflective journal. Write up a few lines about interesting conversations or learning point from meeting patients. Your second year self will thank you a million times over when it's time to write your portfolio essay. It's all about using real examples and experiences and linking them to your graduate capabilities.
- Always remember the basics, be polite and courteous, you'll go far.
- Go for Messina runs (if you're at Vinnies!)

DON'T:

- Be late to bedsides. Often the doctors taking our tutes aren't paid, they're super busy and want to help us learn, and if only 2 out of 8 students rock up it looks dodgy.
- Zone out when another student is taking the history/doing an exam. Try and follow along in your head, think of other questions you can ask.
- Be noisy, joke around/banter in the corridors outside the patient beds. Not a good look.
- Think that there's nothing you can do to help as a medical student. The power of listening shouldn't be understated - so long as you're listening with sincerity.
- Be surprised if you ask a patient "So what brought you to hospital today?" and get a cheeky reply like, "The ambulance." It's totally normal to feel a bit overwhelmed and out of your depth at hospital, but it's also one of the most enjoyable part of Phase One. Remember to look after yourself, good luck, and don't forget to wash your hands!

Signs of a medical student at hospital (Excerpt from Talley and O'Connor's Guide to Clinical Examination):

- **Eyes:** bright and starry (early sign), avoids eye contact with the doctor hoping not to be asked a question (late sign), glasses
- **Ears:** selective deafness (cannot hear murmurs, heart sounds, lung sounds, or any sounds in the body)
- **Breath:** minty (early sign), smells like coffee (late sign)
- **Hands:** sweaty (mum's spaghetti), holding a notebook/Talley and O'Connors
- **Heart rate:** tachycardia when asked a question/taking a history
- **Neck:** Littmann Classic stethoscope (except that one kid who bought a Cardiology III)
- **Stomach:** grumbling because they haven't eaten lunch
- **Feet:** shuffling, or rocking back and forth when stationary



Med-Life Balance

BEN XIE (III)

Studying medicine at UNSW is an incredible experience. As you delve into the depths of academic study, surrounded by equally stimulated and motivated individuals, you quickly feel at home. A plethora of SIGs and societies are at your disposal should you wish to explore extra-curricular medical interests and there always seems to be a seminar or presentation you can opt to attend (often with free food). Medsoc and Medfac are excellent points of call should you ever need help or direction. What else would you ever need during your time at uni?

During my 2 year glimpse of life in UNSW Medicine, I've quickly realised the sheer volume of opportunities presented through Medsoc, SIGs, AMSA, NSWMSC and the like. By all means, get amongst it! See where an introductory subcom role can take you, or what special interest that Sports Medsoc seminar might spark. But what is incredibly important is maintaining your life and interests outside of med.

There will be times such as exams when it will be overwhelming, you'll feel just sick of it all and want to just put down the textbook for the night. Settling into the pace and intensity of the medical environment is one of the most exciting but often most difficult experiences for many students. Even during the bulk of your time here, you need to find a healthy and sustainable balance. Spend time understanding how medicine fits into your overall life and what other values you will spend your valuable time on.

Personally, I've loved being a part of so many great Arc clubs that are on offer and experiencing the end benefits of each. Clubs including UNSW Campus Runners, Adventure Soc and Golf Soc have allowed me to meet so many incredible people and learn so much more about activities that I wasn't originally interested in. Going to an evening activity after a long day of lectures, pracs and SG was really refreshing and put in perspective how other interests and passions of mine coexist alongside my medical studies.

Outside of uni, keep in touch with old friends! You'll inevitably meet a whole new bunch of meddies but make the effort to reach out to those high-school mates or friends you've met in other courses. They'll always be there to share some old stories and have a good catch up. Familiar faces are always a welcome sight, especially as you're still branching out and meeting new friends every day!

Lastly, but certainly not least, find time to spend with your family. Whether it be just looping in your parents each day on how it all went or hanging out with your siblings, your family will always be there to support you. Juggling so many uni commitments and often arriving home late (or living in a different state/country) can really make this difficult but there will be nothing more comforting than a call home or welcome hug!

Medicine is an incredibly rewarding journey but certainly has its fair share of challenges. When the road gets tough, find those people, interests, values or passions outside of medicine that keep you going.

MAKING THE MOST OF LIFE AT UNI

KE SUN (IV)

Medicine at UNSW spans across six years and many people think it sounds like an endless journey filled with exams and sleepless nights reading textbooks. That may be true at times for the last two years but your first two years of Medicine is actually quite chill! In fact your first course does not even count towards your WAM (uni marks), wow amazing! As you will only be spending your first two years full-time on campus, making the most of your uni-life should be your priority. You only get to be a uni-student for a couple of years, why not enjoy it and embark on exciting journeys that match your interests?

You'd be a fool to bury your head in the library and not be a smart detective checking out what your MedSoc and the wider university has to offer! There's so much you can do! Challenge yourself, don't be afraid, be confident and be adventurous. Everyone needs to have some sort of activity apart from studying and tutoring others! So ... how do I start?

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." - Winston S. Churchill

MEDSOC

Get involved with your MedSoc and our affiliate organisations. We are your family, your safety net and your overseer. Even as a first year, there are so many ways you can be involved!

First Year Representative (x2)

Assistant Secretary (x1)

Subcommittees (20+)

Special Interest Groups

Attend our events

Perform in MedShow

Join our Med Orchestra

Participate in Med College sporting events

ARC@UNSW

Arc@UNSW is the mother of all Clubs and Societies at UNSW Kensington campus. We have the biggest and most diverse array of clubs in any Australian uni and if there isn't one to suit your taste - you can start one yourself! Here is a summarised list of the different activities to put onto your timetable!

Join a sports club: for amateurs and professionals

Immerse yourself in different cultures

Other interests e.g. Dog appreciation society

Wide variety of religious groups

Volunteering e.g. Volunteer Army, Arc Street Team

Leadership e.g. join the SRC and various collectives

Enjoy Arc hosted parties!

Find out more here: <https://www.arc.unsw.edu.au/>

As you can see, there is a SEA of opportunities awaiting your visitation. Your submarine is ready to depart - are you ready to step inside?

Because we care about...

YOUR WELLBEING

CASSIE DOW (IV)

So, you've heard that medicine is hard work, study, no sleep, study and more study. While it can seem like this sometimes, it's important that you put yourself first. Easy to say, hard to do but here is a quick guide to help you do this.

1. Keep up to date with your notes, assignments and exam prep. Unfortunately due to the sheer amount of information given during lectures it's very overwhelming to cram everything in last minute leaving you to pull all nighters, so best to do things in increments.
2. Speaking of sleep, try as often as you can to get a full 8 hours. Sleep is not like debt where you can pay it off by sleeping in during the holidays. Get into a good routine early on - wake up and go to bed at the same time each day.
3. Stay active! Join a sporting team, hit the gym or walk your dog. We have some membership deals with some local gyms so if you are struggling to find time outside of uni you can always go during your breaks!
4. Look out for your friends. While you may not be feeling the pressure, others may be. Keep in check with your friends. Remember stressors can come from outside of the academic sphere too! Often, opening up to others will help them open up to you.
5. Come to our Wellbeing events such as Jumping Back In (Jumping castle 5th March), the Great Debate (21st May) and Feel Good Week (23-27 July) to de-stress. Contact wellbeing@medsoc.org.au if you need guidance on who to talk or would like more info about our events.
6. If you are feeling down, overwhelmed, stressed or just not your usual self don't be afraid to seek help!

We have a lovely Student Wellbeing Advisor who looks after all us medlets. Her name is Ute Vollmer-Conna and is a fun, eccentric (she uses a monocle) and a very non-judgemental woman. Any discussions you have with her are confidential and you can make a booking by emailing ute@unsw.edu.au

If you aren't keen on seeing Ute, you can visit the uni-wide Counselling and Psychological Services [CAPS]. You can find more information via <https://student.unsw.edu.au/counselling> or call them on 9385 5418 or email counselling@unsw.edu.au

If the above isn't your cup of tea try the following public services:

Headspace: <https://headspace.org.au/> (Bondi Jnc: 9366 8000)

Beyond Blue: <https://www.beyondblue.org.au/> (1300 22 4636)

Black Dog Institute: <https://www.blackdoginstitute.org.au/>

Lifeline: 13 11 14

Development Portfolio

CASSIE DOW (IV)



LEADERSHIP

Peer Mentoring - Transitioning into uni is a big step, so kind upper years have volunteered their time to help show you the ropes.

Meet the Medics - There are many specialties in med and it can be difficult to know what you want to do. At a fancy catered night, you can sit down in a group and ask real-life doctors all your questions about what they do, why they love it and how to get into it yourself!

S.B. Downton - A whole day with keynote speakers and breakout sessions to help you build your leadership skills.



CHARITIES

MedShave - Come join us to help raise money for the Leukaemia foundation! There will be a jumping castle (a collab with the wellbeing portfolio), festival food and shavers and waxers. You can sign up to participate too!

Treevia - Show off that brain of yours by coming to tackle some trivia questions while saving the environment!

Charity Cocktail Night - Join us for a night full of auctions, raffles, food and drinks to raise money for a charity voted for by you! Last year saw \$3000 worth of prizes!



ACADEMICS

End of Course Tutes - Revise with upper years going through key concepts before your exams. A great way to cement your knowledge and to pick up on holes for you to fill in.

Mock OSCE - Come join as a patient for upper years to practice on and get an insight of what is expected of you during your OSCE exams and listen in to their feedback to get some tips!



WELLBEING

Jumping Back into Uni - Come join us on medlawn and embrace your childhood nostalgia as you join your friends on a massive jumping castle.

The Great Debate - Lecturers vs. Students in a hilarious, joke filled night where they debate interesting topics like "Doctors should always marry doctors."

Feel Good Week - a whole week of fun games and activities to de-stress!



WOMEN IN MEDICINE

Surgical Skills Workshop - learn from real female surgeons, ask them questions and advice while learning how to suture like professionals!

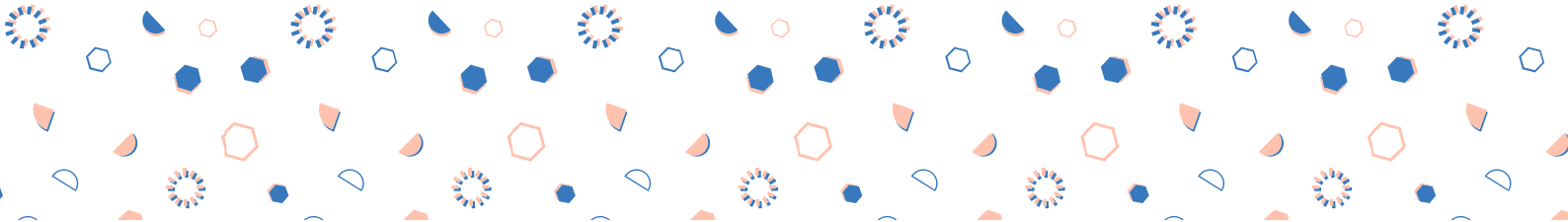


SPECIAL INTEREST GROUPS

NIVEDITA RATTAN (IV) & DINU SADADCHARAN (IV)

Congratulations freshers on achieving a wonderful accomplishment of your admission into medicine at UNSW! The next six years will be a whirlwind of emotional highs and lows, a substantial build-up of medical knowledge, and the introduction of some life-long friendships made through memorable experiences, both personal and professional. Particularly in your first year, the vastness of the medical field can seem daunting. UNSW MedSoc's Special Interest Groups (SIGs) provides a bridge towards exploring your interests, exposing you to various specialties that may potentially appeal to you. They not only offer a chance to attend or help organise events that may spark a newfound passion but also allow you to build friendships and networks with the many talented people around you.

In 2018, a large number of SIGs will be part of Pathways Nights throughout the year, enabling students to gain an insight into how to lead a future in that particular medical discipline. The range of events run by SIGs are highly varied, from directly impacting the community to providing academic tutorials to help your exam study to other out-of-the-box events that we hope you will find thought-provoking. Some of the 2018 events to look forward to include PaedSoc's Teddy Bear Hospital, which aims to educate primary school children and lessen the fear of a hospital environment. SurgSoc runs very popular suturing workshops, while NeuroSoc and OculusSoc are offering scholarship placements. BEAMSoc will be holding debates, and AICESoc are looking forward to an Emergency Short Course. PathSoc will be collaborating with CardioSoc and NeuroSoc to run tutorials explaining the pathophysiology of clinical signs, relevant to the courses taught in Semester II. RheumSoc will be holding a clinical night, revising the musculoskeletal examination. In addition, End of Course exam tutorials will be held as always.



If your interests lie in the artistic department, our performing arts SIGs - MedShow and UNSW Medical Music Society, are something to look out for and get involved in. MedShow is an annual musical held in October run completely by UNSW medical students. This production is put on for 3 nights to raise funds for a charity of choice. By participating in MedShow, students are able to showcase their skills in acting, dancing, singing, music and technical production. Every UNSW medical student is welcome to participate and make friends from different Colleges, to explore their creative abilities and talents, and to be proud of being a significant part of a major student-run production! Singing and acting auditions are generally held in June, while dance rehearsals generally start in July. We encourage all of you to give it a shot and potentially discover a talent you didn't know you had!

UMMS is a non-profit SIG which aims to enable medical students to maintain engagement with music throughout clinical placements and busy times during the university term. This is a great chance for musically-oriented students to be involved in a choir or an orchestra with fellow peers who understand how it is to juggle medicine with extra-curricular activities. UMMS performs in various settings including holding their own concerts, performing for charity events and entertaining children in hospital.

We would like to encourage all first year medical students to go to MedCamp where a number of the SIGs will be holding stalls, giving you an insight into what to expect throughout the year and how you can get involved!

AICESoc	PaedSoc
BEAMSoc	PathSoc
CardioSoc	PsychiSoc
DermSoc	RadOncSoc
GastroSoc	RheumSoc
MedShow	Sports MedSoc
NeuroSoc	SurgSoc
OculusSoc	UNSW Medical Music Society
O&GSoc	



LIST OF SIGS



MEDICAL STUDENTS' AID PROJECT

ISABELLE MCKAY (IV) & LOKESH SHARMA (IV)

What is MSAP?

MSAP is the global health group at UNSW! After two medical students witnessed firsthand the inadequate healthcare resources provided during their placement in Malawi (where the resuscitation kit = 1 bandaid + 1 cockroach), they decided to make real change. So upon returning in 2001, they founded MSAP with the aim of addressing health inequalities all around the world. Today, MSAP continues to grow in manpower and reach, driven by a committee of dedicated and passionate medical students from a whole range of backgrounds.

What do we do?

Here at MSAP, we are committed to global health education, advocacy and action. Our Global Health Short Course is a dean-certified four-week event covering a diverse range of topics, with expert speakers and field leaders spearheading health discussions. We proudly advocate for representation within a number of crucial areas, including climate change, refugee wellbeing and reproductive health. We also instigate real action, both locally and internationally; our Food For Thought project provides midday meals and health education to schoolchildren in rural India. This is just the tip of the MSAP iceberg - we've got so much more in store! Come along to our Launch Night on 19th March to find out about everything we do, how you can get involved with MSAP and hear inspiring stories from students recently returned from developing country electives!

What can you do?

- 1. Come along:** Our Launch Night (19th March), Treevia (28th March) and Birthing Kits Night (9th April) are amongst our first events for the semester - come and get your dose of global health goodness and explore the interests that matter to you.
- 2. Get involved:** You don't have to wait until you finish med school to make a difference - why not join our team to bring about real change? Applications for our first year representatives and subcommittees and will open soon.
- 3. Stay connected:** To keep up to date with our events, projects, and opportunities, remember to like us on Facebook (www.facebook.com/msapfb), sign up as a member at www.msap.org.au and follow our Food For Thought Instagram (@foodforthought_msap).



Rural Allied Health Medical Society



Hello new medlings!

We're so excited to have a fresh bunch of you join this crew of tired, wrinkly, sarcastic med students. Now the niceties are over, it's time to plug RAHMS. RAHMS happens to be UNSW's Rural Health Club and is part of the larger organisation: the National Rural Student Network (NHRSN). RAHMS is run by a bunch of superfly medical and allied health students who are passionate about rural, remote and indigenous health and hope to inspire that same level of interest in others.

So if you are looking for a way to get involved in this incredible med community, want to connect with other students or have lukewarm feelings about the whole shebang but heard there was free eats; RAHMS is for you. With events like Meet & Greets, Clinical Skills Nights, RAW, volunteering opportunities and various seminars aimed at bringing together rural and non-rural students alike, there are so many ways to get involved with RAHMS and learn more about rural and indigenous health.



Figure 1: Ye Olde Meet N Greet

And luckily in Phase 2 and 3 many of you have the opportunity of studying in a rural area. There are so many benefits to this experience, whether already coming from a rural area or growing up in the big smoke. During rural placement, you can form real relationships with your doctors, lecturers and other staff beyond simply knowing your name. Having this support network is invaluable, especially when our degree can be at times; 'challenging'. Not to mention, these relationships can be invaluable in terms of future job finding and experience.

And let's not forget the friendships you form with your peers. There is something about being one of only twelve students, that really bonds you. You may end up kinda liking them??????? Truly though, the people you share this experience with may become your closest friends, and those kinds of friendships last a lifetime. If this sounds like the sort of thing you can stomach, us older students have developed a handy go-to guide about the pros (and cons) of rural placement you should check out!



Figure 2: Our groovy clinical skills night

And if you have any questions about RAHMS, feel free to check out the RAHMS stall in O-week or Like the RAHMS Facebook page to keep up-to-date on all RAHMS events.

Love,

Your RAHMS Exec xo

MEMBERSHIP DEALS

JOANNE NIU (III)

To make your time at Med School as enjoyable as possible we have organised lots of deals so you can save on food, fitness and more! Some of the deals for 2018 include:

FITNESS

UNSW Medical Students receive 10% off membership fees at either **F45 Randwick** OR **F45 Kensington** when joining on a 6x month, 3x month or Freedom membership. F45 is the most innovating and challenging team training, taking the world by storm. Come and experience both strength and cardiovascular endurance training guided by our qualified trainers, catering to all fitness levels (beginner to experienced), with the first 7x days for FREE! To secure your free week, head to either www.f45training.com.au/kensington OR www.f45training.com.au/randwick, sign up for your free trial, and book in for your first class. All students are required to present their student ID with the UNSW MedSoc sticker on the back, at time of sign up.



UNSW Medical Students can sign up to **Randwick Anytime Fitness** with no enrolment fee (usually a \$99). Rate of \$30 per fortnight with an initial cost of \$69.95 for a 24 hour access key.



ESCAPE ROOMS

Scram Escape Rooms: Use the code MEDSOC15 when booking online to get 15% off! Students are required to present their student ID with the UNSW MedSoc sticker on the back when showing up for the booking. <http://www.scramescaperooms.com.au/>



Escape Hunt Sydney: Use the code MEDSOC15 when booking online to get 15% off! Students are required to present their student ID with the UNSW MedSoc sticker on the back when showing up for the booking. <https://sydney.escapehunt.com/>



FOOD

N2 Gelato: Present your student ID with the UNSW MedSoc sticker on the back to receive 15% off!

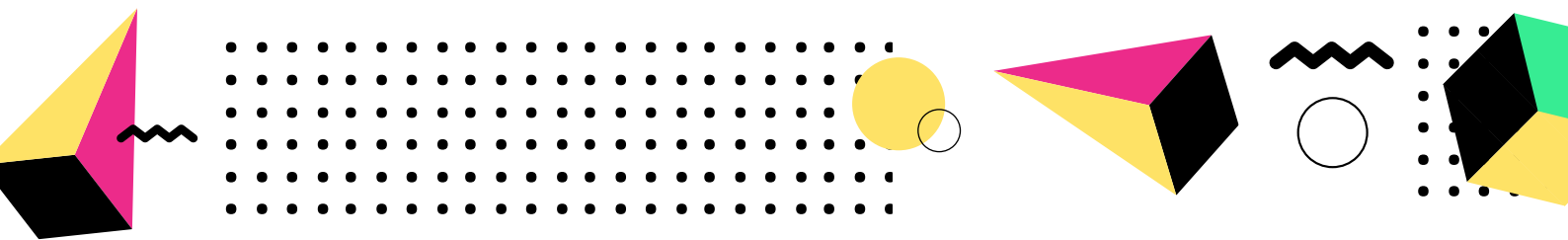


Stockmarket: Drinks are only \$1 with any purchase. Students are required to present their student ID with the UNSW MedSoc sticker on the back.



The Cosmopolitan Espresso & Food Emporium: Present your student ID with the UNSW MedSoc sticker on the back to receive 10% off all food and drink!





A DEFINITIVE RANKING OF O-WEEK FREEBIES

STARTING FROM THE BOTTOM, LIKE DRAKE, OR A COLONOSCOPY

ANDREW COULSHED (IV)

10. Lanyards

The absolute bottom of the freebie heap. They're daggy, they're useless, and even if you need one for hospital, freebie lanyards break with a strong breath of wind. If you really want a drawstring one, get a UNSW med one, and leave the freebie behind.

9. Condoms

You're a med student. Don't get your hopes up.

8. Highlighters

Controversial, but freebie highlighters are way overrated. This is the only piece of stationery where store-bought is better than home grown (home grown = O-Week freebie). Freebie highlighters are badly coloured, short on ink, and shaped weirdly so you can't write with them - treat your notes with a little more respect.

7. Diaries

Nobody uses these. It's not the middle ages. Get a phone.

6. T-Shirts

On the plus side, great for pyjamas. On the downside, probably made in a sweatshop.

5. Hats

See above, but the plus side is sun safety and shade. February is hot.

4. Moisturiser/Lip Balm/Sunscreen/Other Personal Care Products

Super useful, and add a touch of luxury to your broke student living. Additionally, because you're a fresher, the word 'moist' is probably still funny, so enjoy that while you can.

3. USBs

Useful, portable, and just the right amount of phallic - a very solid choice.

2. Pens

An oldie but a goodie. Any university student who buys pens is a chump, and clearly didn't go to their O-Week at all. There's a reason these bad boys continue to be a staple of O-Week stalls; They're useful, cheap, easy to carry, and you use them often enough to be brainwashed by their advertising. Win-Win.

1. Food

Food is the best freebie, hands down. Seriously, my first orgasm on campus was when AVANT brought free gelato to the Medsoc 'Meet the Mentors' evening. Satisfying, fun, and it doesn't pile up in a sad, plastic-y heap in your bottom drawer like literally every other freebie. 10/10.

Buzzfeed Quiz: Which Specialty?

NAOMI SIRMAI (IV)

Choosing the right specialty is about much more than your skills and interests. In fact, according to many extremely scientific sources, the most important factor in deciding how you will spend the rest of your adult working life is actually whether there are many funny songs you can reference with regards to your specialty. I have compiled herewith a comprehensive list of songs that are relevant to each specialty. – Naomi xx

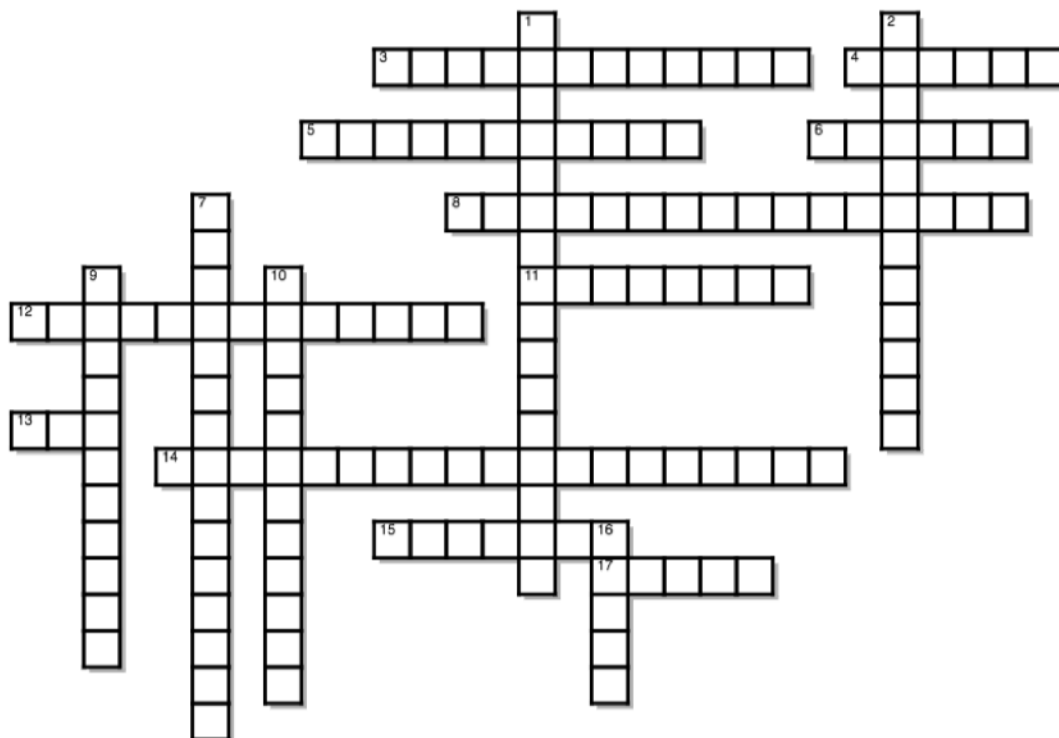
SPECIALITY

SONGS

Paediatrics	Kids – MGMT AAAHHH!!! – Busta Rhymes S.O.S. – ABBA
Orthopaedics	Spooky Scary Skeletons (Remix) – Extended Mix 10 hours
Cardiology	Dr Beat – Miami Sound Machine Achy Breaky Heart – Billy Ray Cyrus
Radiology	Radioactive – Imagine Dragons Fall Out Boy's entire discography
Oncology	Another Round – Foo Fighters Drugs – Anderson .Paak
Palliative Care	Another One Bites The Dust – Queen Step Up The Morphine – DMA's
Obstetrics	how is prangent formed – jt. sexkik Push It – Salt-n-Pepa
Neurology	Comfortably Numb – Pink Floyd I Can't Feel My Face – The Weeknd
Anaesthetics	Enter Sandman – Metallica Wake Up – Arcade Fire
Emergency Medicine	Oh No Not You Again – James Reyne ►AMBULANCE SIREN SOUND EFFECT. AMBULANCE SIREN NOISE. FOR 12 HOURS. 🚑🚑
Gastroenterology	In The End – Linkin Park Ring of Fire – Johnny Cash
Geriatrics	Come on Eileen – Dexys Midnight Runners Falling – HAIM My Neck, My Back – Khia

MEDICAL CROSSWORD

KAI LUN (III)



ACROSS

- 3 The best building in UNSW (2 words)
- 4 Hardest substance in the human body
- 5 Your first course
- 6 When someone is jaundiced, their skin turns ____
- 8 Discovered penicillin (2 words)
- 11 How long you'll be stuck here (2 words)
- 12 The current Prince of Wales (2 words)
- 13 Number of scenario groups in a normal week
- 14 MedCamp 2018 theme
- 15 We share more than 50% of DNA with them
- 17 Heaviest organ in the human body

DOWN

- 1 Location of the nearest food court to Wallace Wurth (2 words)
- 2 Velan: "We'll be looking at inflammation today, so please excuse me if I make any ____ remarks"
- 7 UNSW motto
- 9 Considered the father of medicine
- 10 Branch of medicine concerned with the uses, effect, actions and modes of drugs
- 16 A person will die from a lack of ____ sooner than they will from starvation, which usually takes a few weeks

