

# 1<sup>st</sup> Year's Pack

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2017 Edition



**Griffith University  
Medicine Society**  
Gold Coast, Australia



# WELCOME

WELCOME TO YOUR FIRST YEAR OF MEDICINE AT GRIFFITH UNIVERSITY.

Congratulations on beginning your journey into medicine! I can still remember the rush of exciting when I opened that email telling me I had been accepted into med. How the time flies! Now, almost half way through study, I am convinced that for all its sweat, blood and tears, studying med has been the best time of my life, filled with incredible memories.

This information pack has been put together by the GUMS executive. It is a small piece of our collective knowledge and experience to help guide you over the first few months. We know that for many of you, this is more than about commencing study. Many of you will have moved from another town, state or country; some trying to balance work, life and study; all of your making sacrifices in one way or another. While each experience is unique, the stress is not. We hope that through this book is a good starting point to help you find your feet. It is the edge pieces of a big puzzle that over the next few months will finally make sense.

If you have any questions, don't hesitate to get in touch with anyone on our team. The School, GUMS and other societies are here to support you. We can't wait to get to know you at the Mixer and Dis-orientation Camp in Week 1, and for you to join our Griffith Med family. Getting involved, trying new things and making forever friends is what its all about!

**Kirsty Whitmore**  
GUMS President

# DisORIENTATION CAMP

**21-22 JANUARY 2017**

**LOCATION: SECRET**  
**MEET AT KURRAWA SURF CLUB**  
**TIME: 11AM (SAT) - 12PM (SUN)**

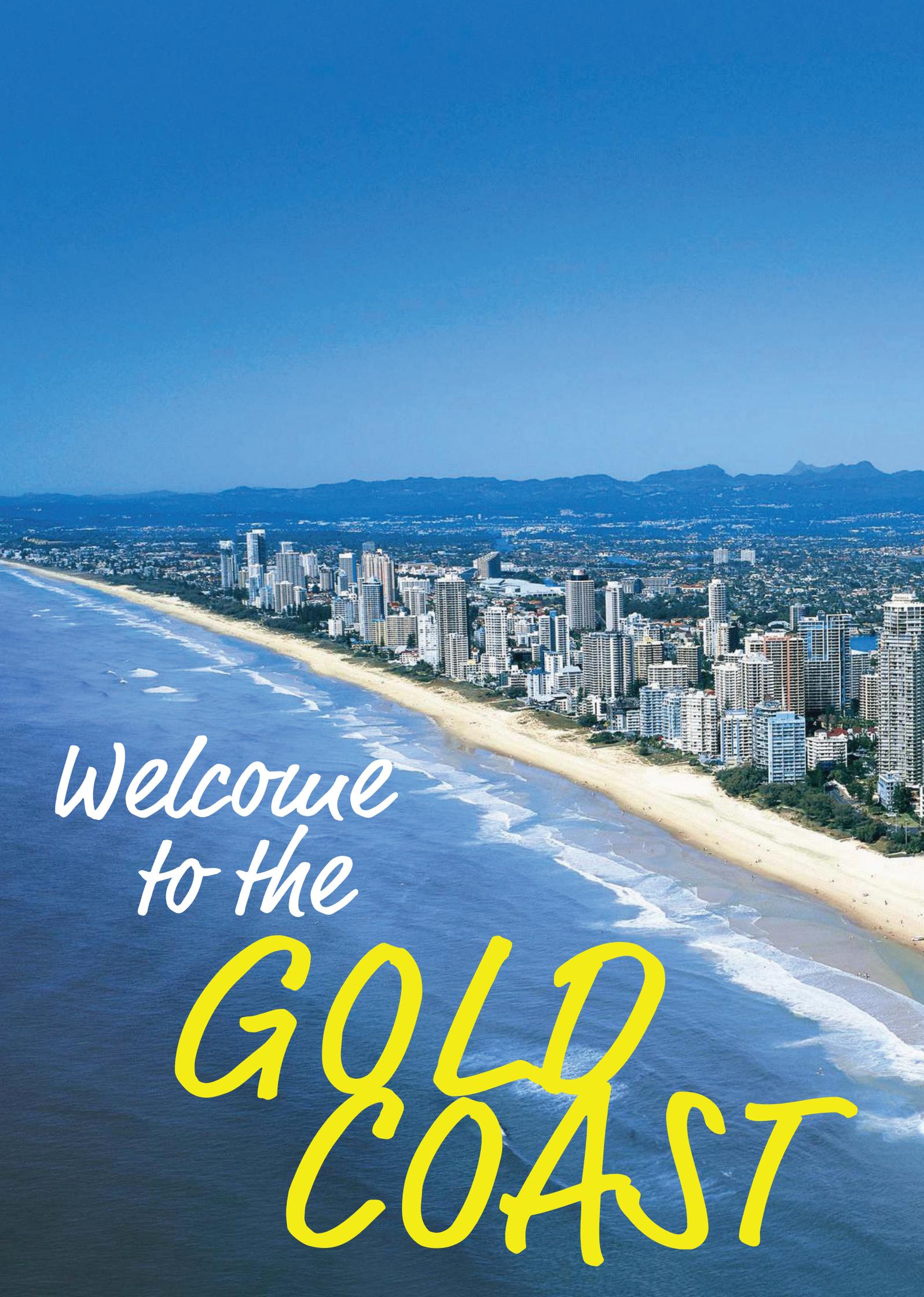
*JOIN YOUR NEW MED FRIENDS FOR A WEEKEND OF FUN. GET TO KNOW EACH OTHER AND BREAK THE ICE, WITH ACTIVITIES TO SUIT EVERYONE.*

*MORE DETAILS TO COME...*



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An aerial photograph of a coastal city, likely Gold Coast, Australia. The image shows a long, sandy beach curving along the coast, with waves breaking onto the shore. Behind the beach is a dense urban area with numerous high-rise apartment buildings and hotels. In the background, there are rolling hills and mountains under a clear blue sky.

*Welcome  
to the*

**GOLD  
COAST**

The Gold Coast is packed with exciting places to discover. Be sure to head down to Burleigh Heads for a surf, an ocean view walk or a nice lunch in one of the cute little cafes. If you get a chance to visit Coolangatta and absolutely love your ice cream, check out Messina for a treat with your mates - and have it on the beach!

Another exceptional place to go to with family and friends is Miami Marketta; here, you can enjoy foods from all cultures, a glass of wine and watch some great musical performances. If you need to stock up your wardrobe or buy various items, Harbour Town is fantastic for bulk shopping and Robina Centre is an even larger centre with numerous stores.

For the more sporty individuals, it is well worth trekking down to NSW to climb Mt Warning (you could even aim to reach the summit in time for sunrise!). The Nerang National Park also has some awesome trail walks, with varying degrees of intensity to choose from. You could likewise take the day to see the Currumbin Rock Pools, the Springbrook Natural Bridge or the Tamborine Mountain waterfalls...and the list goes on!





# PLACES TO EAT

**For those new to the Gold Coast, you'll no doubt be looking for your next favourite brekkie place to grab that coffee fix. We've scoured the coast and here are some of our standouts.**

We can't go past **Daark Espresso** (2/41 Musgrave Avenue, Chirn Park) who do a mean coffee with typical breakfast fare such as Smashed Avocado and Feta, as well as something more creative with their crispy Sweetcorn Fritters. Only a few minutes drive away from G40, it's probably the closest and friendliest place around – you'll be bound to run into someone you know. If you're there for lunch, we reckon they have the best Sweet Potato Fries around – super crispy with the perfect dip.

Further down the coast, **Elk Espresso** (16 Chelsea Ave, Broadbeach) is a firm favourite amongst us – with a laid back vibe and excellent coffee – it's no wonder they have lines out the door on a Saturday morning. With a seasonal menu serving breakfast and lunch, you can be sure there'll be something new to try. We highly recommend their Thick Shakes – amazing confections with flavours such as Oreo, Peanut Butter, or Kick-Arse – with a shot of coffee, it's definitely a sweet way to start the day.

Although Surfers has never really been known for their food or drinks – the relatively new Paradox **Coffee Roasters** (10 Beach Rd, Surfers Paradise QLD 4217) is a great café if you're in the area. With a cool modern fitout, freshly roasted coffee and good selection of dishes for breakfast to dinner – it's a great place to chill after that night out in town.

**Grocer and Grind** (1/1 Sunshine Blvd, Gold Coast QLD 4218) will start your day with a health kick – serving brilliant smoothies, juices and all sorts of raw, organic and healthy dishes. Never has broccoli, kale or quinoa tasted so amazing. Our picks include their Vege Stack and Salmon Eggs Benny.

Finally, **Bam Bam Bakehouse** (2519 – 2521 Gold Coast Highway, Mermaid Beach) and **Padlock Bakery** (Hibiscus Haven, Miami Beach) will have you drooling for their freshly baked artisan breads, pastries and other creations. The former is next to a park – great way to chill with an iced coffee and freshly baked buttery croissant, while latter has a great homely café feel but can get quite busy in the mornings!





# PLACES TO EAT

**If you're after a quality evening feed or something delicious to take the boredom out of uni, here are our favourite places for a night out.**

**Sparrow Eating House** (2/32 Lavarack Rd, Nobby Beach) takes sharing food to a new level. Offering seasonal menus and regulars, they put their own creative take on quality produce. We love their slow-cooked pork shoulder with crackling, beef tataki and banoffee jaffles. They also have a great value banquet menu for groups, as well as your selection of four dishes for only \$50 for two.

For a more local destination, we think **Can Tho** (5/465 Oxley Dr, Runaway Bay) has the best Vietnamese on the coast. They have a cool hipster fitout and our favourite dishes include the incredible pho beef noodle soup, rice paper rolls and sexy squid. With nearly the entire menu under \$20, they're also friendly on the student budget.

Japanese also has a strong presence. **Maruya** (13/15 Davenport St, Southport QLD 4215) – a quality local – offers a range of sushi, sashimi and rice bowls in a casual atmosphere. The best seafood and sushi though, has to go to Reef Seafood and Sushi (107 Ferry Rd, Southport QLD 4215). Forming part of The Standard Market Company market on Ferry Rd, they have the freshest produce and serve massive sushi rolls, as well as an outstanding assortment of tempura. You can also buy seafood from there, and the market itself offers an excellent assortment of quality ingredients, including farm-fresh veggies and top cuts of steak – though pricier but higher quality than the supermarket.

For a fancier dinner out – **Etsu** (2440 Gold Coast Hwy, Mermaid Beach) is an amazing restaurant hidden behind barn doors. Definitely check out their kushiyaki (grilled meats on skewers) and sashimi! Further down the road, The Fish House (50 Goodwin Terrace, Burleigh Heads) is the pick for seafood lovers – serving an incredible modern Australian menu with local produce – is one to save for a special night out.

**Three Kings Pizza** (310 Olsen Ave, Parkwood) is a great option for a local pizza a step above your usual takeaway and is across the road from GCUH. For a more authentic pizza and pasta, Justin Lane (1708-1710 Gold Coast Hwy, Burleigh Heads) takes our pick – start your night off with a drink on their rooftop bar and grab a slice of their crispy pizza! Also in this more foodie end of town is Pigs and Pints (1823 Gold Coast Hwy, Burleigh Heads), who with a sister restaurant in Surfers Paradise (9 Hamilton Ave, Surfers Paradise) specialise in creative sliders and big sharing plates – think sticky pork ribs and slow cooked lamb – and a good selection of beers to wash it all down.

**Ze Pickle** (Connor St, Burleigh Heads) has an even wider range of craft beers on rotation, with mouth-watering burgers featuring maple smoked bacon, wagyu beef and their own special sauce. For something more American, we can't go past Brooklyn Depot (10 Beach Rd, Surfers Paradise QLD 4217). Located in the 4217 building next to Paradox Coffee Roasters, this gem will make you feel like you're in America with booth seating (great for groups!), classic style burgers, dogs, shakes and plates such as mac 'n cheese, chicken wings and their take on loaded fries.



# GUMS MEMBERSHIP

## Who are we?

Griffith University Medicine Society (GUMS) is a not-for-profit student society that strives to enrich all aspects of lives for students studying Medicine at Griffith. We are the peak representative body for medical students at Griffith both within the school and nationally through the Australian Medical Students Association. We provide academic, social and wellbeing events throughout the year. We aim to support all students throughout the Doctor of Medicine program and be a positive influence and support for doctors of the future. GUMS prides itself on being the society for all students. Our events are diverse, and we encourage students to pursue their passion in all fields of medicine and life.

## What is GUMS Membership?

GUMS has two tiers of membership.

**GUMS Basic Membership** is available for free to all Griffith medical students, by signing up at our online store. Basic members are get the following benefits:

- GUMS services such as advocacy and wellbeing support
- Access to GUMS Sports and Conference Bursary Programs
- Periodic discounts at the GUMS stores,
- Access to exclusive offers from our sponsors
- The ability to vote in the GUMS election
- Automatic student membership with Australian Medical Association Queensland

**GUMS Plus Members** receive additional and exclusive benefits including:

- Discounted tickets to events including Disorientation Camp, Scrub Crawl and Med Ball
- Discounted products at the GUMS Store including Clinical Skills Guides and Hoodies
- Exclusive GUMS Plus sales
- Access to deals and discounts with our local business partners (coming new in 2017).

GUMS Plus Membership can be purchased for \$25 per year. As a not-for profit organisation, all proceeds of membership go directly back to our students.

## How do I get involved?

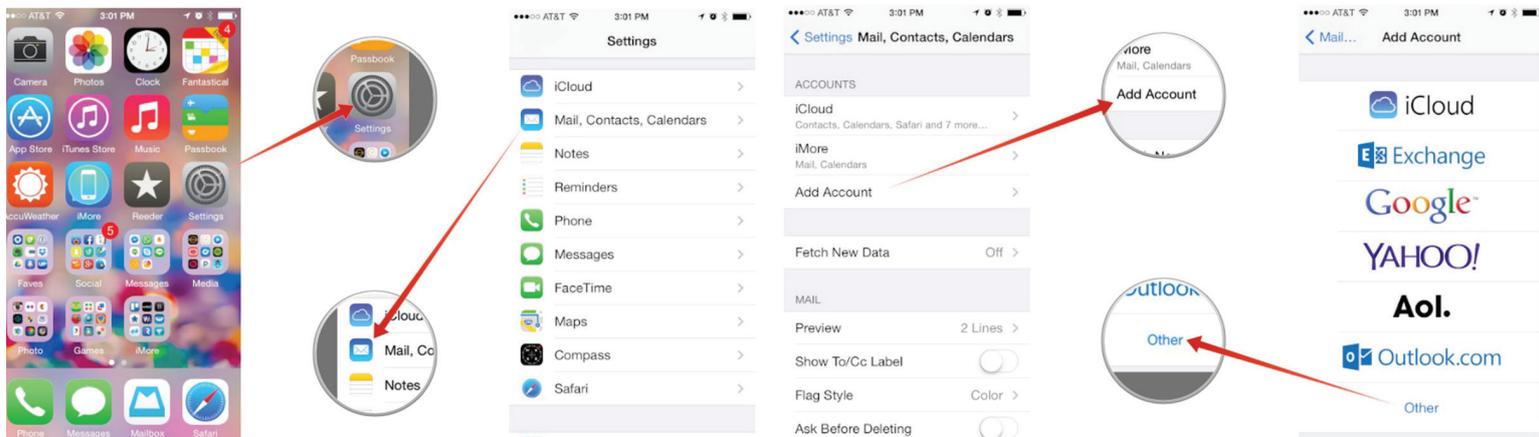
- **Become a member!** While you can join on Orientation Day or at the Sponsorship Lunch, most students find purchasing online at home to be easy with our Shopify Store fully integrated with our Facebook. Why not buy your GUMS Plus membership when you get your tickets for Disorientation Camp to get discounts? <https://gums.myshopify.com/>
- **Join our Team.** We are seeking applicants for subcommittees early next year for Wellbeing, Social, Academic portfolios, and First Year Advocacy Rep (by election in February). This is great way to learn more about GUMS, the School and to make positive change for Griffith med students.
- **Attend our events.** Whatever your passion, we have something for you. Like our Facebook page to keep up to date at [www.facebook.com/GUMSMedSoc](http://www.facebook.com/GUMSMedSoc)



# ADDING A CALENDAR

## IPHONE/IPAD

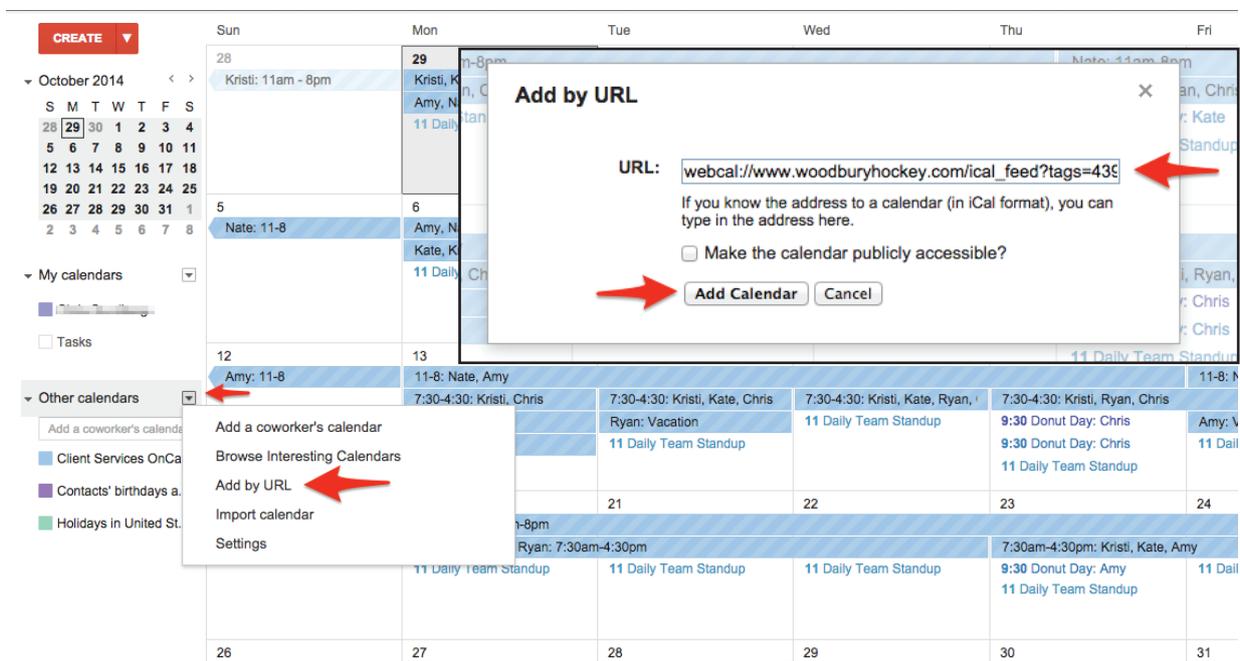
1. Generate Timetable from Learning@Griffith (using 1 year)
2. Launch Settings app on iPhone/iPad
3. Tap on Mail, Contacts, Calendars and then Add Account
4. Click on Other and then Add Subscribed Calendar
5. Type or paste in generated link and tap Done.



## ANDROID

Note: To add a calendar to an Android phone, this must be done on a computer

1. Generate Timetable from Learning@Griffith (using 1 year)
2. Navigate to [www.google.com/calendar](http://www.google.com/calendar)
3. Log in to the Google Calendar that is used on your Android phone
4. Select Other Calendar
5. Select 'Add by URL' and paste in link
6. Go to Calendar on phone and tap 'Calendar' and select the imported Calendar





# CAMPUS INFORMATION

## PARKING

Parking at Griffith can be a nightmare at times if you are not prepared. But never fear, here are a few options for you to experiment with.

If you find yourself living fairly close to the Griffith Campus walking or bike riding is always a straight forward option, especially because G40 has a secure bike lock up. You will also have access to the locker room in G40 which has showers as well; very useful if it's been a hot ride in.

Alternatively the public transport on the Gold Coast is fairly reliable (as far as public transport goes anyway). The Griffith Campus is a large station and there are many buses that run through regularly.

The light rail has proved to be quite useful for those students living in the areas between Southport and Broadbeach. Simply look up your options on the Translink website and find the route that suits you.

For those of you who prefer to have your own transportation or perhaps are coming down from Brisbane finding parking can be tricky. It will be worth looking up the parking permit options at Griffith here - <https://www.griffith.edu.au/parking/staff-students>.

On a budget these permits can be hard to justify and therefore we would like to mention the alternative of parking along Olsen Ave and the surrounding area, which leaves you with about a 15-20 minute walk to the university. Just be careful to steer clear of the Parkwood suburb as this area has been deemed a 2P area

## SUSTENANCE

There are a number of places on campus to grab a bite to eat. Here is a summary:

- o **Burger Urge**
- o **Flavour Asia**
- o **Providore University**
- o **Cafe Rossa**
- o **The UniBar**
- o **Coffee Bug** (2 stalls)
- o **G's** – which is on the ground floor of G40
- o **Vitamin G** – sells coffee, health foods and sushi, also in G40

## ROADMAP TO G40

G40 will pretty much become a home away from home over the next two years. It is where your clinical workshops are held, where PBL takes place, lectures are done and also a great place to study.

Level 6 will be the main area you spend your time as this is where the PBL and clinical skills rooms are. It is key card access and therefore it is always handy to keep your lanyard with you, as you will often need it.

On the ground floor (level 3) of G40 is G's cafe which has pretty good coffee (make sure you grab a loyalty card) and some nice food if you have forgotten lunch.

On level 2 (the basement) there is the locker rooms, where you will each have the chance to grab a locker for the year – this can be pretty handy to keep your lab coat and closed-in shoes for anatomy labs.

There is also a common room on this level which has a few fridges, toastie makers and microwaves for those of you who love to make use of your leftovers for lunch.

There is a computer lab on level 4, and an anatomy museum (exclusive to medical students) which is a great quiet study space (enclosed shoes needed).

## GCAP

Membership to the Gold Coast Association of Post-graduates is free to all students in a post graduate degree. Visit the website and facebook page to sign up as they often have great parties throughout the year and free lunches too!



- Bus Stop
- Light Rail
- Footpath
- ATM



- ### Parking Legend
- Permit Dispenser
  - Pay Station
  - Metered Parking
  - General Parking
  - Motorcycle Parking
  - Taxi Rank
  - Authorised Visitor Parking
  - Loading Zone
  - Commercial Vehicle Loading Zone
  - Passenger Set-down Zone
  - Authorised G40 Clients Parking
  - Pay On Exit Parking
  - Non-Griffith University Carpark
  - Red/Blue Permit Disabled Parking Area
  - Blue Permit Disabled Parking Area

### Building Legend

G01. Academic 1	(C4)
G02. Clinical Sciences 1	(D2)
G03. Lecture Theatres 1 & 2	(C4)
G04. Services	(D6)
G05. Health Sciences	(C4)
G06. Academic 2	(C5)
G07. The-Link (Student Guild)	(B4)
G08. Flammable Liquid Store	(D5)
G09. Engineering	(D6)
G10. Library (Graham Jones Centre)	(C3)
G11. Learning Commons	(C3)
G12. Science 2	(D4)
G13. Multistorey Car Park 1	(D7)
G14. Visual Arts	(D5)
G16. Clinical Sciences 2	(D3)
G17. Lecture Theatres 3 & 4	(B5)
G19. Facilities Management	(E6)
G20. Chiller House 1 (West)	(C4)
G21. Chiller House 2 (East)	(D6)
G22. Chiller House 3 (North)	(B5)
G23. Multimedia	(C6)
G24. Science 1	(D4)
G25. Glycomics 2	(D4)
G26. Glycomics 1	(D3)
G27. Business 2	(C5)
G28. Kiosk	(B4)
G29. Chiller House 4	(D3)
G30. Arts and Education 1	(D5)
G31. Arts and Education 2	(D5)
G32. The Pavilion	(B3)
G33. Student Centre	(B3)
G34. Leneen Forde Chancellery	(A3)
G36. Law	(C6)
G37. Chiller House 5	(B3)
G38. Chiller House 6	(B4)
G39. Science, Engineering & Architecture	(C6)
G40. Griffith Health Centre	(A2)
G42. Griffith Business School	(C6)
G43. Grandstand	(B3)
G44. Athletics Track	(B2)
G51. Smart Water Research Centre (F6)	
G52. International Building	(F4)
G53. Chiller House 7	(F5)
G54. End of Trip Facility	(F4)
G55. Multistorey Car Park 2	(J4)
GT2. Coastal Management	(F5)
GQA. Queensland Academy for Health Sciences	(G5)





# THEMES

There are four core themes or subjects which are taught at Griffith Medical School and you will become very familiar with each of them in no time; DKHI, DLEPP, DHC and D&P. But here we have provided a brief introduction which will hopefully help you to wrap your head around these new concepts a little bit faster. It is also worth mentioning here that the first two years of medicine are pass or fail. You will still be given a percentage mark for most of your assessment but at the end of the year it all accumulates together into a simple pass mark: so don't stretch yourself too thin in first year trying to achieve a HD.

## DKHI

The *Doctor and Knowledge of Health and Illness* theme is essentially the medical science subject. It contains all the content related to physiology, anatomy, histopathology, disease diagnosis and management.

### HOW IS IT TAUGHT

DKHI is taught through lectures from a variety of professors. You will often have regular lecturers for anatomy, histology and physiology that are essential members of the School of Medicine. This will also be interspersed with guest lecturers who are specialists in their respective fields and these are excellent for getting a reality based clinical perspective on topics. Here are some of the staff members you will see around in relation to DKHI.

#### THE STAFF

- **A/Professor James Fraser** - DKHI Theme Lead
- **Professor Jeff Schwartz** - Year 1 & 2 Academic Co-ordinator
- **Ms Susan Clarey** – Pharmacology Lecturer
- **Dr Lakal Dissabandara** – Senior Anatomy Lecturer
- **Dr Vinod Gopalan** – Histopathology Lecturer
- **Mrs Barbara Wallace** – Associate Academic Manager for Years 1 & 2

### PBL

In addition to lectures you will also have Problem Based Learning (PBL) twice a week. During these sessions you will come together in a regular group of 9-10 students and go through a theoretical patient based case. These classes are essential for developing your clinical reasoning and differential diagnosis skills. A single patients case will usually take place over 2 sessions and you will be given the learning objectives at the end of each case. These Learning Objectives are important as your assessment will be based on these learning objectives. Your PBL facilitator will guide you over the early weeks to grasp the PBL style of learning. It can take some time to understand the depth of understanding that is required for a learning objective. We recommend working with your PBL group or group of friends to agree on a depth that seems suitable. With time, this will become easier



# THEMES

## **PBL (Continued)**

There are a number of ways to tackle PBL. The important thing is how your group decides to run your sessions and also that you are getting the most out of these 2 and a ½ hour sessions. One way of starting off a case that has been shown useful in the past is to take the initial presenting complaint and then brainstorm in the group each of the potential body systems that could be involved and then narrow that down to conditions within each of those systems; this way you are unlikely to miss any important differentials.

PBL can be intimidating at first but you will soon settle into it and I am sure find it a great way of learning. PBL is pretty much like one of the differential sessions conducted during an episode of House, complete with the white board!



## **HOW IS IT ASSESSED?**

In terms of assessment for DKHI you will have a short answer and a multiple choice paper at the end of each semester. The SAQ paper assesses the themes of DKHI, DHC and DLEPP together in a case based question. You will be given information about a patient and then asked questions about your differential diagnosis, the physiology involved in a particular condition, mechanism of action of some medications etc. The MCQ paper also assess the same 3 themes with the standard MCQ format. The School of Medicine's Assessment document, located on Learning @ Griffith, will detail the break up of marks for each exam.

## **ANATOMY & PATHOLOGY – A LEAGUE OF THEIR OWN**

Anatomy is taught through a combination of lectures, followed later in the week by a corresponding 3 hour anatomy practical. Also provided to you are a set of Practical notes on L@G, and these ask you questions and touch on some important points for the week. Everyone goes about studying anatomy differently; some gain a great deal from the lectures while others prefer to prepare for the lab by reading a chapter in a textbook. During the practical itself there are again different strategies where you can go around in groups and discuss specimens or you may wish to use the opportunity to test yourself on previous weeks content.

The only advice we can give you for such a individual process is to use the first few weeks (which will be lighter in content) to figure out a method that works for you. Anatomy is assessed both in the SAQ, MCQ papers and in it's own practical examination at the end of each semester. Anatomy becomes more intensive in second semester, so good habits are essential.

Pathology does not kick off until second semester so we will only briefly outline it here. Pathology is taught by a combination of lectures and practical microscopy sessions, where pathologies and medical conditions will be taught in relation to their histopathological features.



# THEMES

## D&P

The *Doctor and Patient* Theme is the subject through which you will learn your hands on clinical skills. During the first semester you will develop your skills in taking a history; an essential part of being a medical practitioner. This will be done through lectures followed by a communication skills session later that week where in a group of 6 with a facilitator you will be given 8 minutes to practice your skills by having a consultation with an actor who is acting as your patient. **A/Professor Margo Lane** is commencing as D&P Theme Lead in 2017, with **Dr Kwong Chan** as Communication Skills Stream Lead.

In second semester you will continue communication skills while also starting the clinical and procedural skills workshops. **Mr James Senior** runs the procedural workshops and **Dr A Salajegheh** organises the clinical workshops. These workshops are again taught through a combination of a lectures and hands-on workshop in small groups. Procedural workshops include learning to take vital signs, wound care and administering an ECG etc. Clinical skills workshops involve learning cardiovascular, respiratory and gastrointestinal exams which you will practice on each other.

There will also be roughly 10 sessions of a class called HBCT – which is your hospital based clinical training. During these sessions again you will be in small groups and attached to a registrar at your selected hospital. These sessions last for an hour and give you a chance to practice your history taking and clinical examination on patients with real pathology. This is your first taste of working in the clinical environment.

Doctor & Patient is assessed through attendance records for the workshops which are compulsory and reflective journals which will be required for some of the workshops. However the majority of the marks will come from the OSCE (Objectively Structured Clinical Exam) at the end of year. Most students will not have encountered this style of assessment before, so don't stress. GUMS releases a Clinical Skills guide which is a great starting point for study and we also hold a formative OSCE to help expose you to the structure of the exam. **Dr Liz Fitzmaurice** is in charge of the OSCE's and works with GUMS on

## DHC

The *Doctor and Health in the Community* theme looks at a variety of topics such as epidemiology, primary health care, global health, Indigenous and Torres Strait Islander health, community supports, allied health and evidence based practice. DHC is taught mainly through the PBL derived Learning Objectives with case resources provided on L@G under every case. It also has regular Evidence Based Practice lectures which are important for an understanding of this topic. DHC is assessed in the SAQ and MCQ exams while the EBP topics in particular are also assessed through an assignment throughout the year.



# THEMES

## DLEPP

*Doctor and Law, Ethics and Professional Practice* is quite a different theme from the others but incredibly important nonetheless for your whole career. DLEPP deals with the legal side of health care such as competency of patients, emergency situations and public health obligations. Ethical frameworks involved in decision making as a medical practitioner is also covered, as well as the elements of Professionalism that come with being a doctor.

DLEPP is taught through lectures with both **Peter Hamilton** and **Associate Professor Eleanor Milligan**. The topics covered weekly during the lectures will then be addressed in the in that weeks PBL case and learning objectives which is a perfect opportunity for you as a group to solidify your knowledge of the law in real life examples.

## TEXTBOOK GUIDE

This is a brief list of textbooks that you might find useful throughout your studies in first and second year. By all means don't feel you have to buy all of these, and there are many others that will be more than suitable. For each PBL cases there are resources provided by the school, which include journal articles and links to text books. These are often really useful, and students can recommend resources that they find useful to include online.

**LINK: [HTTP://GUMS.ORG.AU/SITE/TEXTBOOK-GUIDE/](http://gums.org.au/site/textbook-guide/)**

## OTHER TIPS

### **BEST WAY TO STUDY?**

Everyone studies very differently, so there is no set 'best' way; however many people find group study to be quite effective, especially when dealing with complex ideas or a large amount of content. Group practice for communication and clinical skills is especially important as time is limited in workshops for practice. Revision of content and completion of pre-lab worksheets is highly recommended to make the most out of each session. Attendance (while non-compulsory) is also highly recommended.

### **MARKS:**

Medicine is very different to any other degree. It is no longer about getting a high GPA, but rather about achieving the required level of knowledge. An important tip is to lower your expectations in terms of marks, because content beyond your level is examined and tests become much harder.

### **WORK/LIFE/STUDY BALANCE:**

Especially in medicine, it is really easy to get caught up with study and thus its very important to maintain a healthy work/life balance with out-of-uni activities such as sport, hobbies or time with friends.



# ACADEMICS

## WELCOME FIRST YEARS FOR 2016!

Welcome First Years for 2017! My name is **ANNE HIBBERD** and I will be the GUMS Academic Officer for the coming year. Throughout the year, I will be working closely with our GUMS Academic team (who you will no doubt meet as the year progresses) to help support you all through the challenging, yet inspiring, art and science of medicine.

The amazing thing about medical school, as you will soon come to realise, is the boundless opportunities it offers through societies and extra-curricular events. Ultimately, however, at the end of the day learning medicine is academically rigorous – this is where GUMS is here to help! Throughout the year we will be bringing you a number of academically orientated events including the Electives & Selectives evening, Specialities pathway evening and a captivating Ward Survival series highlighting hospital practice essentials. These events aim to provide you with information and inspiration – considerable amounts of both are required to take your first steps towards becoming the next JD/Elliot Reed/House/Dr McDreamy, MD.

On top of this, the Academic team will be working to provide you with a Formative OSCE. To add to the considerable amount of new terms you'll be hearing in the coming weeks and months, OSCE stands for Observed Structured Clinical Exam – it's basically how the School examines you on your ability to take histories and perform procedures. This is often a new experience for incoming medical students and so GUMS will be working tirelessly to ensure you have the best chance to practice and gain feedback.

To further help with your studies GUMS also provides invaluable formative clinical cases that have been prepared to help you revise and reinforce content. Online you will be able to purchase select textbooks through the GUMS website at reduced rates as well as the highly recommended Clinical Skills Guide (a staple for any Griffith medical student). GUMS also coordinate a conference reimbursement scheme that a select number of students can apply for to help with related expenses (see page 23 for more info!)

I apologise for the sheer amount of info I have prefaced above but don't stress, it will all start to make sense in the coming weeks and months. Further information will also be provided as all these plans start to unfold. What I would like to stress now is how amazing the coming year will be and that if you have any academic questions, concerns or suggestions for what you would like to see please feel free to get in contact! Best of luck for your journey ahead

**Anne Hibberd**  
Academic Officer



# ADVOCACY



MY NAME IS **NATHAN HUI** and I will be your **Advocacy Officer for 2017**. Alongside the other student-elected year level reps, **we represent the voice of Griffith medical students by providing communication channels between the student body and School of Medicine staff**. We work to ensure all students have access to opportunities, fair curriculum and assessment, and pathways for remediation and foster a spirit of collaboration between staff and students.

Doctors and medical students are held to a high standard; we can be closely scrutinised by the patients and public that we serve. Learning to become a safe and competent doctor is a process, and sometimes, things don't go to plan. No one goes out of their way to make a mistake, put a patient at risk, breach confidentiality, or offend a colleague, and these are all part of the learning experience. **GUMS is there to support you and ensure fair outcomes that help you to grow as a student**. If you feel like you aren't getting a fair go, we are here to help.

Like all health discipline students, you are now registered with the Australian Health Practitioner Regulation Agency (AHPRA). AHPRA supports the 14 national health boards responsible for regulating the health professions, maintaining a register, to make sure staff and students are safe to practice and adhere to their code of conduct. Until you graduate, it is likely you will have nothing to do with AHPRA however it is important to know that there is mandatory reporting for certain serious breaches of conduct.

This includes going on placements while under the influence of drugs or alcohol, engaging in sexual misconduct, placing the public at risk of substantial harm, or falling below professional standards in a significant way. There are a lot of myths about mandatory reporting, but ultimately it is about keeping patients and you safe. If you have any concerns and questions about your AHPRA registration, speak to me or a staff member.

**We also help give feedback to the university.** Students are entitled and encouraged to give feedback to help them improve processes and curriculum. This can be anything from the way a topic is taught, to a piece of assessment. You can give feedback through the biannual Griffith Surveys, but also through the Advocacy portfolio. If anything is urgent or a significant concern, let us know straight away so we can through using the right channels. Alternatively, staff are generally happy to meet with individual students. The Advocacy reps meet on multiple committees with the university and we always seek and love your input.

## **TIPS TO AVOID STRESS:**

- **Submit your paperwork on time.** This will be due very early next year, and being late not only can mean you miss out on fun stuff, but also get you into hot water with the staff. The Griffith Medical Centre nurses and doctors are very familiar it and can be super helpful. If you go through your own GP, be sure to read it all carefully first to make sure you don't miss anything.
- **Be on time,** and always let someone know if you are running late
- **Think about who could be listening-** elevators, corridors and cafés all have hidden ears
- **Be careful about your social media use;** imagine every post and picture is being seen by your future employers...and your grandma
- **Call the Doctors' Health Advisory Service on 07 3833 4352;** this free 24 hour service provides confidential support and advice to doctors and medical students
- **Seek help early.** If you are struggling for any reason, let the school know before you get behind
- **Use the university services-** they provide free counselling, free consults to help with Centrelink, interest-free loans, chaplaincy, housing information, health services and support for those with disability or diverse cultural backgrounds
- **Use your GUMS representatives** and ask questions! We are here to help.



# WELLBEING

CLASS OF 2020, I give you the warmest of welcomes to your first year at Griffith Medical School! It's the start of what will be an incredible and unique journey, and you should all be very proud to be where you are today.

To introduce myself, I'd like to begin with a short story about my journey in first year. While the year provided many highs, moving away from home and starting a whole new chapter in the Gold Coast provided its own challenges. We often forget how important it is to balance all aspects of your life, and it was a struggle for me to balance academic, work and social commitments. In the midst of juggling all the things life has to throw at us, I realised how important it was to make sure that your wellbeing, mentally and physically, is sound.

As they say in medicine, how can we make sure our patients are healthy and happy, if we are not healthy and happy ourselves?

So, the one thing I urge all of you to do this year is to check in on yourself, as frequently as possible. Give yourself a moment to ask: "Am I okay?". The moment you feel like things are getting out of hand, whether it be difficulty studying, super hard content that you just can't seem to get your head around, or any personal stress, make sure to reach out to someone. It's perfectly normal to ask for help, and at Griffith, you'll be glad to know that we are all one big family. So feel free to chat to a friend, a teacher, or even a GP if that's more comfortable. Organisations as Beyond Blue (1300 22 4636) and the Doctors for Doctors service (07 3833 4352) are also excellent. And most definitely, you are welcome to reach out to me if you are ever in any strife.

So, who's me? Well, my name is Sashika Harasgama, a.k.a Sash, and I am honoured to be your Wellbeing Officer for 2017. In this role, I hope to ensure that all of you have a fulfilling and

enriching medical school experience, and I hope to remind you that wellbeing is a vital part of such an experience. Throughout the year, we shall run events to help alleviate pre-exam anxiety, have some fun, and also raise awareness on the importance of wellbeing amongst medical students. Furthermore, we run a mentoring program to ensure the wisdom of the older students is passed on.

Overall, take your medical school journey in your own hands. Don't be afraid to do all the things you want to do, and I encourage you all to take part in all the amazing extra-curriculars and social events GUMS, and many other clubs, have to offer. I encourage you to take a day to work on your wellbeing, whether it be grabbing a delish brunch or making a day at the beach. Whatever it is you do, just remember to enjoy yourself! It is so easy to get bogged down, and I want you to keep persevering for your happiness. Good luck for the next 4 years, and in the words of Dory, "Just keep swimming!"

**Sashika Harasgama**

Community and Wellbeing Officer

*Photos from 2016 Blue Week  
Featuring Delta Dogs, Bowling Night,  
and Year 1 v Year 2 Tug of War*



# SOCIAL



Welcome to Griffith Medicine!

My name is Roy Teng and I will be the GUMS Social Officer for 2017. My role, alongside each year level representative, will be ensuring that medicine is not just about study and cramming your head into a textbook 24/7, but having fun on this journey with your future colleagues. We will be organising numerous events throughout the year which are wonderful opportunities to let loose with mates, explore Gold Coast and its nightlife, and make some lasting memories of your time in Griffith Medicine.

So keep an ear out for any of these events below!

## **GUMS FIRST YEAR MIXER**

The first week of medicine is notoriously the hardest week. So come along to the First Year Mixer: a perfect opportunity to unwind after a whirlwind of a week. It also gives you a chance to mix and mingle with not just your new cohort but the years above, over a few drinks. There's no better way to get to know your fellow first years and get some general tips on progressing through medicine!

## **GUMS DISORIENTATION CAMP**

Want to get to know your cohort a bit better? Don't miss this amazing event that spans over a weekend and is packed with exciting challenges, activities and competitions. The camp kicks off at Kurrawa Surf Club for some beachside fun. Buses will then transport you off to a mystery location (taking the 'traditional' detour into Dan Murphys)

## **GUMS SCRUB CRAWL**

Griffith and Bond medical students scrub up and head out to take over several of Gold Coast's bars and clubs. Comprising of over 400 medical students, this is one of the largest gathering of medical students out for a night of fun and revelry in their surgical pyjamas. With such numbers saturating the Gold Coast nightlife, this always turns out to be an unforgettable night!

## **GUMS MED BALL**

Get ready to break out your suits and ball gowns because halfway through the year is the annual GUMS Med Ball. Each year the location is different and each year this event draws hundreds of students from all years. Always promising to be a fantastic evening, with a dance floor to showcase your moves, great food, great entertainment and of course, great company!

## **GUMS TRIVIA NIGHT**

Who will reign supreme at trivia? Come and find out when GUMS hosts its annual Trivia night where different cohorts and even various faculties compete head to head in a contest to see who can recall the largest amount of random information. With topics varying from music to Pokemon, be sure to select a team that has strengths in a wide range of categories.

## **GUMS COFFEEHOUSE MUSIC NIGHT**

For some, CoffeeHouse Music Night is the perfect opportunity to kick back and enjoy an evening being serenaded by a variety of talented Griffith medical musicians. For others, it's an opportunity to showcase your talent to your peers. Regardless of talent, all are welcome to perform. The more enthusiastic, the better!

## **ALLIED HEALTH SOIREE**

With many different schools such as pharmacy, medicine, nursing and paramedicine, combining to contribute to a notable cause, the Allied Health Soiree is a great night to get to know your fellow health professionals.

If you have questions about social events throughout the year, please feel free to ask me.

**Roy Teng**  
Social Officer



# FIRST YEAR MIXER

JANUARY 20TH, 2017



SCRUB  
CRAWL

# SCRUB UP FOR A NIGHT YOU WON'T FORGET

3 MARCH 2017



GRIFFITH MED REVUE 2016

TICKETS ON SALE NOW

MED REVUE 2015  
**MEDVENGERS**  
AGE OF ULTRASOUND

# MED REVUE AUDITIONS COMING MARCH 2017



# SPONSORS

A MASSIVE THANK YOU TO ALL THE SPONSORS WHO MAKE EVERYTHING POSSIBLE.



**STUDENT GUILD**  
GRIFFITH UNIVERSITY • GOLD COAST



**DEFENCE FORCE RECRUITING**



# SCHOLARSHIPS AND BURSARIES

## SPORTS

**Love sport? We have you covered with GUMS Sports Bursaries!** Keeping active and getting involved are great ways to keep physically and mentally healthy. Every year, GUMS provides **sports bursaries** to support medical students who play a team sport. Bursaries can be used to cover venue hire, uniforms, registration fees, equipments or other costs related to your team. Check out the GUMS Sports Affiliates Policy online, check out teams that receive GUMS support below, and get involved!

There are plenty of other ways to get involved in sport at Griffith, through the Guild There is also a gym on campus that students can join. For more information, check out <http://www.gugcstudentguild.com.au/sport/clubs/>

### GUMS 2016 Sponsored Teams

Soccer:

[www.facebook.com/groups/22828032542/](http://www.facebook.com/groups/22828032542/)

Basketball:

[www.facebook.com/groups/375580319122951](http://www.facebook.com/groups/375580319122951)

Netball:

[www.facebook.com/groups/933868683289804](http://www.facebook.com/groups/933868683289804)

AFL:

[www.facebook.com/groups/200306923314290](http://www.facebook.com/groups/200306923314290)

Rugby Union:

[www.facebook.com/groups/275965935808845](http://www.facebook.com/groups/275965935808845)

## ACADEMICS

As the society for all medical students, GUMS wants to support you to explore your passions, in all fields and disciplines. For many students, money is a significant barrier to being able to make the most of these opportunities. GUMS is here to help. The Gold Coast Association of Post-graduates (GCAP) and Griffith University also provide a range of scholarship and financial support.

### Daniel Payne Textbook Scholarship

Daniel Payne (1991 – 2015) was a young, passionate medical student who undoubtedly achieved great things and was on the path to achieving more. Many of his ambitions centred around counteracting social injustice. This is seen in the numerous health advocacy programs he was involved in. All his family, close friends and peers knew how passionate Daniel was towards closing gaps in health inequality. In the year 2015, the world of medicine lost a great man with the passing of Daniel Payne. His extensive range of

textbooks were donated to GUMS to give to medical students who are experiencing financial hardship, a gesture fitting to Daniel's cause. In memory, GUMS has established the Daniel Payne Memorial Scholarship, giving an avenue for students to donate their textbooks to those of our peers who are struggling financially.

### Conference Reimbursement Scheme

This scheme allows students to apply for reimbursement of the costs incurred by attending a conference of their choice. Students can receive \$250 to cover the costs of registration, accommodation, travel or other expenses. Students can apply through our website after attending the conference, with reimbursements provided to successful applicants in two rounds (Jan-June and July-Dec). For more information, see <http://bit.do/conferencescheme>



# GUMS Executive 2017

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**VICE PRESIDENT (INTERNAL)**

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*Tereza Stillerova*

*Sashika Harasgama*

*Parush Tyagi*

**AMSA REPRESENTATIVE**

*Tyron March*

*t.march@gums.org.au*

**JUNIOR AMSA REPRESENTATIVE**

*Tereza Stillerova*

*t.stillerova@gums.org.au*



*HOPE4HEALTH* is a Health Student run organisation established in 2006 which boasts over 1,000 active members from all health disciplines. Our organisation is focused on eliminating health inequality wherever it exists. H4H aims to improve health outcomes for local, rural, Indigenous and international communities. We achieve our goals by coordinating numerous activities for our members including seminars with guest speakers; clinical skills trips; community health screening and education sessions; teddy bear hospitals; and hosting corporate and student fundraising events including sell-out parties.

Annually, over 25 programs are run across our four portfolios, with our enthusiastic members and dedicated executive adding more each year. There are many opportunities to get involved with our projects throughout the year, whether attending one of our parties, joining a subcommittee, volunteering or even coordinating one of our events. Don't hesitate to contact us – [secretary@hope4health.org.au](mailto:secretary@hope4health.org.au) or any of our portfolio representatives.

## MEMBERSHIP

Becoming a member is easy – with a one off payment of \$20 giving you lifetime membership and exclusive access to all of our events and programs. This can be completed through our website - <http://hope4health.org.au/>

## MAJOR EVENTS

The best way to find out about our upcoming events and opportunities to get involved is by joining us for a chat and a cheap feed at our monthly members meetings or following our website and social media pages ([facebook.com/hope4health/](https://facebook.com/hope4health/)).

A few of our must attend events you will find in your calendar:

- Op Shop Ball
- Red Party
- Sunset Soiree
- Check It Outs
- Jungle Party
- Spirit of Health Horizons
- Ubuntu Through Health Dinner



# surg<sup>ia</sup>

... surgical interest association

## Welcome to your First Year of Medicine!

SURGIA aims to facilitate a smooth transition into medicine and deliver **inspirational and opportunistic social and educational** events to all students, not just for those who are interested in surgery.

We are one of the largest surgical societies in Australia, with over **800 student and professional members**, and are also widely recognised as a key member of the International Association of Student Surgical Societies (IASSS)!

In 2016, we held **over 25 events** covering a wide range of surgical specialities, skills and anatomy workshops as well as providing a surgical mentor program. We provide great opportunities to interact with senior medical students and network with surgeons across Queensland.



**ACADEMIA  
PROFESSIONALISM**



**ANATOMY**



**SKILLS**



**COMMUNITY**



**ENGAGEMENT**



**ORAL MAXILLO-  
FACIAL SURGEON**



Brisbane

## Upcoming events

DATE	EVENT	PORTFOLIO
17 Feb	SURGIA's Amazing Race	Special Event
Mar TBA	Pathways, Research and Professionalism in Surgery Seminar	Academia - Professionalism
18 Feb	MS Swimathon	Community
Mar TBA	Mentoring Mixer	Engagement
Apr TBA	Basic Suturing Workshop	Skills

## Become a member

Become a **SURGIA Life Member** for just **\$25**, payable by cash (at all events) or PayPal (through [surgia.org](http://surgia.org)). Our brand new mobile application available for iOS and Android will give you access to membership rewards, registration to events and an entire array of other benefits! Stay tuned!

## Get involved

If you would like to be involved in the Executive or Portfolio management committees, do not hesitate to contact [president@surgia.org](mailto:president@surgia.org) or any SURGIA representative!

## Stay connected

For more information, check out our website and add us on Facebook or follow us on Instagram to stay up to date with events in the Gold Coast and Brisbane!



[www.surgia.org](http://www.surgia.org)



Surgical Interest Association  
Griffith University's Tiny Surgeon (GUTS)  
Brisbane Universities' Tiny Surgeon (BUTS)



[surgia\\_](https://www.instagram.com/surgia_)

**On behalf of GPSN, welcome to Griffith Medicine! A huge congratulations on being successful with your application. We are so excited to have you at here at Griffith.**

GPSN is one of the four student organisations at Griffith. GPSN is a national medical student-run organisation aimed at promoting General Practise as a specialty of its own. We do this by offering programs focused on exposing medical students to the inspiring diversity of a career in general practice. Through this, we hope to dispel the myth that you are 'just a GP' and encourage an appreciation of General Practice regardless of what field of medicine you are interested in.

GPSN isn't only an organisation for students interested in being a GP, but for all. We run a number of events for all throughout the year to provide up-to-date clinical knowledge and hands-on workshops for GPSN members to get the chance to practice skills. These events include

- **Ping Pong Ice-Breaker Event:** as a welcome to GPSN we will be hosting an evening of friendly, and only slightly competitive, Ping Pong along with Pizza and prizes.
- **Red Flags Seminars:** these are a series of seminars on the not-to-be-missed signs in various different fields such as cardiac, obs/gyn, neurology and GIT
- **Clinical Skills Events:** GPSN also runs a number of workshops to teach you some hands on clinical skills necessary for General Practice including dermoscopy, otoscopy and the favourite suturing workshop.
- **Careers Fair:** is designed to highlight the variety of different opportunities that there are in General Practice from rural generalism, to developing advance skills in skin excisions, women health, refugee health among many more.

And the best part is membership is FREE! So to attend any of these events all you have to do is sign up to Griffith GPSN either through the Google Form at <http://goo.gl/forms/Lo-JmULzMtJ> or during Orientation Week.

There are heaps of opportunities to get involved with GPSN at both a local or national level. We are looking for a First Year Representative as well as general executive members. So feel free to contact me at [griffith@gpsn.org.au](mailto:griffith@gpsn.org.au) or find me on Facebook if you have any questions about GPSN or getting involved.

Best of luck for 2017 and I look forward to meeting you!

Kind regards,

**Aashish Chalasani**  
*Griffith GPSN Chair*





WELCOME TO MEDICAL SCHOOL AND THE START OF A VERY EXCITING ADVENTURE!

The Queensland Medical Students Council, or QLDMSC (yes, we know, another acronym!), is an organisation that advocates for and supports all Queensland medical students. Whether you're from interstate, SEQ or all the way from the great north, studying medicine in Queensland means you will be connected to this state and its medical institutions for a long time. We aim to ensure strong collegiality and provide you with the best possible support right from the start.

So what does QLDMSC do? Firstly, we advocate on behalf of you as medical students and future young doctors. QLDMSC is your unified state voice and there's a lot for us to speak about. With three established medical schools, the South-East corner has one of the highest densities of medical training in the country and we need to keep that training of high quality. In addition to training, we also advocate highly for fair and equal intern opportunities. With the tsunami of medical students flowing through in the coming years, we are your voice to ensure that you have a job after four gruelling years of medical school.

Another strong focus in 2017 will be upskilling and leadership development to help ensure Queensland is producing the best, most qualified medical graduates in Australia. The introduction of masterclasses focussing on areas where skills are often hard to develop will help ensure medical societies in Queensland are well equipped to deliver nothing but the best for our medical students.

Lastly, our inter-university events will provide you the opportunity to meet peers from other year levels and universities. From our wildly successful Emergency Medical Challenge and cocktail nights to the much anticipated Yacht Week for the graduating class, we have something for everyone! These events are a wonderful way to make new friends, test your skills, and get the most out of medical school.

Above all, we hope to instill solidarity, support and camaraderie in you all throughout your time in medical school. Keep an eye out for opportunities to get involved on our Facebook page and we look forward to meeting you throughout the year.

Honor Magon  
Tayla Tatzenko  
Co-Chairs, QMSC



Medicine is full of complex and confusing terms that you will gradually become acquainted with. Perhaps the most important words in this lexicon will be those related to the incredible experiences made available through the Australian Medical Student Association. Convention, 'laying 'remier league, GHC and NDLS are all terms which a well-rounded medical student will become familiar with through AMSA.

AMSA is the national representative body for medical students. Its primary objective is to represent your interests and wellbeing at a political level. For the first time in current medical student memory, the AMSA Executive elected in 2017 is Queensland based, including a number of core executive members from the Griffith Medical School itself. There has literally never been a better time to get involved with AMSA as a Queensland medical student. The primary way to do this is through AMSA Councils, held three times throughout the year. Councils consist of discussions surrounding student advocacy, policy development and planning of AMSA's famous events.

The first and arguably most important of these events is Convention. The majesty of this week long combination of inspiring academic events and ethereal social nights cannot be overstated. Con-veterans all agree that this is the highlight of medical education. Each year convention is held in July in a different city around Australia. In 2017, Sydney will play host to the largest student-run conference in the world, with over 1000 medical students from across the nation taking part, all endowed with Convention spirit and tradition. As our new first-year cohort, you are invited to join the Griffith Rangers in their 2017 delegation. Historically, tickets have sold out in under a minute.

Griffith always brings a tight contingent that contributes to the convention atmosphere. Stay posted for more updates around convention throughout the first half of the year, and begin your studies of the famous 'Remier League immediately (to be explained at disorientation camp).

GHC is AMSA's Global Health Conference, focusing on international health inequities as it inspires the future of the medical workforce to promote health on a global scale. Although the pace is a little less hectic than convention, this conference is a must for those that wish to be inspired by champions of international change, with past speakers including Julian Assange and Nobel Laureate Peter Doherty. In 2017, GHC will be held the city of Adelaide. Griffith's contingent is organized by Hope4Health.

AMSA also runs a myriad of other programs, including the National Leadership Development Seminar, held in Canberra, and the AMSA Academy designed to further develop your medical knowledge. Visit [amsa.org.au](http://amsa.org.au).

There are an incredible number of opportunities to get involved with AMSA. Look out for more information about the Association throughout Orientation week, or contact our AMSA Rep, Tyron March at [t.march@gums.org.au](mailto:t.march@gums.org.au)

**Tyron March**  
AMSA Representative



# UPCOMING EVENTS

## January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 Orientation Day	17	18 Sponsorship Lunch	19	20 GUMS First Year Mixer	21 GUMS Disorientation Camp	22 GUMS Disorientation Camp
23	24	25	26 Australia Day Holiday	27	28	29
30	31					

## February 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 GPSN	3 H4H	4	5
			Ice-Breaker	Op Shop Ball		
6	7 H4H Members Meeting	8	9	10	11	12
13	14	15	16	17 Surgia Amazing Race	18 Surgia MS Swimathon	19

Please note that dates are provisional and subject to change- keep an eye out for updates on Facebook closer to the time.



# UPCOMING EVENTS

## March 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Surgia Neuro Month		1	2	3	4	5
				GUMS Scrub Crawl		
6	7	8	9	10	11	12
	H4H Members Meeting	GUMS and H4H Women's Event				
13	14	15	16	17	18	19
	Surgia Pathways to Surgery		GUMS Electives and Selectives Night			
20	21	22	23	24	25	26
		GPSN Neuro Red Flags				
27	28	29	30	31		
		GUMS Ward Survival Series- Antibiotics	AMAQ Stepping into Leadership			

### Look out for:



#### AMAQ Stepping Up Into Leadership

30<sup>th</sup> March

Brisbane

Free for GUMS members



#### Christian Medical and Dental Fellowship of Australia IMPACT Conference

28-30<sup>th</sup> April

Melbourne



#### AMSA Convention

2<sup>nd</sup> July 2017

Sydney



#### AMSA Global Health Conference

18<sup>th</sup>- 22<sup>nd</sup> August

Adelaide



#### AMAQ Junior Doctors Conference

1st-2<sup>nd</sup> July 2017

Brisbane



#### AMSA National Leadership Development Seminar

Date TBC

