

# FIRST YEAR GUIDE 2020

GRIFFITH  
UNIVERSITY  
MEDICINE  
SOCIETY



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# Welcome

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Welcome, Griffith Medicine Class of 2023!



Wadie Rassam

[wadie.rassam@griffithuni.edu.au](mailto:wadie.rassam@griffithuni.edu.au)

GUMS President

My name is Wadie and I am the Griffith University Medicine Society (GUMS) President for 2019! Congratulations on being accepted into medicine and welcome to Griffith Medical School on the Gold Coast. We hope that the next four years will be exciting, enjoyable, and the most memorable time of your medical career. In medicine, you have the privilege of meeting people from many different backgrounds and building relationships that will last for many years to come. This has been my favourite part of the course and I hope you all grasp this opportunity with both hands.

With all the excitement that comes with starting this next chapter, it will naturally be accompanied by some worries. Moving away from home, the workload, 230 new people to get to know- it can feel overwhelming, but you can be assured that you aren't alone in this boat. Through our GUMS initiatives, we will be there to help you whatever way we can.

The Gold Coast has been the home of Griffith's medical course for many years with the new Sunshine Coast campus kicking off last year. The staff at Griffith are supportive and knowledgeable, and we have a range of social, academic and wellbeing events designed to support students and ensure you have a great time throughout your studies. I encourage you to make the most of the opportunities you will encounter whilst studying here. Whether it's joining our theatre production- med revue, getting group tutoring from older students or, of course, going to our famous scrub crawl, I promise you that if you are willing to embrace these opportunities, you will have a great time.

Feel free to have a leisurely read through this First Year Guide for an overview about what life as a first-year med student will look like. Contact us on Facebook or email any of the GUMS executive if you have any questions (ever, about anything).

I look forward to meeting you all during orientation and I hope you are ready for, what I can guarantee, will be a great year!

Warmest,  
Wadie

GUMS Website: <http://gums.org.au>

GUMS Facebook Page: <http://tiny.cc/uraafz>

Class of 2023 (Entire Cohort) Facebook Group: [https://www.facebook.com/groups/536692213764976/?fbclid=IwAR1tfchPFWxH2VnczkIxm-nYI9LajgcHThGk84Q37EQ9WmUE\\_B1vuALkyEvk](https://www.facebook.com/groups/536692213764976/?fbclid=IwAR1tfchPFWxH2VnczkIxm-nYI9LajgcHThGk84Q37EQ9WmUE_B1vuALkyEvk)

Class of 2023 (Sunshine Coast Cohort) Facebook Group: [https://www.facebook.com/groups/385058532166816/?fbclid=IwAR3QqN-hdgd08fB0QdF0Z7Oz\\_zpIB1-JNResuXIOJA7IGBlmKmbrMMq7PLI](https://www.facebook.com/groups/385058532166816/?fbclid=IwAR3QqN-hdgd08fB0QdF0Z7Oz_zpIB1-JNResuXIOJA7IGBlmKmbrMMq7PLI)

**SAVE THE DATE**

1ST - 2ND FEBRUARY 2020

FIRST YEARS ONLY



**DISORI  
ENTATI  
ON  
CAMP**



A photograph of a person surfing on a wave. The surfer is a dark silhouette against the white foam of the wave. The water is a vibrant turquoise color. The background is a soft, out-of-focus blue and white, suggesting a bright, sunny day.

# Welcome to the Gold Coast

As a Griffith Medicine student you are extremely lucky to be able to study and live in an exciting part of Australia! Achieving work life balance is made easier by all the awesome activities, nature and culture the Gold Coast has to offer!

First stop, the famous themeparks: Dreamworld, Movie World, Wet and Wild etc! When you're tired of these, be sure to head down to Surfers' Paradise or 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.

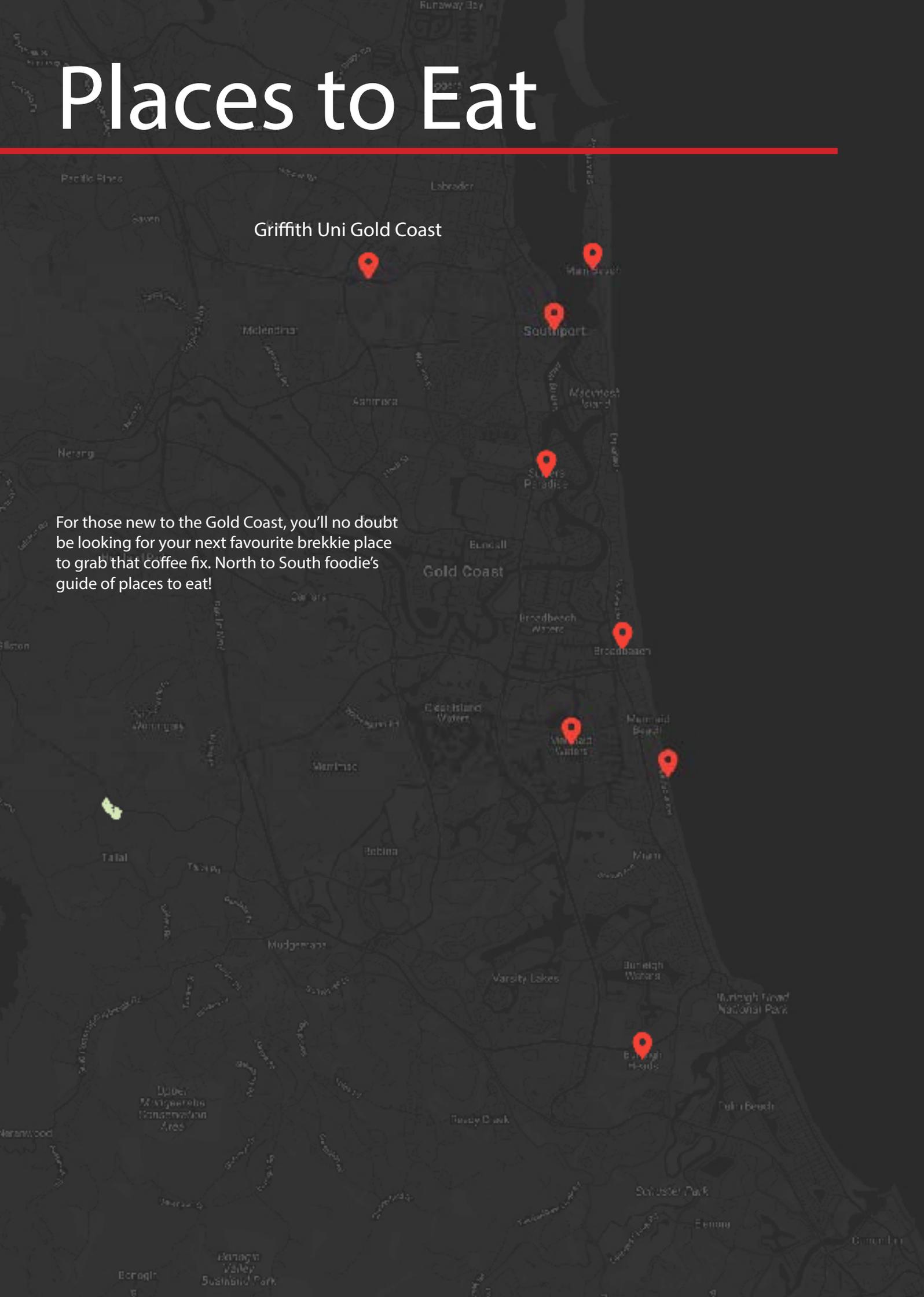
For a little sport and lots of fun, definitely check out Mini Golf and relive your Miniclip days. For the more sporty individuals, it is well worth trekking down to NSW to climb Mt Warning (you could even aim to reach the summit in time for sunrise!). The Nerang National Park also has some awesome trail 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

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## Griffith Uni Gold Coast

For those new to the Gold Coast, you'll no doubt be looking for your next favourite brekkie place to grab that coffee fix. North to South foodie's guide of places to eat!



## Southport and Main Beach

- Daark Espresso (Guaranteed to see at least 1 other med student there)
- Meraki Whole Foods (Vegan and veg friendly)
- 42 Fifteen (just off the tram stop so perfect if you don't have a car!)
- Randy Wallhole (quirky little Bagel place)
- The Roost (Cheap brekky or brunch)
- Not Tonight (Melbourne, craft beers, Trivia nights on Wednesdays!)
- Cafe Catalina (brunch, lunch, dinner by the water)
- Cardamon Pod (another pretty vegan brunch place)
- JFX (Cheap Japanese for dinner anyone?)
- The Parkwood Tav (\$11 lunches)
- Lark (Brunch in Main Beach)
- Zambrero Southport Park

## Surfers

- Betty's Burgers (Possibly best burgers on the coast)
- Paradox Coffee Roasters
- Salt Mince Cheese (Look out for their Wednesday specials)
- Seascape (For all seafood lovers)

## Broadbeach

- Gemelli's (Best Italian on the coast, Taylor Swift has also been here!)
- Social Eating House
- Cha Cha's (BYO Japanese)
- Elk Espresso
- Harajuku Gyoza (Japanese Dumplings and Craft Beers!)
- Grocer and Grind (Espresso bar and brunch)
- Kiyomi (Pricey but delicious Japanese)

## Mermaid Waters

- Bam Bam Bakehouse (Yummy pastries, a favourite of Matt Preston's too)
- Etsu Izakaya (Pricey but delicious!)
- Bonita Bonita (Taco Tuesday anyone?)
- Lucky Bao (All the baos you could dream of)

## Nobby

- Gemellini (Little brother restaurant to "Gemelli's", has the best woodfire pizzas)
- Sparrow Eating House (Share plates and awesome cocktails)
- Fire Cue (For the rib lovers out there)
- Hellenika (Modern Greek Food)

## Burleigh

- Justin Lane (Best pizza, rooftop bar too!)
- Jimmy Wah's (Possibly the best Asian food on the coast)
- Paddock Bakery (Brunch in a garden)
- Burleigh Social (Chilled out brunch place)
- Rick Shores (Recently voted the best restaurant in Queensland!)



# Campus information

## Transport

If you live close to campus, walking or bike riding is a great option, especially since G40 has a secure bike lock-up.

Alternatively public transport on the Gold Coast is quite reliable. The Griffith Campus is a large station with regular bus, train and tram rides right outside uni. .

For those driving, parking can be tricky. Check out parking permit options at Griffith: <http://tiny.cc/age8ez>. Alternatively, parking is available at Olsen Ave and the surrounding area which leaves you with a 15-20 minute walk to uni. Be careful to steer clear of the Parkwood suburb as this area is a 2P area.

## Key locations on campus

- G03: Lecture theatres (lectures are held here occasionally)
- G07: Main food shops & Student Guild
- G10: Library - your next option when G40 gets too crowded for studying
- G16: Lecture theatres (lectures are held here occasionally)
- G33: Student services
- G40: Griffith health centre - home to medical students

Note: Buildings in Griffith are not numbered according to location e.g. G03 and G04 are far apart. For directions, you can download the Griffith App which has a map or refer to the boards with maps scattered around uni.

## Food

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

- Burger Urge
- Flavour Asia
- Providore University
- Cafe Rossa
- The UniBar
- Guzman Gomez (GYG)
- The Junction
- Take 5

## Roadmap to G40

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

- Level 2 (basement): locker rooms (keep your lab coat and closed-in shoes for anatomy labs), common room (fridges, toastie makers and microwaves to store & heat up food)
- Level 3 (ground floor): G's cafe which has good coffee (grab a loyalty card!) and some nice food if you've forgotten lunch
- Level 4: Study lounge with computers. This makes a quiet study space when PBL rooms get crowded
- Level 5: Lecture theatre & auditorium
- Level 6: PBL & clinical skills rooms (main area). It is key card access so always keep your lanyard with you
- Level 7: PBL rooms
- Level 10: Anatomy and pathology labs & anatomy museum (a great quiet study space). Enclosed shoes are required in all spaces here

# Medical School Curriculum: Themes

Medicine is a very different degree to what you would have done previously. Instead of enrolling into different subjects/courses you enrol into one subject, which comprises the whole curriculum for the year!

Your first semester is called the "Introduction to the Science of Medicine" and your second semester will be "Systems Medicine".

The curriculum is split into 4 themes: DKHI, DLEPP, DHC and D&P. Here we have provided a brief introduction with some tips and tricks for each.

## At a glance...

### DKHI

- Content: physiology, anatomy, histopathology, disease diagnosis and management
- Lectures & learning objectives from PBL cases

### DP

- Content: communication skills, clinical skills and procedural skills.
- Communication skills will be taught/practiced through lectures & workshops
- Clinical skills e.g. cardiovascular, respiratory, gastrointestinal examinations will be taught/practiced through workshops
- Procedural skills e.g. ECGs, spirometry tests, injections etc will be taught/practiced through lectures & workshops

### DHC

- Content: epidemiology, primary health care, global health, indigenous health, community supports, allied health and evidence based practice
- Lectures, learning objectives from PBL cases, community placements (ISM block)

### DLEPP

- Contents: Legal & ethical sides of health-care
- Lectures & learning objectives from PBL cases

## DKHI: Doctor and Knowledge of Health and Illness

The Doctor and Knowledge of Health and Illness theme is the medical science component. It contains all of the content related to physiology, anatomy, histopathology, disease diagnosis and management. It is taught through regular lecturers from the School of Medicine, guest lecturers who are specialists in their field, anatomy labs and pathology labs.

Each week you also have two Problem Based Learning (PBL) sessions which involve working through theoretical patient based cases as a group. These cases take place over 2-3 sessions and have a set of learning objectives which you will cover as part of the process, covering not only DKHI but all four themes. These learning objectives are important as they form the knowledge you need to know for your assessment.



## DHC: Doctor and Health in the Community

The Doctor and Health in the Community theme looks at a variety of topics including epidemiology, primary health care, global health, Indigenous health, community supports, allied health and evidence based practice. DHC is taught through lectures, PBL derived learning objectives, and community placements during the ISM block.



## DP: Doctor and Patient

The Doctor and Patient theme is where you will learn your hands-on skills. There are three streams: communication skills, clinical skills and procedural skills.

Taking a history from a patient is an essential part of being a medical practitioner, so you will have plenty of practice with this right from your first weeks in medical school. This is taught through both lectures and communication skills workshops where in a group of six students with a facilitator, you are each given a scenario to practice your skills by having a consultation with a simulated patient (played by an actor).

As the year progresses, you will start your clinical and procedural skills workshops. Procedural workshops include learning to administer and interpret ECGs, running spirometry tests, and giving injections. Clinical skills involve learning cardiovascular, respiratory and gastrointestinal examinations, which you will practice on each other.



## DLEPP: Doctor and Law, Ethics and Professional Practice

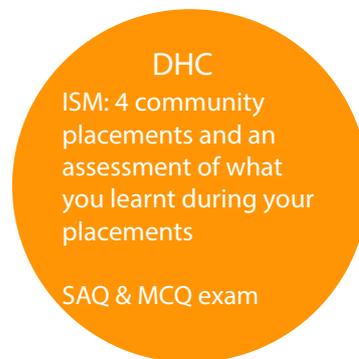
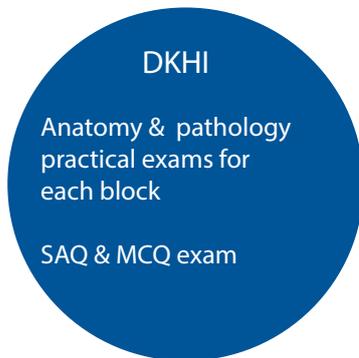
Doctor and Law, Ethics and Professional Practice is quite a different theme from the others but incredibly important for your career. DLEPP deals with the legal side of healthcare such as competency of patients, emergency situations and public health obligations. Ethical frameworks involved in decision making as a medical practitioner are also covered, as well as elements of professionalism that come with being a doctor. The content is taught through lectures and reinforced through PBL derived learning objectives.



# Assessment

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At the end of each block, you will also sit short answer (SAQ) papers and multiple choice (MCQ) papers consisting of questions from all DKHI, DHC & DLEPP.



While this guide aims to be a first introduction, it is written by students for students. So it is vital you read the Assessment Document & Course Profile released early in the year by the School of Medicine on [Learning@Griffith](mailto:Learning@Griffith) with updated assessment information & marks breakdown.

# Marks

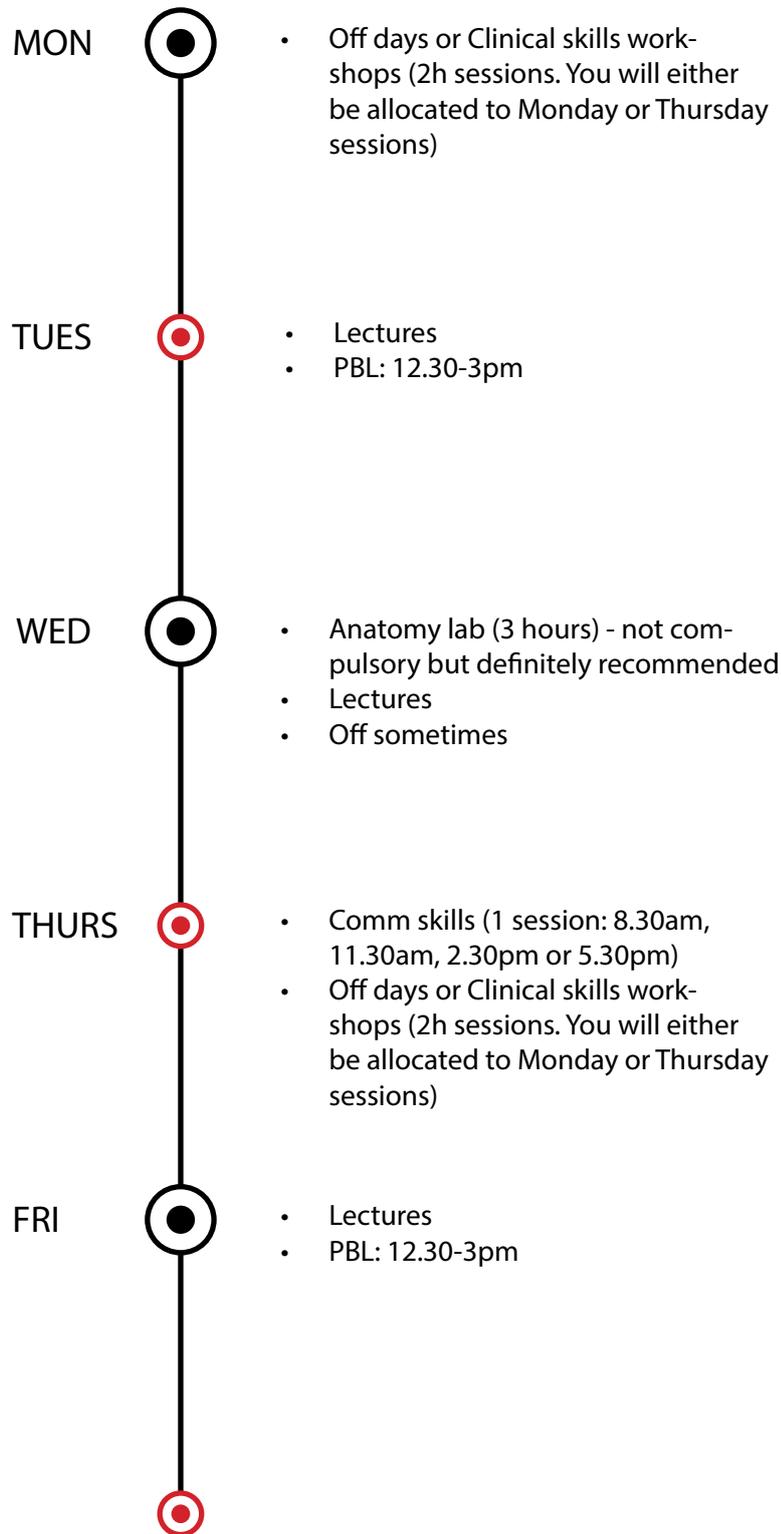
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Medicine is taught and assessed very differently than your undergraduate degrees. It is designed to equip you for a style of learning that will carry you throughout your career. Particularly in the early years, adjusting to this style of learning can be challenging. Our top tip is not to focus on the marks, but on building these skills. Often exams include questions above your knowledge level - while challenging, this is a great way to develop your exam and study techniques.

To help you with this, during your first two years of medicine you will 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 or fail mark not a grade. The pass mark is not your typical "50%" but a "Sum of Minima" (SoM) usually between 60-70% (varies depending on the difficulty of the exam).

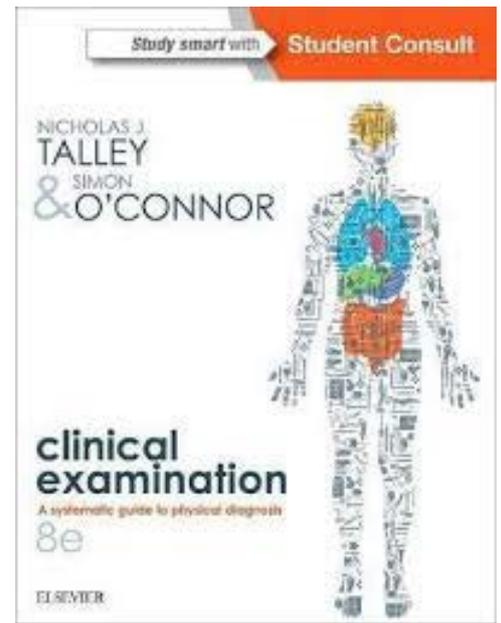
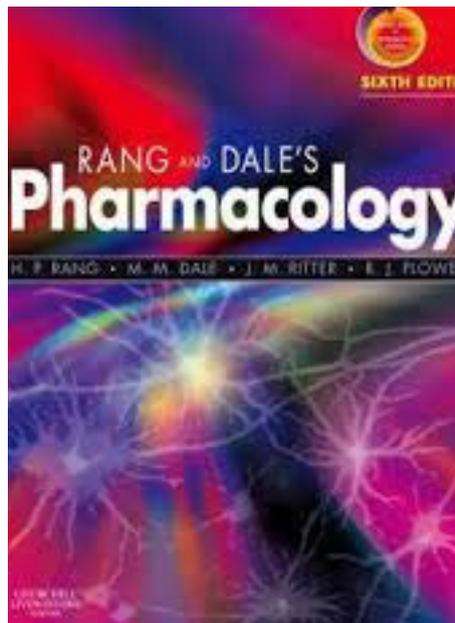
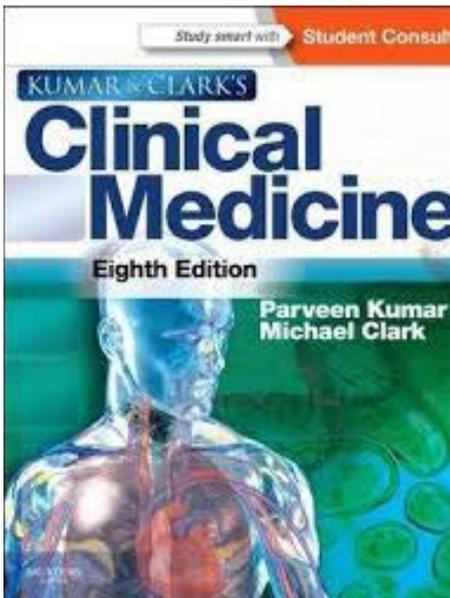
# Timetable Overview

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# Textbook & res

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## Pathophysiology and Disease

- Kumar and Clark's Clinical Medicine
- Robin's and Cotran Pathologic Basis of Disease
- Harrison's Principles of Internal Medicine
- Medmaps for Pathophysiology
- Toronto Notes
- Oxford Clinical Medicine Handbook
- First Aid for the USMLE Step 1
- Griffith also offers free access to other resources such as BMJ Best Practice and UpToDate

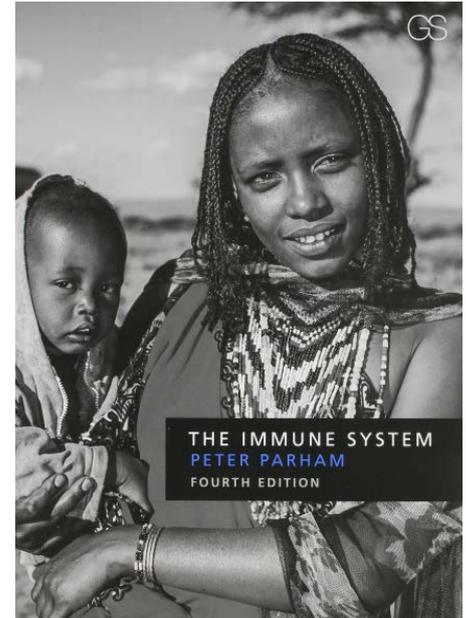
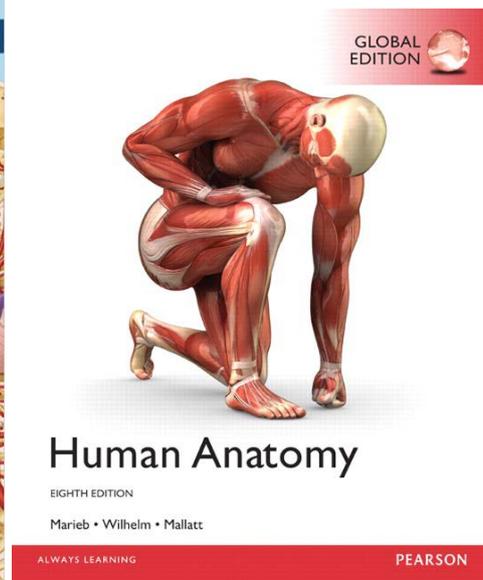
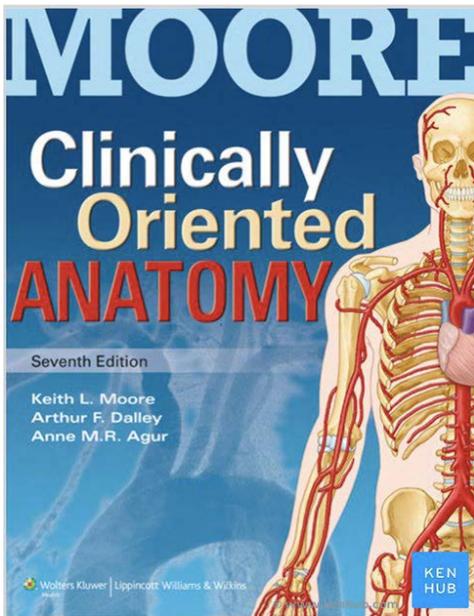
## Pharmacology

- Australian Medicines Handbook (Available online through Griffith library)
- Rang and Dale's Pharmacology
- eTG electronic therapeutic guidelines (Available online through Griffith library)
- First Aid for the USMLE Step 1

## Clinical Skills

- Talley and O'Connor "Clinical Examination"- go-to for history taking and physical examination
- Geeky Medics (online videos and notes)
- OSCE Stop (online notes)
- OSCEs at a Glance

# source guide



## Anatomy

- Gray's Anatomy for Students
- Moore's Clinically Oriented Anatomy
- Rohen Color Atlas of Anatomy (great for studying for the exams, has pictures of real-life cadavers)
- Atlas of Human Anatomy by Frank H Netter
- Netter's Anatomy Flash Cards

## Physiology

- Human Anatomy and Physiology by Marieb (great for non-science background)
- Guyton and Hall
- Rhoades and Tanner Medical Physiology
- Handwritten Tutorials (online videos)
- Osmosis (online videos)
- Armando Hasudungun (online videos)
- Khan's Academy (online videos, some hit and miss)
- First Aid for the USMLE Step 1

## Microbial Disease and Immunology

- Schaechter's Mechanisms of Microbial Disease
- The Immune System by Peter Parham

Note: Many of these resources are available online through the library website so you may not need to buy hard copy textbooks!

# Study tips

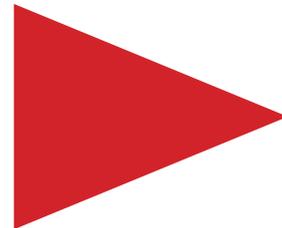
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Symptoms: Overwhelmed. Stressed. Cramming.

Treatment: Use ISM block to try various techniques and find out what works for you. There is no set 'best way' but here are some tips!

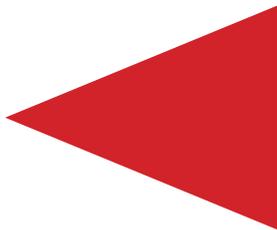
## Anatomy:

- Labwork is your lifeline - complete lab notes, read a chapter of the textbook or look at diagrams
- Attempt revision pins in each lab to get an idea of exam style questions



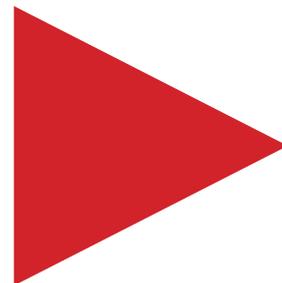
## Pathology:

- Study both microscopic and macroscopic specimens (both can be examined)
- Visit the G40 Anatomy Museum (Level 10) to study these specimens & slides in your own time and use the online microscopic slides



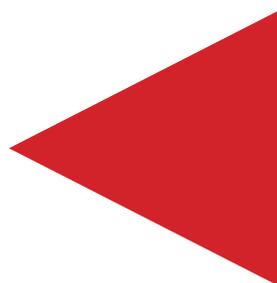
## D&P:

- DO & PRACTICE on family, housemates, friends
- Book the clinical skills rooms (G40 Level 6) for practice
- Use Talley & O'Connor since the school uses it for assessment. Examiners know when students have practiced!



## Exam Prep:

- Attempt formative exams with model answers on Learning@Griffith
- Work with your PBL group or friends to agree on the suitable depth of information
- Consider clinical relevance of your learning e.g. why avoid prescribing beta blockers to asthmatics?



# Wellbeing tips

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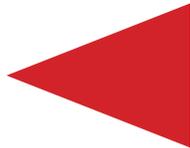
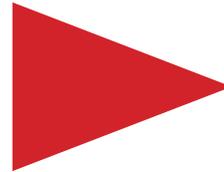


## Live happily in the moment

- Focus on study but worrying too much is fruitless
- Keep a weekly and daily to do list
- Be realistic in terms of learning goals
- Avoid long study sessions – Try several 1h study sessions with a 15 min break rather than slogging it out
- Get enough sleep for top performance

Avoid cramming and stay up to date with Learning Objectives and PBL cases.

- Make a study group to stay up to date
- Learn the main points for each case rather than stressing over little things

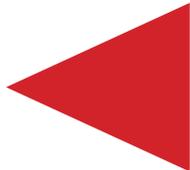
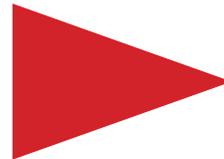


## Exercise, Exercise, Exercise!

- Join a local gym, participate in low cost activities by the Gold Coast council or just go for a walk around the beautiful Gold Coast

Get a GP & look after your overall health

- There are lots of GP clinics on the coast and with a quick google search you'll find close to home



## Get involved in Griffith activities

- Huge local sports scene on the coast for all abilities and all sports
- Get involved in things outside uni in order to strike a balance between med & non-med friends

## Advocacy services & places to seek support:

- Your peers
- Your GP
- GUMS advocacy <http://gums.org.au/site/advocacy/>
- GUMS Wellbeing Officer: Angus Stott [angus.stott@griffithuni.edu.au](mailto:angus.stott@griffithuni.edu.au)
- Griffith Uni Student Guild Advocacy group <http://tiny.cc/7ye8ez>
- Harrassment & Discrimination Cont. Officer: Eve De Silva [e.desilva@griffith.edu.au](mailto:e.desilva@griffith.edu.au)
- Griffith Counsellor <http://tiny.cc/2ze8ez>
- Griffith Health clinic GP <http://tiny.cc/u3e8ez>
- Doctors Health Advisory Service Queensland (DHASQ) - 24/7 <http://dhasq.org.au/about.php>
- Lifeline Australia: Call 000

A great resource to check out is Keeping your Grass Greener, a booklet released by the Australian Medical Students Association to assist medical students in maintaining their health and wellbeing throughout medical school. Find it at: <http://mentalhealth.amsa.org.au/keeping-your-grass-greener/>



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## ABOUT US

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Griffith University Medicine Society (GUMS) is your student representative body! We pride ourselves on being the society for all students and aim to make life at medical school easier by supporting you throughout your degree. We act as a point of contact for you if you need any assistance and communicate with the School of Medicine to relay student feedback and concerns. We run extra academic events to complement and fill the gaps of medical school. We also want to make life at med school bearable by organising some of the biggest events of the year!

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### PORTFOLIOS

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- Advocacy
- Academic
- Social
- Wellbeing
- IT
- Gender Equity
- Merchandise
- Publications
- Sponsorship
- Engagement

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### MEMBERSHIP

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All Griffith University medicine students can become members of GUMS. We have paying and non paying members. Paying members are entitled to discounts to our events as well as other benefits. 2019 memberships will be available early in the year so watch this space!

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## GET INVOLVED

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We are looking for passionate students willing to work towards improving the student experience in medical school. Experience is not necessary. Available positions:

- Year 1 Advocacy Rep
- Academic Subcommittee
- Social Subcommittee
- Wellbeing Subcommittee
- Publications Subcommittee
- Photographer and Videographer

More information on how to apply will be available early in 2020!

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## CONTACT US

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Facebook: <https://www.facebook.com/GUMSMedSoc/>  
Instagram: [@gumsmedsoc](https://www.instagram.com/gumsmedsoc)

# GUMS Executive



President	Wadie Rassam	<a href="mailto:wadie.rassam@griffithuni.edu.au">wadie.rassam@griffithuni.edu.au</a>
Secretary	Nicole Chen	<a href="mailto:nicole.chen@griffithuni.edu.au">nicole.chen@griffithuni.edu.au</a>
Vice President (Gold Coast)	Gayatri Bhagwat	<a href="mailto:gayatri.bhagwat@griffithuni.edu.au">gayatri.bhagwat@griffithuni.edu.au</a>
Vice President (Gold Coast)	Lachlan Paterson	<a href="mailto:lachlan.paterson2@griffithuni.edu.au">lachlan.paterson2@griffithuni.edu.au</a>
Vice President (Sunshine Coast)	Janis Fernandes	<a href="mailto:janis.fernandes@griffithuni.edu.au">janis.fernandes@griffithuni.edu.au</a>
Treasurer	Eric Tan	<a href="mailto:eric.tan@griffithuni.edu.au">eric.tan@griffithuni.edu.au</a>
Immediate Past President	Rhys Harris	<a href="mailto:rhys.harris@griffithuni.edu.au">rhys.harris@griffithuni.edu.au</a>
Advocacy Officer	Heather McNeil	<a href="mailto:heather.mcneil@griffithuni.edu.au">heather.mcneil@griffithuni.edu.au</a>
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Academic Officer (Sunshine Coast)	Hamish Hamilton	<a href="mailto:hamish.hamilton@griffithuni.edu.au">hamish.hamilton@griffithuni.edu.au</a>
Social Officer (Gold Coast)	Jasneal Dhaliwal	<a href="mailto:jasneal.dhaliwal@griffithuni.edu.au">jasneal.dhaliwal@griffithuni.edu.au</a>
Social Officer (Sunshine Coast)	Sam McGill	<a href="mailto:samuel.mcgill@griffithuni.edu.au">samuel.mcgill@griffithuni.edu.au</a>
Wellbeing Officer (Gold Coast)	Angus Stott	<a href="mailto:angus.stott@griffithuni.edu.au">angus.stott@griffithuni.edu.au</a>
Wellbeing Officer (Sunshine Coast)	Emma McLaughlin	<a href="mailto:emma.mclaughlin@griffithuni.edu.au">emma.mclaughlin@griffithuni.edu.au</a>
Gender Equity Officer (Gold Coast)	Kenta Arichi	<a href="mailto:kenta.arichi@griffithuni.edu.au">kenta.arichi@griffithuni.edu.au</a>
Gender Equity Officer (Sunshine Coast)	Renee Shaw	<a href="mailto:renee.shaw2@griffithuni.edu.au">renee.shaw2@griffithuni.edu.au</a>
LGBTQIA+ Officer (Gold Coast)	Oliver McGrath	<a href="mailto:oliver.mcgrath@griffithuni.edu.au">oliver.mcgrath@griffithuni.edu.au</a>
LGBTQIA+ Officer (Sunshine Coast)	Joshua Gardner	<a href="mailto:josh.gardner@griffithuni.edu.au">josh.gardner@griffithuni.edu.au</a>
Merchandise Officer	Ekin Karaoglu	<a href="mailto:ekin.karaoglu@griffithuni.edu.au">ekin.karaoglu@griffithuni.edu.au</a>
Publications Officer	Yashaswini Makkoth	<a href="mailto:yashaswini.makkoth@griffithuni.edu.au">yashaswini.makkoth@griffithuni.edu.au</a>
Sponsorship Officer	Dan Tran	<a href="mailto:dan.tran@griffithuni.edu.au">dan.tran@griffithuni.edu.au</a>
IT Officer	Lachlan Paterson	<a href="mailto:lachlan.paterson2@griffithuni.edu.au">lachlan.paterson2@griffithuni.edu.au</a>

My name is Heather and I am the GUMS Advocacy Officer this year. We are here to act as your voice and ensure your questions, concerns, and feedback are communicated to staff in order to help foster a better learning environment for us all! Some things we do include:

## Advocacy Officer



Heather Mcneil

[heather.mcneil@griffithuni.edu.au](mailto:heather.mcneil@griffithuni.edu.au)

- Connecting you with help should you need any additional support, academically (e.g. applying for special consideration) or otherwise. We are here to look out for you and happy to have a chat should any concerns pop up.
- Course feedback - if you have any suggestions on how the course could be improved, general concerns, or thoughts on what was done well please let us know. We will work with staff to try and find creative solutions. Past student feedback has helped facilitate significant improvements in our medical school experience!
- Represent student point of view at committees within the medical school and to the AMC (Australian Medical Council)

If you have any questions, or you just want to have a chat, don't hesitate to get in touch. I look forward to meeting you all soon!

## Academic Officers



Claudia and Hamish are the GUMS Academic Officers this year. GUMS aims to provide valuable resources and support to supplement your academic needs. Here are some of the events that you can participate in, and even help to organize throughout the year:

- Formative Anatomy Exams
- Formative OSCE (objective structured clinical examination)
- GUMS Peer Based Learning
- Ward Survival Series (covering relevant clinical knowledge when in hospital)
- Peer Assisted Clinical Skills (PACS)
- Year 2 Hospital Selection Night
- Electives & Selectives Nights

If you want to be involved in the academic sub-committee or have any questions/suggestions, get in touch!



Claudia Czuchwicki  
[claudia.czuchwicki@griffithuni.edu.au](mailto:claudia.czuchwicki@griffithuni.edu.au)  
Academic Officer GC



Hamish Hamilton  
[hamish.hamilton@griffithuni.edu.au](mailto:hamish.hamilton@griffithuni.edu.au)  
Academic Officer SC



# FOLIOS

The Social committee's role is to make sure you have the opportunity to achieve balance and form some amazing memories that will last for life. We're all about making sure that you stay connected professionally, and socially!

Here are some of the events you have to look forward to:

- First year mixer – the first weekend event put in place to celebrate your achievement of gaining a place in medicine.
- Disorientation camp – Self-explanatory and an opportunity for GUMS to initiate you into the Griffith culture and pride.
- Scrub Crawl – Held annually, it is one of the largest events of the year.
- Med Ball – Time to ditch the scruffy clothes and dress up for the classiest medical school event of the year.

If you want to help in planning these events, contact us so that we can set you up with a GUMS Social Committee ap-

## Social Officers



Jasneal Dhaliwal  
[jasneal.dhaliwal@griffithuni.edu.au](mailto:jasneal.dhaliwal@griffithuni.edu.au)  
Social Officer GC



Sam McGill  
[samuel.mcgill@griffithuni.edu.au](mailto:samuel.mcgill@griffithuni.edu.au)  
Social Officer SC

## Wellbeing Officers

Emma and Angus are the GUMS Wellbeing Officers for 2020. This role is all about advocating self-care in a career pathway which at times can be quite demanding and stressful. Our goal is to empower students to prioritise their mental, physical and social health and realise that there's more to life than med school. There are plenty of things in store for Wellbeing this year including:

- Peer2Peer Mentoring Breakfasts
- Blue Week
- Shave For a Cure
- Movember
- Coffeehouse
- and more!

If you're interested in Wellbeing and want to be a part of the Wellbeing sub-committee please get in touch. We are always a message away for wellbeing advice, a point in the right direction or even just a friendly chat!



Angus Stott  
[angus.stott@griffithuni.edu.au](mailto:angus.stott@griffithuni.edu.au)  
Wellbeing Officer GC



Emma McLaughlin  
[emma.mclaughlin@griffithuni.edu.au](mailto:emma.mclaughlin@griffithuni.edu.au)  
Wellbeing Officer SC



# Griffith School of Medicine

## Staff

GUMS, and Griffith students, have a great relationship with the School of Medicine staff.

You will meet most of these staff members during orientation week but this guide will give you a brief overview of who to approach with different queries.



### Curriculum

Jeff Schwartz oversees the year 1 and 2 course curriculum with various theme leads overseeing their specific domains. During the year, if you have questions about...

- Year 1 and 2 Course or Curriculum questions, contact Jeff Schwartz (j.schwarz@griffith.edu.au)
- DKHI theme: A/Prof Louise Wright
- DP theme: A/Prof Margo Lane
- DLEPP theme: Dr Lisa Kruck
- DHC theme: Professor Lennert Veerman

### Administration

Timetabling, placements and documentation are handled by the administrative staff. You can visit them on level 8 in G40 or email them:

- Y1 and Y2 Admin: mededsupporty1y2@griffith.edu.au
- Clinical Placements: medclinicalplacements@griffith.edu.au

### Mental Health and Student Support

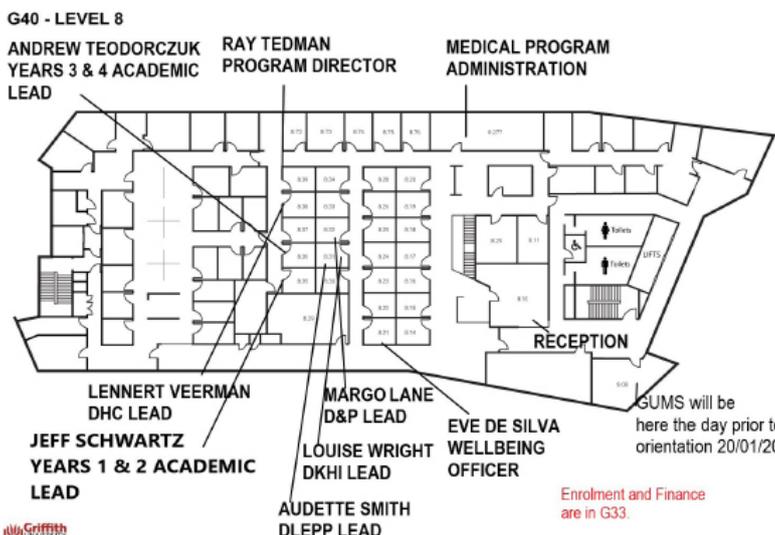
Griffith prioritises student health and wellbeing. Eve De Silva is the staff contact officer for any help you may need. You will meet Eve during orientation week and can visit her office any time.

Here is a message from Eve:

“Hi my name is Eve De Silva and I am a lecturer here at the School. I am also the bullying, harassment and discrimination contact officer for the School of Medicine. In addition, I am the person you can come and see if you are feeling any distress that impacts upon your studies. My background is in psychology and medical education and I have many years’ experience in student support. I am not associated with assessment in any way, although I have taught into PBL and Communications Skills, as well as presenting lectures relating to mental health and wellbeing. All meetings with me are confidential and private.”



Eve De Silva  
Harassment and Discrimination Contact Officer



This map of level 8 in G40 will help you find staff and GUMS volunteers on day one of orientation.

Kindly created by SoM Staff

# Scholarships & Bursaries

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For many students, money is a significant barrier to exploring their passions in various fields and disciplines. GUMS is here to support you. The Gold Coast Association of Postgraduates (GCAP) and Griffith University also provide a range of scholarships and financial support.

## Daniel Payne Textbook Scholarship

Daniel Payne (1991 – 2015) was a young, passionate medical student who undoubtedly achieved great things. Many of his ambitions centered around counteracting social injustice. 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 were experiencing financial hardship. To ensure all medical students are able to benefit from these textbooks, these textbooks are available for use in the G40 Level 10 Anatomy Museum. In memo-

ry, GUMS has established the Daniel Payne Textbook Scholarship, as an avenue for students to donate their textbooks.

## Conference Reimbursement Scheme

This scheme allows students to apply for reimbursement of costs incurred by attending a conference of their choice. Stay tuned for details!

# Sports

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Think medical students don't have time to do anything but study? Think again! Medical students seem to not only be driven by academics but through sport as well. We have a number of medical student social sports teams sponsored by GUMS, which you can join! These are sports that Griffith medical students have been involved with in the past:

- Soccer: Griffith Medicine FC
- AFL: Griffith Seamen
- Rugby Union: Griffith Gremlins
- Basketball
- Netball
- Cricket

Teams will create Facebook groups for you to get involved, too.

Don't like any of the sports listed above? Have a group of students interested in forming another team? Not to worry, GUMS can provide sports bursaries to help students run their sporting teams. Bursaries can be used for field hire, uniform costs, and even to run tournaments! Stay tuned for details!

There are plenty of other ways to get involved in sport at Griffith e.g. through Student Guild or join the gym, pool or athletics track on campus. For more information, check out <http://tiny.cc/77h8ez>

Being on the Gold Coast means you have an excellent opportunity to represent Griffith at the Australian University Games to compete against universities across the country. The Games will be held on the Gold Coast for the next few years! Keep up to date at: <https://www.facebook.com/unigames/>.

# HOPE 4HEALTH

## ABOUT US

HOPE4HEALTH, established by Griffith Health students in 2006, is a student run organisation which aims to eliminate health inequality wherever it exists. With over 1000 active members, H4H addresses health at the local (including rural and indigenous health) & international level. H4H runs 24 events and provides 10 scholarships annually for Griffith students. To learn more, become a member and come along to one of our monthly member meetings.

## GET INVOLVED

- Monthly member meetings
- Fundraising parties
- Join a subcommunity
- Volunteer or even coordinate an event etc!

## MEMBERSHIP

Lifetime membership: \$20 (one-off). Includes exclusive access & discounts to all our programs and events.



## EVENTS

- Op Shop Ball (first event of the year!)
- Jungle Party
- Spirit of Healthy Horizons
- Ubuntu Through Health Dinner
- Red Party
- Check-it-Out Community Health Screening
- Rural Clinical Skills Events

## CONTACT US

Website: <http://hope4health.org.au>  
Email: [secretary@hope4health.org.au](mailto:secretary@hope4health.org.au)

## ABOUT US

Surgia, or Surgical Interest Association, is operated out of Griffith University but is one of the largest surgical societies in Australia with over 1500 student and professional members. We have over 20 events every year across Gold Coast and Sunshine Coast that are great for all students, not just those interested in surgery. Our most popular events are our suturing workshops where surgeons teach you fundamental surgical skills that all medical students need to know!

## EVENTS

- SURGIA's Amazing Race (feb)
- MS Swim-a-thon (Feb)
- Pathways in Surgery Seminar
- Mentoring Mixer
- Basic Suturing Workshop
- Advanced Suturing Workshop
- Trauma symposium
- Annual Surgical Conference
- ...and much more TBA!

## MEMBERSHIP

Life Member: \$25, payable by cash (at all events) or PayPal (through [surgia.org](https://www.surgia.org)). Membership will give you access to membership rewards on campus, registration to events and an entire array of other benefits! Stay tuned!

## CONTACT US

Website: <https://www.surgia.org/>

Facebook: <http://tiny.cc/bbi8ez>





## ABOUT US

Griffith GPSN is Griffith University's branch of the national General Practice Student Network (GPSN), which operates across 21 university campuses in Australia. GPSN offers programs focused on exposing medical students to the inspiring diversity of a career in general practice through activities including clinical skill sessions, social events, seminars and conferences, as well as peer support and networking opportunities.

## GET INVOLVED

We are looking for a First Year Representative as well as general executive members.

## CONTACT US

Email: [griffith@student.gpra.org.au](mailto:griffith@student.gpra.org.au)

Facebook: <http://tiny.cc/a7i8ez>

## MEMBERSHIP

Griffith GPSN runs numerous and varied events that you could be involved in through providing funding, lucky door prizes, speakers or trade-show stalls. These events include:

- Orientation Events
- Red Flag Seminars - Usually delivered by consultants well known within their respective fields
- Clinical Skills Workshops





AUSTRALIAN  
MEDICAL STUDENTS'  
ASSOCIATION

## ABOUT US

The Australian Medical Students' Association (AMSA) is the peak representative body for Australian medical students ensuring their concerns are heard by all levels of government and other relevant stakeholders in medical education. Through exciting events and conferences, it is an amazing way to make the most of your time before you graduate!

## EVENTS

- National Convention (Melbourne, 2020)
  - Global Health Conference (GHC) (Gold Coast, 2020)
  - National Leadership Development Seminar (NLDS)
  - Rural Health Summit (RHS)
- Registration for events sells out in minutes

## THINK TANKS & COUNCIL

- Think Tanks: held at Griffith to discuss upcoming policies to be voted upon at Council
- AMSA Council: representatives from every medical school in Australia come to advocate for their student's views.

## PUBLICATIONS

Publish your articles and research through AMSA's publications like Panacea (biannual publication) and Vector (Global Health's publication)

## INITIATIVES

Vampire Cup (medical student blood donation drive), Mental Health project (student wellbeing), etc

## JOIN US

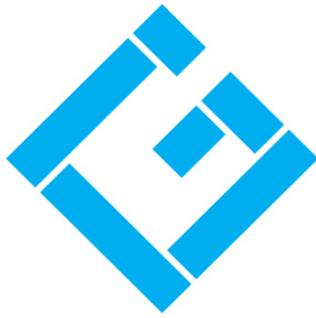
Kiera Stanmore (Senior Rep) & Sam Norris (Junior Rep)

Website: <https://www.amsa.org.au/join>  
GUMS@AMSA: <http://tiny.cc/i9i8ez>



Nationally, Griffith came in 2nd in the Emergency Medicine Challenge & reached semi-finals in debating at Convention





## STUDENT GUILD

GRIFFITH UNIVERSITY • GOLD COAST

Student Guild services are designed to complement your academic experience and to meet your social, recreational, welfare and professional needs through a variety of services:

Services include:

- Volunteering programs
- Courses & workshops
- Recreational activities
- Clubs and societies
- Events
- Sporting activities and facilities
- Student advocacy and support
- Employment services

Drop in and visit the Student Guild (The Link, G07) to explore their services. Even better, have your say and get involved by nominating to become a Student Guild Board Member.



GCAP aims to create a positive postgraduate student experience for Gold Coast students through the provision of academic services and support; opportunities for increased social engagement within the postgraduate community; and assistance in preparation for the transition from postgraduate study.

Membership is free and comes with awesome benefits such as the monthly Member's lunches and social nights (Free food and drinks!), and access + discounts to their much anticipated events (Q1 Cocktails in the Sky and the Secret Cocktail Party). GCAP also hosts a variety of events to develop students professionally such as leadership workshops and writing retreats.



Welcome to medical school and the start of an incredible journey!

I would also like to introduce to the Queensland Medical Students Council (QLDMSC). We advocate for and support all Queensland medical students regardless of where you're from. With that in mind, QLDMSC aims to grow collegiality between the 4 medical schools in Queensland and provide you with the best support from the start of your degree till graduation day.

#### Areas of focus

Medical student advocacy has 3 tiers: local (your medical society), state (that's us!) and national (AMSA). QLDMSC aims to speak as the unified voice of Queensland's medical students and junior doctors of the future. With one of the largest populations of medical students in the country, we work to ensure the quality of individual education you receive is the highest in the nation.

QLDMSC also provides individuals and medical societies opportunities to upskill their members in areas of leadership and society development to ensure that Queensland is producing the most highly qualified medical graduates in Australia. Keep an eye out for our masterclasses throughout the year focused on those difficult-to-learn skills that empower students to act both as individuals and members of their medical society.

Our other key focus is ensuring student wellbeing is at the forefront of medical education. We look forward to bringing you developments in this area through our work with medical schools.

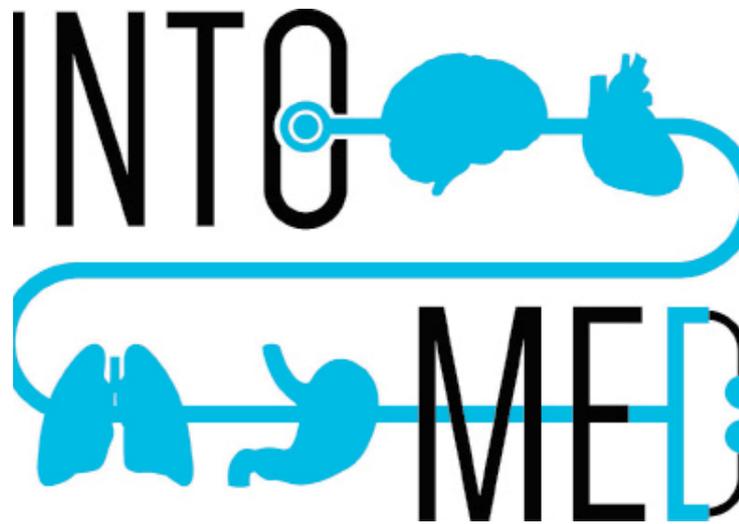
Additionally, QLDMSC hosts a number of inter-university events to provide social opportunities and friendly competition between universities. Our annual Emergency Medical Challenge is a highlight and the perfect way to demonstrate your abilities while representing your university. We also host cocktail nights throughout the year for you to meet your future colleagues. And for the graduating class, our premiere event: Yacht Week. A trip to the Whitsundays beautiful scenery, spent aboard yachts with events every evening, it is truly the perfect way to wrap up your time at medical school.

After completing medicine, you will be required to apply for an internship. Given the massive influx of medical students over the past few years, QLDMSC also consistently advocates on internship positions and quality to ensure you receive a job after your hard work and effort in university.

Above all, we here at QLDMSC hope to instil solidarity, support and camaraderie in you throughout your time at medical school. Follow us on Facebook: <https://www.facebook.com/qldmsc/> to keep up to date on our activities; we look forward to meeting you throughout the year!

Cai Fong  
QLDMSC Chair





## ABOUT US

IntoMed is an internal medicine interest society. This vast area of medicine includes 33 medical specialisations offered through the Royal Australasian College of Physicians (RACP). Our goals are to provide insight into the different physician specialties and training pathways available, provide high quality educational materials and workshops to our members, and create a networking culture between students interested in physician specialties and physicians.

## EVENTS

- RACP Physicians Pathways Evening
- Educational workshops – ECG workshops with cardiology trainees
- Radiology workshops – Chest X-Ray, Abdominal Imaging
- Professional Development/Social Events

## GET INVOLVED

Becoming a member enables you to attend all our events.

We are also looking for a first-year student to join the team as our First Year Level Representative in 2020.

## MEMBERSHIP

Membership is a \$20 once-off fee which covers membership throughout all 4 years of the MD program. Payment information is available via our Facebook and OrgSync pages.

## CONTACT US

Email: [intomedgc@gmail.com](mailto:intomedgc@gmail.com)

Facebook: <https://www.facebook.com/IntoMed/>

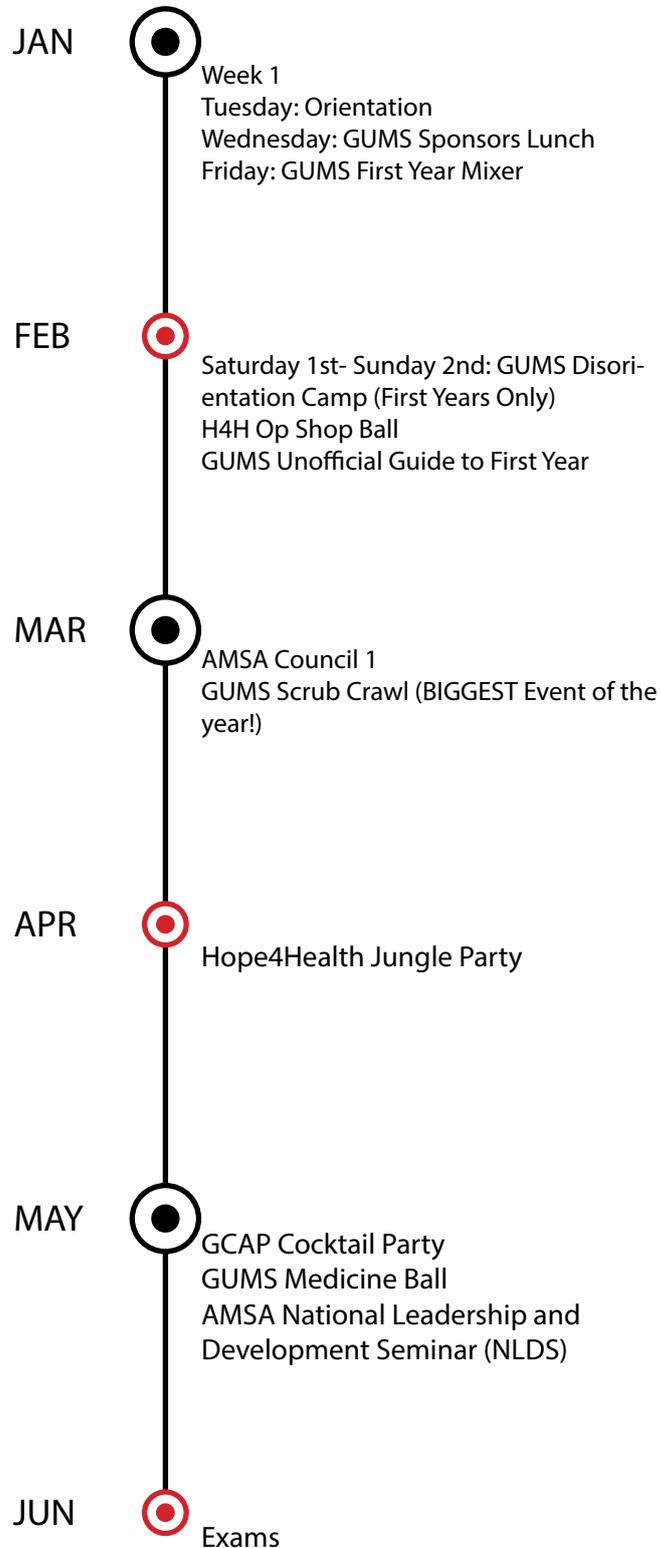
OrgSync: <https://orgsync.com/156787/chapter>



# Upcoming events

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2019



Dates are subject to change

# SPONSORS

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Thanks to our partners for their ongoing support towards our initiatives and events!



This is a GUMS publication  
Compiled By Janis Fernandes  
With thanks to the GUMS executive and the Griffith  
University School of Medicine

