



# 2022

Year 1 Guide



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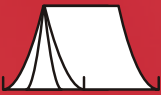
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# Welcome



Hamish Hamilton  
GUMS President

Welcome, Griffith Medicine Class of 2025!

My name is Hamish and I am the Griffith University Medicine Society (GUMS) President for 2022. Massive congratulations on being accepted into medicine at Griffith University and welcome to Griffith Med. I am so happy that you are joining our GUMS family and hope the next four years will be exciting, challenging and memorable as you embark on your medical careers.

Although it seems like a lifetime ago, I remember feeling a mix of emotions about starting medicine- Anxiety, excitement, apprehension just to name a few! The months in the lead up to start have a lot going on - moving state, moving home, endless vaccinations, sussing out the campuses and worrying about what is to come. Whatever situation you are in, let me assure you that all the hassle is well worth it. One of my favourite parts of welcoming a new cohort is watching new friendships form and seeing the closeness of our student community both within and between year levels. In these first few months you will meet friends to navigate through medicine with and quickly become each other's study buddies, exercise pals, confidantes, cheer squad and reliable friends. I look forward to meeting each of you throughout this year at GUMS events or out and about and hope that myself and the rest of the GUMS team can help in any way we can!

Learning medicine is an amazing experience and privileged opportunity, filled with ups, downs and lots of in-betweens. Looking back at my time in medical school, I am grateful for all the unique opportunities and memorable moments I have been presented with. Not only will you learn the language of medicine, but you will undoubtedly learn more about yourself along the way. The nature of medicine fosters both personal and intellectual growth, challenging you to tap into your potential and help your peers tap into theirs. As you step into this unique learning environment, I hope you make the most of the opportunity to learn and grow into the doctor you aspire to be.

GUMS is a student run organisation that advocates for Griffith medical students. Our GUMS initiatives cover student wellbeing, social events and academic resources all tailored towards student needs. From our annual Med revue theatre production to our infamous Scrub Crawl to exam review lectures and group tutoring, GUMS provides something for every facet of life as a medical student. As you embrace these opportunities, I can guarantee that you will have a great time throughout medical school and learn lots!

This guide aims to provide you with a small overview of life on the Gold Coast, the medical curriculum and tips and tricks from older students. The Facebook pages for the class of 2025 are linked below – this is a great place to connect with your peers and stay up to date on GUMS events! Contact us on Facebook or email me (or any of the GUMS executive) if you have any questions- ever, about anything.

I look forward to meeting you all during orientation and hope you are ready for a great year!


Warmest,  
Hamish Hamilton  
GUMS President 2022

- 🌐 GUMS Website: <http://gums.org.au>
- 📘 GUMS Facebook Page: <https://www.facebook.com/GUMSMed-Soc/>
- 📘 2025 Facebook page GC+SC: <https://www.facebook.com/groups/595596755021280/>
- 📘 2025 Facebook page SC: <https://www.facebook.com/groups/847756442565848/>
- 📷 GUMS Instagram: <https://www.instagram.com/gumsmedsoc/>




***For Incoming Year 1s***

***Date to be confirmed***



# DISORI ENTATI ON CAMP



# WELCOME TO THE

# GOLD COAST

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

To get the most obvious out of the way, yes, the Gold Coast is home to 70km of coastline including world famous surf breaks like The Spit, Currumbin, and Duranbah, and great swimming beaches like Surfers Paradise and Burleigh. In addition, there are over 400km of lakes and canals (more than Venice!) as well as World Heritage Listed rainforests and National Parks just forty minutes away by car. Beyond an abundance of natural beauty, the Gold Coast is Australia's theme park capital meaning there are plenty of distractions, manmade or otherwise, for when studying gets too hard.

Café culture is undoubtedly a part of the Gold Coast lifestyle. Every weekend, from Tedder Avenue, Main Beach in the north to James Street, Burleigh Heads in the south you'll find cafes packed with locals getting brunch. Whether it's healthy acai bowls, indulgent French pastries or infinite permutations of eggs benedict along with excellent coffee you'll find something to scratch your brunch itch. If long lunches or dinners are more your thing, there is a wide variety of restaurants and cuisines to choose from, with most clustered around Surfers Paradise, Broadbeach, and Burleigh. See the next page for our list must go-to cafes and restaurants. Another weekend feature are the many craft, food and farmers markets the pop up all over the Coast. Head to Miami Marketta for an amazing selection of food, cocktails and live music performances or the Village Markets for fashion, crafts and jewellery. More lowkey weekend activities include a sunset picnic at Burleigh Hill or heading to The Home of the Arts (HOTA) in Bundall where you'll find arthouse and indie film screenings, live performances and art exhibitions.

If shopping is more of your vibe, then the Gold Coast also has you sorted. With over 400 stores, Pacific Fair (located at the southern end of the tram line) can cater to your every retail desire from designer stores like Gucci, Louboutin, and Hermes to fast fashion like H&M, Zara and Uniqlo, as well as speciality stores like Lush and Typo and a plethora of dining options. If seeking out a bargain gives you rush, then Australia's largest outlet shopping mall, Harbour Town, is your go-to for finding great discounts on brands like Adidas, Tommy Hilfiger, and Amarni. The shopping options continue at Robina Town Centre, home to the Gold Coast's Apple Store and a wide variety of other retailers, restaurants and cafes located conveniently near Robina station. Finally, Australia Fair, ten minutes away from uni by tram, is where you can head for your everyday purchases, including at the nearby Southport Officeworks.

In terms of transportation, Griffith University and the Gold Coast University Hospital are both located on the G:Link tram line, which runs from Broadbeach to Surfers Paradise, Southport, and meets the train line at Helensvale. Train services from Helensvale run to major suburbs like Robina and Coomera as well as to the Brisbane CBD and Brisbane Airport. However, don't be afraid to explore beyond the confines of the tram and train lines; busses run frequently to the theme parks and from the end of the tram line in Broadbeach along the Gold Coast Highway (coastal north-south corridor) all the way to the Gold Coast airport and past the NSW border into Tweed Heads.

So now that you're here, what are you waiting for? Go out, explore, and take advantage of the best the Gold Coast has to offer.



# Places to Eat

Griffith Uni Gold Coast

***For those new to the Gold Coast, you'll no doubt be looking for your next favourite breakie place to grab that coffee fix.***

***Here is a North to South, foodie's guide of places to eat!***

## North Gold Coast

**Bear Boy Espresso:** friendly staff and a unique menu paired with a gorgeous peachy interior

**Buoy oh Buoy:** nautical themed with naughtily good coffee

**Can Tho Kitchen:** a treat for when cooking your own dinner is off the cards

## Chirn Park

**Wavy Bone:** culturally crafted coffee, with special attention to detail and amazing music. *See GUMS website for a special discount*

**Daark Espresso:** guaranteed to see at least 1 other med student there, probably due to the *student discount*. *For more info see the GUMS website.*

**Meraki Whole Foods:** vegan and veg friendly

**5B2F Bakehouse:** pastries fit for a consultant

**Muso Ramen:** be sure to try the honey soy karaage

## Southport and Main Beach

**Mr PPs:** craft beer, cocktails, pizzas and share plates right on the tram line

**42 Fifteen:** just off the tram stop, so perfect if you don't have a car!

**Randy Wallhole:** quirky little bagel place

**The Roost:** affordable breakie or brunch

**Blendlove:** vegan all-day breakfast, famous for large portions and indulgent smoothies

**Last Night on Earth:** Melbourne, craft beers, Trivia nights on Wednesdays!

**Cafe Catalina:** brunch, lunch, dinner by the water

**Cardamon Pod:** another pretty vegan brunch place

**JFX:** affordable Japanese cuisine for dinner, anyone?

**Hot Shot:** brunch in Main Beach

## Surfers

**Paradox Coffee Roasters:** fantastic coffee and solid brunch dishes

**Hyde Paradiso:** trendy share plates and cocktails above the Surfers strip in the Peppers Soul Hotel

**Salt Meats Cheese:** great Italian food with vegan options

**Seascape:** for all seafood lovers

**The Island:** great restaurant, pizzas especially, with a rooftop bar and lounge

**Fu Manchu Oriental Kitchen:** Asian fusion on Chevron Island

## 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:** artisanal French style pastries, and amazing brunch dishes; a favourite of Matt Preston's too!

**Milkman's Daughter:** plant-based vegan and vegetarian meals in a bright and relaxed setting

**Etsu Izakaya:** pricey but delicious!

**Bonita Bonita:** Taco Tuesday, anyone?

**Lucky Bao:** all the baos you could dream of!

## Nobby Beach

**Gemellini:** little brother restaurant to "Gemelli's"; has the best wood-fire pizzas

**MexiCali Bar Y Taqueria:** California-style Mexican cuisine; famous for their margaritas

## Burleigh

**Justin Lane:** best pizza; rooftop bar too!

**Jimmy Wah's:** delicious Vietnamese fusion share plates and trendy cocktails

**Paddock Bakery:** brunch in a garden, and where Margot Robbie had her Hen's party

**Burleigh Social:** chilled out brunch place

**Rick Shores:** recently voted the best restaurant in Queensland!

**Tarte Bakery**

**Burleigh Pavilion:** drinks on a deck overlooking the ocean

**Izakaya Midori:** Australia's first plant-based Japanese restaurant



# 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 the University.

For those driving, parking can be tricky. Check out parking permit options at Griffith: <https://www2.griffith.edu.au/parking>. Alternatively, parking is available at Parkwood tram station from where you can take a tram to uni which takes around 10 minutes. Be careful to steer clear of the Parkwood suburb and the area around GCUH and the Smith Collective as these are 2P areas, meaning you can only park for 2 hours.

## 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 the University.*

## Food

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

- Burger Urge
- Flavour Asia
- The Commons Cafe
- The Leaf
- The UniBar
- G's Cafe and Bistro
- Okey Dokey Cafe
- Guzmany Gomez (GYG)

## 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. Many areas are only accessible by keycard so it is important to keep your lanyard handy. Please note the below facilities may have operating restrictions or may be closed entirely depending on the university's coronavirus restrictions.

**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 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

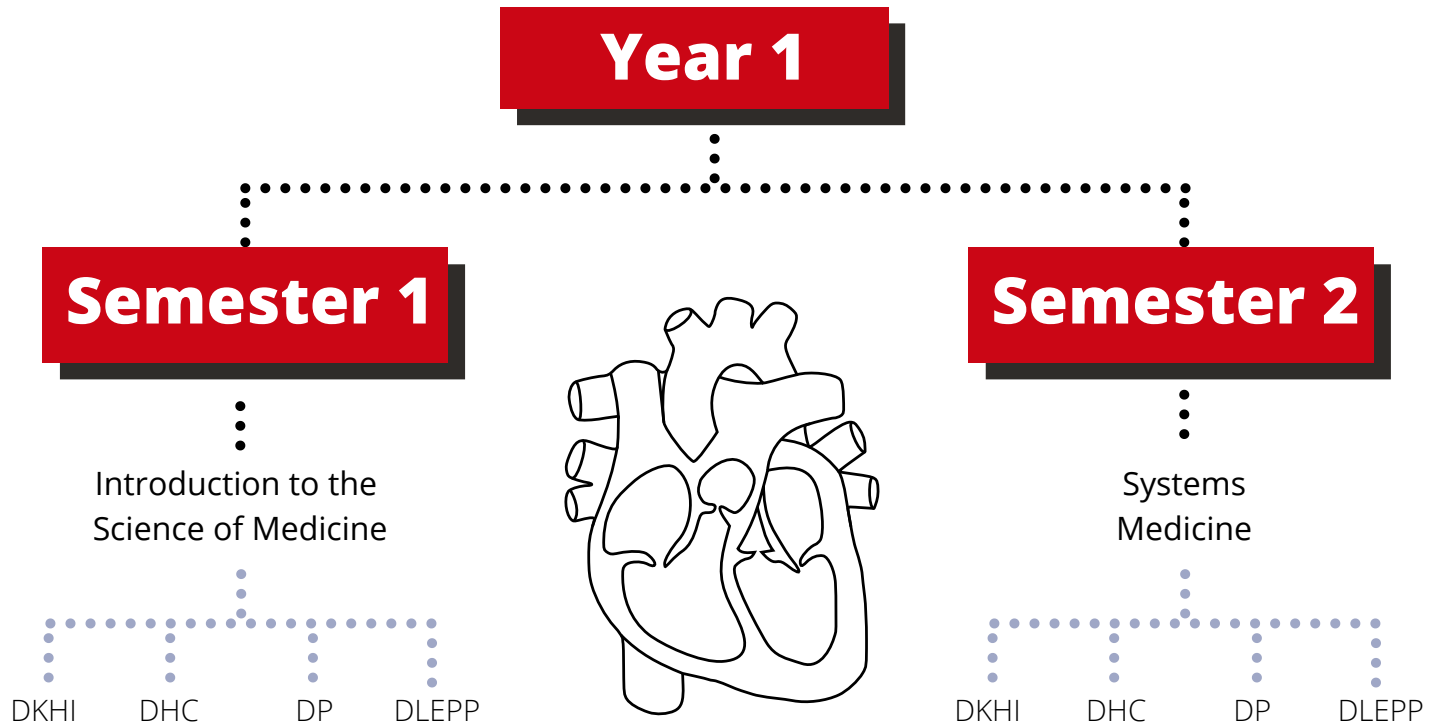
**Level 6:** PBL & clinical skills rooms (main area).

**Level 7:** More PBL rooms

**Level 10:** Anatomy and pathology labs & anatomy learning centre (a great quiet study space). Enclosed shoes are required in all spaces here.



# Medical School Curriculum: Themes



**DKHI**

physiology, anatomy,  
histopathology,  
diagnosis &  
management

**DP**

communication skills,  
clinical skills and  
procedural skills.

**DHC**

epidemiology, primary  
health care, global health,  
Indigenous health,  
community supports,  
allied health &  
evidence based practice

**DLEPP**

Legal & ethical  
components of  
healthcare

# Doctor and Knowledge of Health & 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.

## 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.





# Doctor and Health in the Community

The Doctor and Health in the Community theme looks at a variety of topics including

- epidemiology,
- emergency medicine,
- primary health care,
- global health,
- Indigenous health,
- community supports,
- rural health
- allied health and
- evidence based practice.

DHC is taught through lectures, PBL derived learning objectives, and community placements during the ISM block.



## Doctor and Law, Ethics, & Professional Practice



Doctor and Law, Ethics and Professional Practice is quite a different theme from the others but incredibly important for your career.

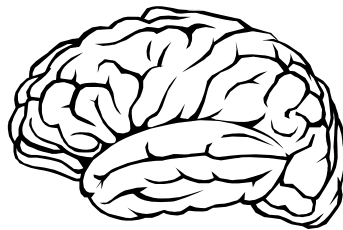
DLEPP deals with the legal side of healthcare such as competency of patients, emergency situations and public health obligations. Ethical frameworks involved in decision making as a medical practitioner are also covered, as well as elements of professionalism that come with being a doctor. The content is taught through lectures and reinforced through PBL derived learning objectives.

# Assessment

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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).



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

**DKHI**

Anatomy & pathology  
practical exams

SAQ & MCQ exams

**DP**

Assessed throughout  
the year via competency  
based assessment and  
reflective journals.

**DHC**

Presentation of  
learning from your  
placements

SAQ & MCQ exams

**DLEPP**

Essays,  
SAQ & MCQ exams

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.



# Timetable Overview

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## Peer-Based Learning

Peer-based learning (PBL) is case based learning in a small group environment. The cases are released in stages and designed to help guide your learning and clinical reasoning. At the end of each case, 'learning objectives' are released that cover the key learning points of the case.



## Communication Skills Workshops

These workshops are designed to teach the key communication skills required for doctors. This ranges from history taking to breaking bad news to dealing with angry patients. Often, simulated patient actors will come in to help with your learning.



## Procedural & Clinical Skills Workshops

These workshops cover the procedural aspects of medicine and the skills of clinical examination. Here you will learn how to administer injections, read ECGs, insert catheters, perform comprehensive clinical exams and much more!



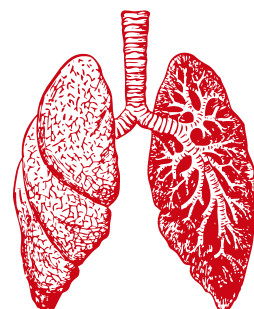
## Lectures

Weekly, you will often have lectures to supplement your learning. These lectures are either delivered by SoM staff or by guest doctors and specialists in their field.

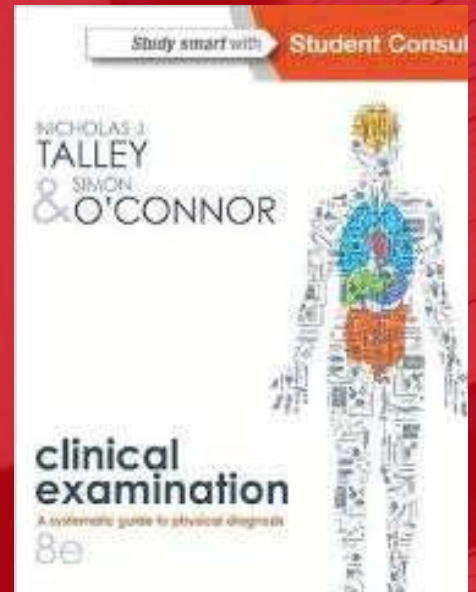
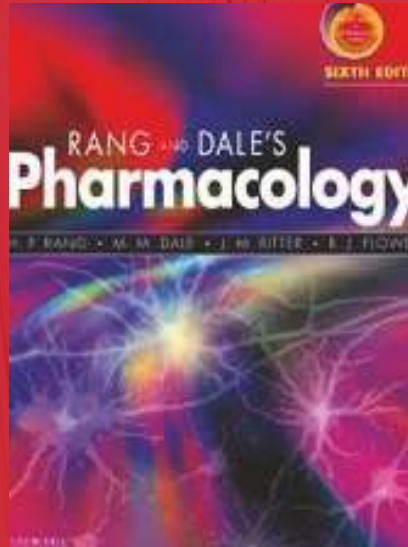
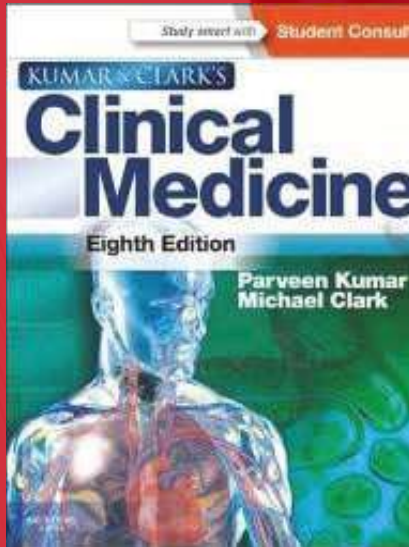


## Anatomy Labs

Anatomy practical sessions are designed to give you a hands-on learning experience working with cadaveric specimens or anatomical models. The anatomy program provides students with a functional understanding of medicine.



# Textbook & Resource Guide



## Pathophysiology & Disease

### Kumar and Clark's Clinical Medicine

Great for "describe pathophysiology and signs of disease" LOs - gives very clinical perspective on disease- the 'bigger picture'.

### Robin's and Cotran Pathologic Basis of Disease

Great accompaniment to Vinod's pathology slides but can be a bit of overkill in terms of detail. Best for clarifying misunderstandings.

### Harrison's Principles of Internal Medicine

### Guyton and Hall Medical Physiology

Just enough detail without being too much. Really clear explanations.

### Marieb

Back to basics physiology - for when you need reminding of what a cell is.

### 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. Quick reference type of resource - perfect for looking things up briefly for quick facts. Not great for conceptual understanding however.

### Rang and Dale's Pharmacology

### eTG electronic therapeutic guidelines

Available online through Griffith library. Another quick reference resource that gives up to date guidelines - not so relevant in first year but will become more important in clinical years.

### First Aid for the USMLE Step 1

## Clinical Skills

### Talley and O'Connor "Clinical Examination"

A go-to for history taking and physical examination.

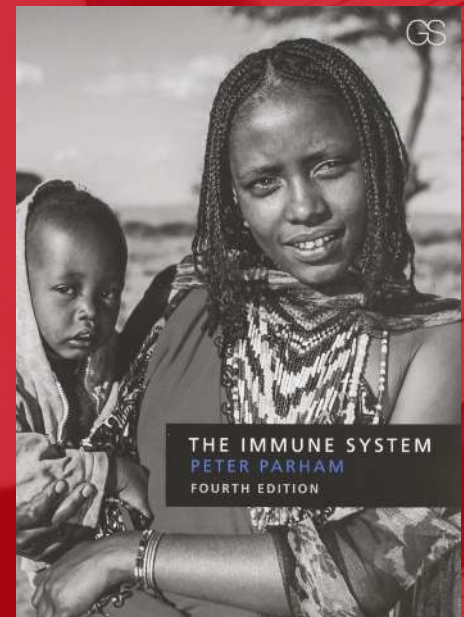
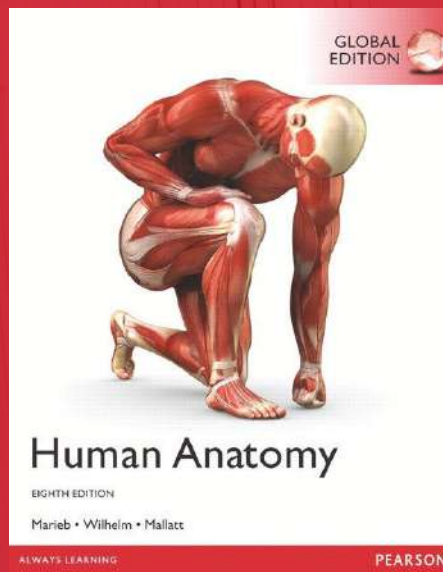
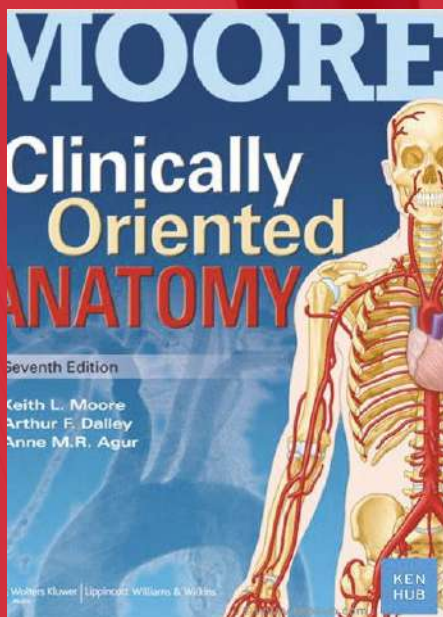
### Geeky Medics

Online videos and notes - great for visual learners and when you need a break from reading

### OSCE Stop (online notes)

### OSCEs at a Glance





## 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 & Tanner Medical Physiology

Handwritten Tutorials (online videos)

Osmosis (online videos)

Armando Hasudungun (online videos)

Khan Academy

First Aid for the USMLE Step 1

## Microbial Disease & Immunology

Schaechter's Mechanisms of Microbial Disease

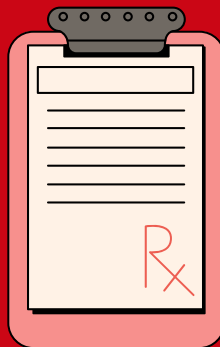
The Immune System by Peter Parham

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

# Study Tips

## Symptoms:

Overwhelmed.  
Stressed.  
Cramming.

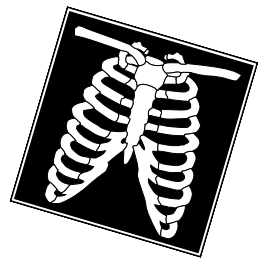


## Treatment:

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

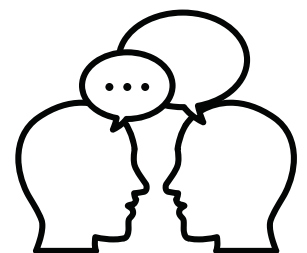


## Pathology:

- 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?



# Well-Being Tips

- 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
- See <https://www.drs4drs.com.au/> for GPs recommended specifically for medical students

## **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/>
- Griffith Uni Student Guild Advocacy group <https://www.gugcstudentguild.com.au/student-support/academic/appeals-advocacy/>
- Harrassment & Discrimination Cont. Officer: Eve De Silva [e.desilva@griffith.edu.au](mailto:e.desilva@griffith.edu.au)
- Griffith Counsellor <https://www.griffith.edu.au/student-services/health-counselling-wellbeing/counseling-wellbeing>
- Griffith Health clinic GP <https://www.griffith.edu.au/student-services/health-counselling-wellbeing/health-and-medical-services>
- 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/>





## About us

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!

### Portfolios

Academic  
Advocacy  
Engagement  
Gender Equity  
IT Support  
Merchandise  
Publications  
Social  
Sponsorship  
Well-Being

### Membership

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. 2022 memberships will be available early in the year so watch this space!

### Get Involved!

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 2022!



[facebook.com/GUMSMedSoc/](https://facebook.com/GUMSMedSoc/)



[@gumsmedsoc](https://www.instagram.com/gumsmedsoc)



[gums.org.au](https://gums.org.au)

# GUMS Executive



**Alexandra Turnbull**  
VP Sunshine Coast

"If I'm not at the beach, I'm probably giving my dog a haircut"



**Nick Ooi**  
VP Gold Coast

"Tacos are the best PBL food"



**Neha Athreya**  
VP Gold Coast

"It's always happy hour somewhere"



**Yovan Rasiah**  
Treasurer

"OCD: Obsessive Coffee Disorder"



**Heidi Wagner**  
Secretary

"Always happy to have a chat about GUM, tea, or dogs - any study distraction welcome!"



**Tim McElane**  
Clinical Advocacy Officer

"Be careful what photo you choose to give the medical school for your ID. It will follow you and haunt you."



**Alexandra Wilson**  
AMSA Representative

"Are we supposed to know what we're doing?"

## Pre-Clinical Advocacy Officers



**Josh D'Souza**

Hi there! I'm Josh and I will be your GUMS Pre-clinical (Year 1 & 2) Advocacy Officer for 2022. In this role, I will oversee and help guide the year-level advocacy representatives. The representative for your year will be a student that you elect early in your first semester... it could even be you! The advocacy team act on behalf of all students to communicate with the School of Medicine, ensuring that questions get answers, and that concerns and feedback reach those in the best position to act on them.

Some specific tasks of the advocacy team include:

- Being available to answer questions, listen to concerns, and help point you in the right direction when you need help of any kind (personal or academic) during your studies. This also includes our other friendly members of the GUMS team!
- A key role of the advocacy team is to collect feedback, meet staff, and push for change to make you be seen and feel heard. We hope all students are given a voice to improve their experience throughout medical school.
- Finally, the advocacy team is responsible for representing the student perspective to the medical school and the Australian Medical Council, reporting back to your cohort on significant points from these meetings.

If have any questions at all feel free to contact me guide! Looking forward to meeting you next year!



Kavya and Krystelle 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!

## Academic Officers



**Kavya Avadhani  
(GC)**



**Krystelle Clarey  
(SC)**





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:

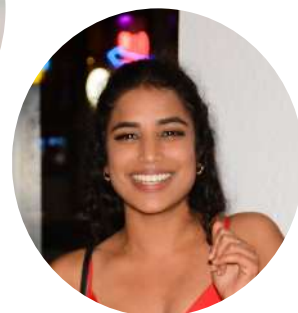
- First year mixer – the first weekend event put in place to celebrate your achievement of gaining a place in medicine.
- Disorientation camp – Self-explanatory and an opportunity for GUMS to initiate you into the Griffith culture and pride.
- Scrub Crawl – Held annually, it is one of the largest events 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 application. We'll be happy to have you on board with the team!

## Social Officers



**Jimmy Barton  
(SC)**



**Sasha Patil  
(GC)**



## Wellbeing Officers



**Hiruni Gunasekera  
(GC)**



**Kayla Mackenzie  
(SC)**

The goal of the GUMS Wellbeing team is to advocate self-care and look out for the physical, social and mental health of students in a career pathway that can, at times, be stressful and challenging. We organise a variety of events which give you a chance to take a break from studying, give back to the community, and connect with your peers. This year is no exception and there is plenty in store for Wellbeing including:

Blue week  
Coffeehouse  
Shave for a cure  
Warm and fuzzies  
Peer2Peer mentoring  
Movember

The GUMS wellbeing subcommittee is the force behind every- thing we do and is made up of a diverse range of personalities and talents. Our team is always ready to welcome new members and ideas, so if you're interested in being a part of what we do, please don't hesitate to contact me. Whether for this, or just a friendly chat, I'm just a message away!



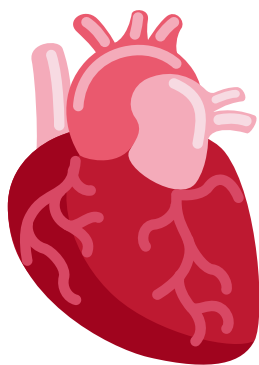
# School of Medicine Staff

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*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

Each of the four themes have their respective theme leads.



### DKHI

Margo Lane (GC)  
Christian Cobbold (SC)



### DLEPP

Audette Smith (GC)  
Lisa Kruck (SC)



### DP

Margo Lane (GC)  
Suj Palagama (SC)



### DHC

Lennert Veerman (GC)  
Thanya Pathirana (SC)

## Administration

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

**Y1 and Y2 Admin:** [mededsupporty1y2@griffith.edu.au](mailto:mededsupporty1y2@griffith.edu.au)

**Clinical Placements:** [medclinicalplacements@griffith.edu.au](mailto:medclinicalplacements@griffith.edu.au)

# Student and Support Services

*The following information was kindly written by the SoM Staff*

## School Support & Referral Process

### Gold Coast

Support from Griffith University School of Medicine, Gold Coast (GC): Eve De Silva (Harassment & Dis-crimination Contact Officer) is available to provide confidential student assistance and support.

#### Contact Details:

E: e.desilva@griffith.edu.au  
T: 07 5678 8024

### Sunshine Coast

Support from Griffith University School of Medicine, Sunshine Coast (SC): Sam Miles (Harassment & Dis-crimination Contact Officer) is available to provide confidential student assistance and support.

#### Contact Details:

E: sam.miles@griffith.edu.au  
T: 07 5202 0333

## Crisis Support & Additional Services

### Griffith Support Services

Griffith University GC Student Services provides a range of services including **Crisis Support** (see more in box below). Student Services can offer students a range of helpful services, from access for students with disabilities, counselling and chaplaincy, to budgeting and health services. These services are confidential, professional and incur no cost to students.

**Details of all the services available through Griffith University Student Services, can be found here:** [www.griffith.edu.au/student-services](http://www.griffith.edu.au/student-services)

**Griffith Health also offers a variety of Student Support Services:**

[www.griffith.edu.au/griffith-health/learning-and-teaching/student-support](http://www.griffith.edu.au/griffith-health/learning-and-teaching/student-support)

### USC Support Services

The University of the Sunshine Coast (USC) provides Griffith students with Student facilities and Crisis Support. This includes access to counselling services as well as access to gym & fitness facilities, pool, social sporting teams and the library.

#### USC Contact Details:

##### Student Wellbeing:

P: 07 5430 1226  
E: [studentwellbeing@usc.edu.au](mailto:studentwellbeing@usc.edu.au)

##### USC Sport: USC Library:

P: 07 5456 5015 P: 07 5430 2804

USC is located at: 90 Sippy Downs Drive, Sippy Downs.

Visit [www.usc.edu.au/learn/student-support](http://www.usc.edu.au/learn/student-support) for more information.

## Griffith Crisis Support Services

### Text or call this service for help to:

- Find immediate relief from emotional distress
- Explore coping strategies for current problems or a crisis
- Safely manage any immediate threats to your life or safety
- Open pathways to find longer-term solutions
- Help you work out the next steps to take

### Contact Details:

P: 1300 785 442 or text: 0488 884 146  
Weekdays from 5pm to 9am  
Weekends and public holidays 24 hours

**Call 000 (emergency services) if you are in danger.**  
**This service does not offer ongoing counselling, but we can link you with on-campus and community counselling and wellbeing services and resources.**



# 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 centred 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, a gesture fitting to Daniel's cause. In memory, GUMS has established the Daniel Payne Memorial Scholarship as an avenue for students to donate their textbooks to peers struggling financially.

## 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!

## Extra-Curricular Reimbursement

Students are able to apply for a reimbursement to help facilitate an extra-curricular activity. Past grants have included sports and music, but we are open to hearing about anything you want to get involved with! This reimbursement can only be used for teams/groups made up of Griffith medicine students (e.g. not for external social sports teams that students are apart of).

# 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!

If you are interested, contact our social sports convenor, **Ashvathan Loganathan:**  
[ashvathan.loganathan@griffithuni.edu.au](mailto:ashvathan.loganathan@griffithuni.edu.au)

Soccer: Griffith Medicine FC

AFL: Griffith Seamen

Rugby Union: Griffith Gremlins

Basketball

Netball

Cricket

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! If you wish to apply for a bursary, email [contact@gums.org.au](mailto:contact@gums.org.au).

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:// www.gugcstudentguild.com.au/sport/clubs/](http://www.gugcstudentguild.com.au/sport/clubs/).

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/>.



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!

### Past Events

National Convention

Global Health  
Conference

National Leadership  
Development  
Seminar

Rural Health Summit

Vampire Cup

+ much more!

## 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 students' views.

## Get Involved!

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

Get in touch with Alexandra Wilson (AMSA representative for Griffith)



<https://www.facebook.com/groups/778352792242767>



[amsa.org.au/join](https://amsa.org.au/join)



## 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

MS Swim-a-thon

Pathways in Surgery  
Seminar

Mentoring Mixer

Basic/Advanced Suturing  
Workshop

Trauma Symposium

Annual Surgical  
Conference

+ more

## Membership

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



[facebook.com/surgia.org/](https://facebook.com/surgia.org/)



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





## About us

Hope4Health is a student run on-profit organisation and registered charity founded by Griffith Medical University students in 2006. Our aim is to improve health outcomes for communities through our three portfolios; Local, Global and Rural & Indigenous. H4H runs numerous parties, information evenings, conferences and trips throughout the year. We look forward to meeting you at our members meetings.

## Events

Op Shop Ball

Teddy Bear Hospital

GATSI Conference

Rural Clinical Skills Trips

Rural Careers Evening

Ubuntu Through Health  
Dinner

Birthing Kits Evening

Jungle Party

+ more!

## Membership

Life of degree membership \$20 (one-off).  
Includes access and discounts to programs  
and events.



[facebook.com/hope4health](https://facebook.com/hope4health)



[@hope4health\\_harry](https://@hope4health_harry)



[hope4health.org.au](https://hope4health.org.au)



The General Practice Students Network (GPSN) is for students interested in getting to know all about general practice. We showcase the amazing careers of General Practitioners through our events and provide opportunities for career development and professional networking. GPSN Griffith is part of a network that connects 21 medical schools across Australia and there will be opportunities to collaborate with peers across states!

## Get Involved!

We are looking to recruit a first-year sub-committee, and positions available include:

Events Director  
Sponsorship Director

leading up to Executive Committee roles in future.

If you have other talents, we would love to hear from you too and we can support your initiatives!

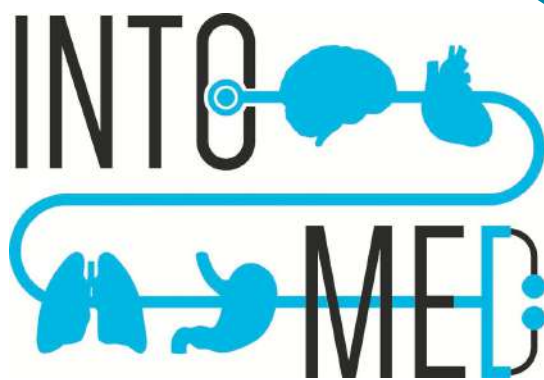
## Membership

Annual membership costs \$1 and you'll get awesome freebies, so don't miss out!



facebook.com/GPSNGriffith





## 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 Workshops

Professional Development

Social Events

## Membership

Life of degree membership \$20 (one-off).  
Includes access and discounts to programs  
and events.

## Get Involved!

We are also looking for a first-year student  
to join the team as our First Year Level  
Representative in 2022.



facebook.com/IntoMed/



intomedGC@gmail.com



[https://griffith.campusgroups.com/student\\_community?club\\_id=383](https://griffith.campusgroups.com/student_community?club_id=383)





## 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

GOLD COAST ASSOCIATION  
OF POSTGRADUATES

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!\_\_\_\_\_

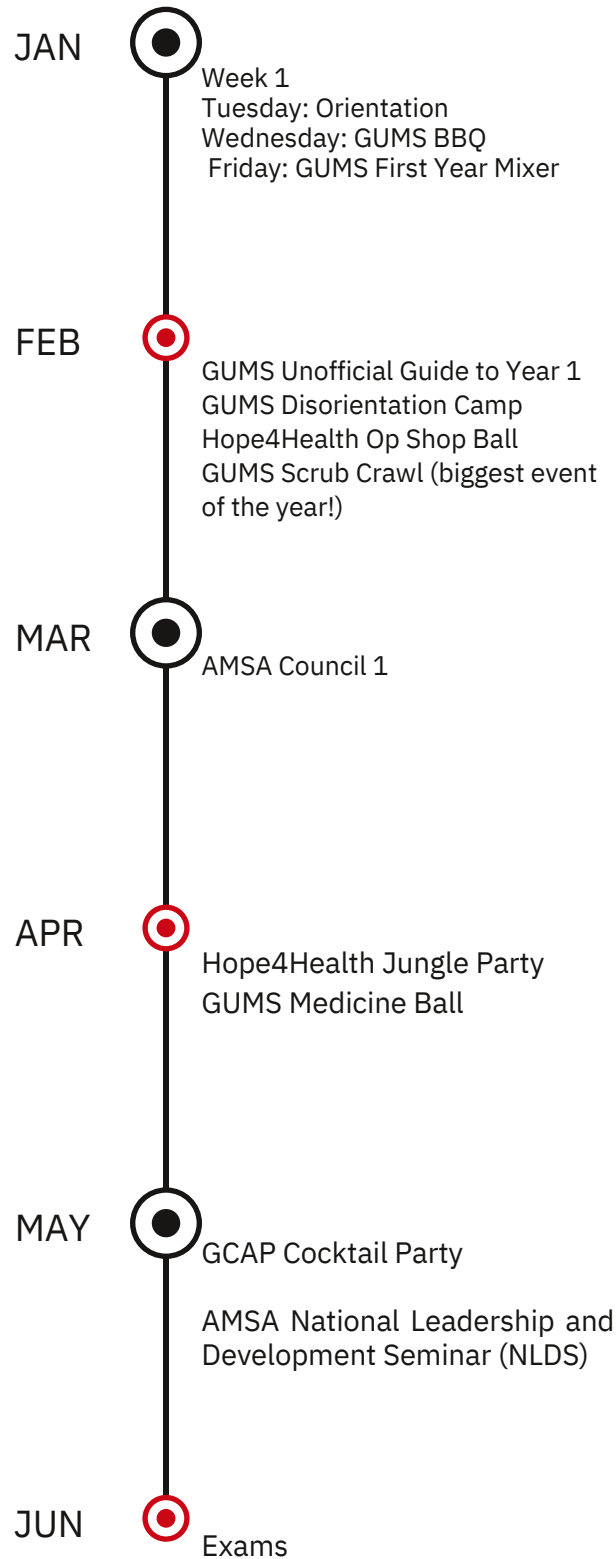
Nikhil Dwivedi  
QLDMSC Chair



# Upcoming Events

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2022



*Dates and events are subject to change due to compliance with ongoing government health restrictions due to the COVID-19 pandemic*



# Publications

The GUMS Publications and Design team has multiple publications a year, from the *GUMS First Year Guide* (an all you need to know guide on how to kickstart medical school) to *Murmur*, the official GUMS magazine (which receives contributions from medical students that include poetry, opinion pieces, and photography) to *The Newsletter* (an update on what's happening in medicine!).

Keep up to date with the GUMS Facebook page for an opportunity to contribute. We would love to see what you have to offer!



**Simon Le**  
Publications Officer



**Dalia Abu-Ghazaleh**  
Publications Officer



Scan the QR code to check out the *Murmur* archives.



**Dilpreet Moti**  
Designs Officer



# SPONSORS

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

## Platinum Sponsors



## Gold Sponsors



## Silver Sponsors



## Event Sponsors





Edited, compiled, and designed by  
Simon Le, Dalia Abu-Ghazaleh, & Dilpreet Moti