

# FIRST YEAR GUIDE 2022

GRIFFITH  
UNIVERSITY  
MEDICINE  
SOCIETY



2021

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# Welcome

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**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 Sunshine 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/>



***DATE TBC***  
***FOR FIRST YEARS ONLY***



# **DISORI ENTATI ON CAMP**







# WELCOME TO THE SUNSHINE COAST

As a Griffith Medicine student you are extremely lucky to be able to study and live in one of the most beautiful and exciting parts of Australia! Achieving work life balance is made easier by this vibrant, yet laid back coast. With awesome hikes, beaches and places to eat, the Sunshine Coast has a lot to offer! The Sunshine Coast is just an hour north of Brisbane and extends from Caloundra to Noosa Shire. Griffith's Sunshine Coast Campus, at Sunshine Coast University Hospital (SCUH), is conveniently located in Birtinya.

For a fun day out at the beach, surf or swim at stunning beaches like Coolum, Dicky or drive up to Noosa. Coastal walks and hikes are in plenty and make a great choice for an active, fun day. Take your bike, dog, friends or just yourself! See more at: <https://www.queensland.com/au/en/places-to-see/destinations/sunshine-coast.html>

Although it is known for it's beautiful hinterland and numerous hikes (ranging in difficulty) the Coast is also home to a variety of great restaurants, markets, cultural and sporting events. Check out the Urban List (<https://www.theurbanlist.com/sunshinecoast>) and keep reading for a guide to the iconic Sunny Coast spots you must check out this year.

With the Sunshine Coast Campus making it's debut in 2019, the culture of the school is close knit, warm and welcoming. GUMS has recruited some Sunny Coast locals to provide their top places to visit in the following pages.

# Places to Eat

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## Birtinya and Surrounds

- All Antica Italian
- Night Quarter: Weekend night market
- Good Bean and Sonder Espresso: The go-to coffee spots for SCUH
- Bamboo House: Japanese eats at a fair price
- BFresh Market, Café and Deli: One-stop shop for coffee, lunch and groceries
- Kai Coffee
- Your Mates brewery: Go-to spot for post-uni beers

## Caloundra and Surrounds

- Pocket Espresso
- One Block Back: Good brunch hidden in the suburbs
- Lamkin Lane: A favourite of Caloundra locals
- Café Sisily: Italian pastries by Golden Beach
- Slide Coffee

## Mooloolaba, Maroochydore and Surrounds

- Velo Project: Brunch in a vintage fit-out
- Dirty Moes: For burgers and BBQ
- Criminal Coffee
- Rice Boi: Asian eats and cocktails by the water
- Blackflag Brewing
- Umami Ramen
- That Little Flower Shop: Get a coffee, a slice and a house plant in one go
- La Petite Souris: French patisserie in Alex Headlands
- Bamboo House
- Giddy Geisha
- Millk and Bean: \$25 for 2 burgers at lunch

## Noosa

- Padre Coffee Roasters
- Clandestino Coffee Roasters
- Rick's Artisan Pies and Sourdough
- Lightyears
- Depot Cafe
- Miss Moneypenny

## Sippy Downs + Buderim

- Rice Guys
- Cafe Vie

## Markets to Visit

### Kawana Waters Artisans & Farmers Market

A sweet, simple local market held at Kawana Waters State College every Saturday morning! Fill your bags with fresh produce for the week.

### Caloundra Street Fair

One of the best street markets on the coast! Every Sunday before 1pm at Bulcock St Caloundra.

### Sunshine Coast Collective Markets

Now at two locations (Coolumb Beach and Alexandra Headland, this is the perfect place for coffee, music, beautiful designs and yummy food.

See more: <https://www.theurbanlist.com/sunshinecoast/a-list/best-markets-sunshine-coast>



# Beaches & Walks

## Iconic Beaches

### King's Beach, Caloundra

A family friendly, gentle beach with decent surf and plenty of Fish and Chips or BBQ spots nearby. Also home to Caloundra Music Festival.

### Mooloolaba Spit

With calm waters year round, this beach is popular for it's soft, shady sand that stretches all the way to Cotton Tree. While you're here, visit SEA LIFE Mooloolaba Aquarium

### Coolum Beach

This beautiful strip of coastline is dotted in hidden bays and rock pools. A gorgeous boardwalk lines the Esplanade all the way to Point Perry Lookout. Packed with coffee, juice and dining options for lunch followed by cocktails and dinner by the beach.

### Noosa National Park

If you want great surf, this is where you need to be! This is also home to the Noosa Festival of Surfing and also where you'll find Instagram favourite, the Fairy Pools.

### Moffat, Shelly and Dicky Beaches

These local spots are perfect for a quick trip to the beach during a busy week or morning run. Untouched by tourists but still boasting cute cafes and pristine water,

## Hikes and Walks

### Conondale Range Great Walks

Start at Booloumba Creek and kick off a solid full-day walk. This spot used to be a gold mine and the surrounding rocks remain dotted with naturally occurring minerals.

### Tibrogargan

Tibrogargan is the third tallest of the Glasshouse Mountains being 192m shorter than the tallest of the group. The route on the Western side of the mountain is a relatively straightforward one, requiring no technical skill can be completed in 1-2 hours.

### Mount Barney

Rugged mountain peaks rise above the surrounding landscape in this wild, beautiful Gondwana Rainforests of Australia World Heritage Area that is home to many rare animals, plant species and communities.

### Kondilila Falls Circuit Walk

Follow the Picnic Creek circuit down the escarpment, past rock pools and a lookout with views of Kondalilla Falls. Walk through rainforest to the base of the waterfall and continue back up the ridge. Look for emergent bunya pines with their distinctive symmetrical dome shapes, dense stands of piccabeen palms and intriguing shapes of pink ash, *Alphitonia petriei*.

### Eumundi National Park

An easy set of walks from 2-10km depending on where you start. Once you're done, visit the Eumundi markets for some lunch.



# Campus Information

## Transport

If you live close to campus, walking or bike riding is a great option, especially since SCUH has end of trip facilities and a secure bike lock up.

Alternatively public transport is available to SCUH from Maroochydore to Caloundra with the bus stop right at the front entry to SCHI.

For those driving, parking can be limited and is expensive. Casual parking at SCUH is \$15.20 a day or a monthly car spot is \$120/month (~\$6/day). Carpooling would be convenient and cost effective. Parking around Hideaway Street is free and is about a 15 minute walk to SCUH.

## SCUH and SCHI

The medical school, PBL rooms, lecture theatres, library and student hub areas are all located at Sunshine Coast Health Institute (SCHI) and are within SCUH.

There are plenty of coffee shops and food vendors on and around the campus with staff and student deals. Pick your favourites or bring your own food from home!

## Where to Live

Most medical students live in Birtinya or Wurtulla, which is a walk or bike ride away from SCUH. Anywhere from Caloundra to Maroochydore will be on a good bus route, and some places will be within walking distance. Mooloolaba, Buddina and Wurtulla are popular spots. For those keen to get away from it all, Coolum Beach is also popular, but requires a commitment to driving.



# Medical School

## Curriculum: Themes

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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.



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## 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 year.





## 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 four 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 or on a sim patient.



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

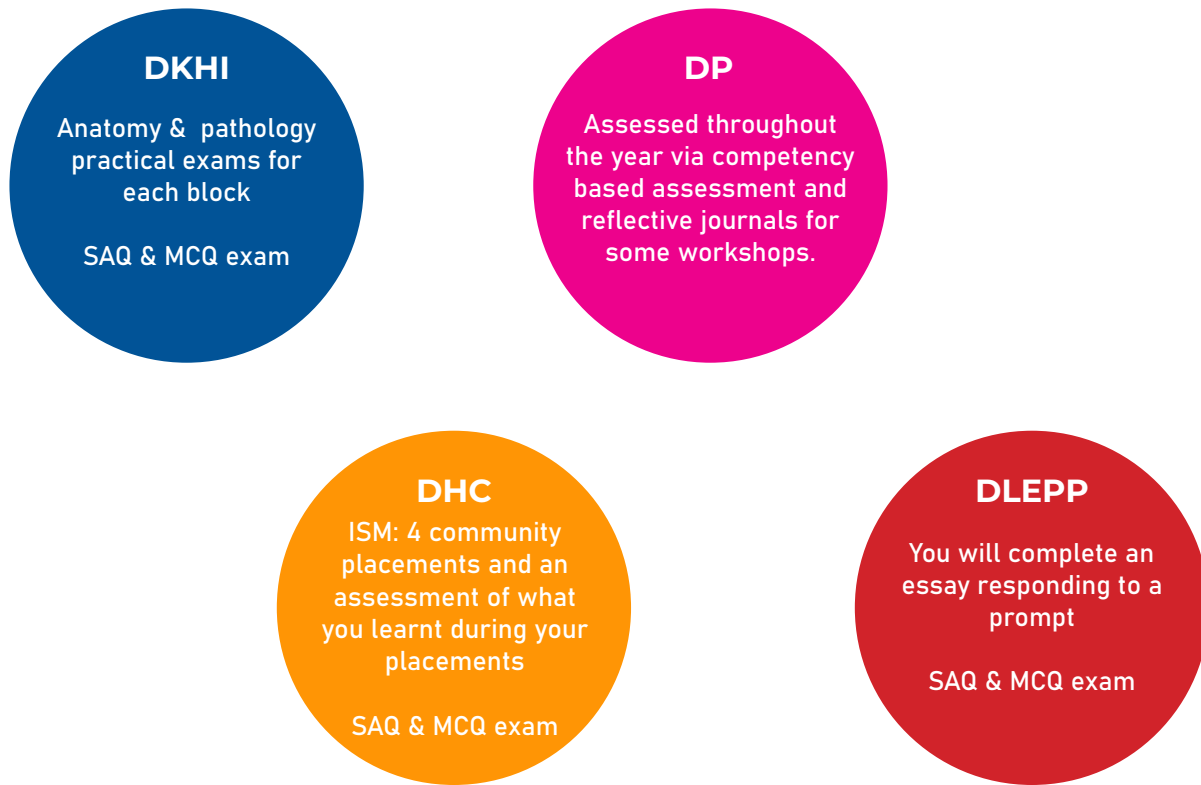
Doctor and Law, Ethics and Professional Practice is quite a different theme from the others but incredibly important for your career. DLEPP deals with the legal side of healthcare such as competency of patients, emergency situations and public health obligations. Ethical frameworks involved in decision 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 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 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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## **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 and 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, perform comprehensive clinical exams and much more!

## **Lectures**

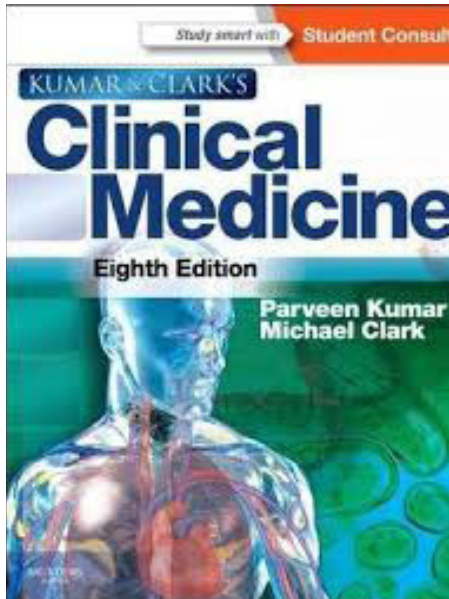
Weekly, you will often have lectures to supplement your learning. These lectures are either delivered by SoM staff or by guest doctors and specialists in their field.

## **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 and 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

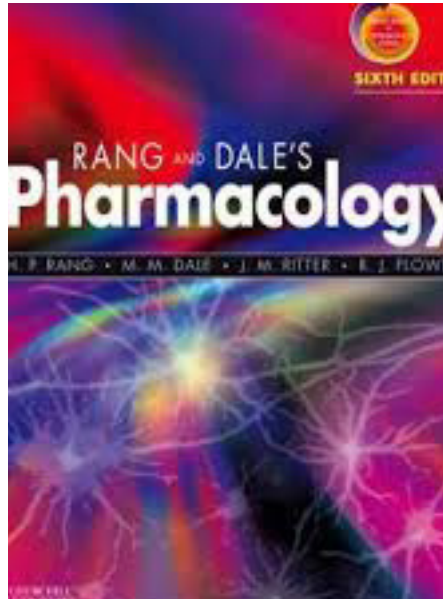
- for Pathophysiology

### 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

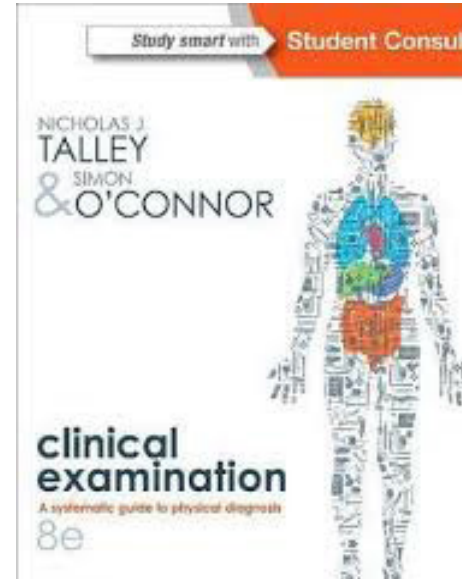
- Available online through Griffith library
- Quick reference type of resource- perfect for looking things up briefly for quick facts. Not great for conceptual understanding however

### 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"

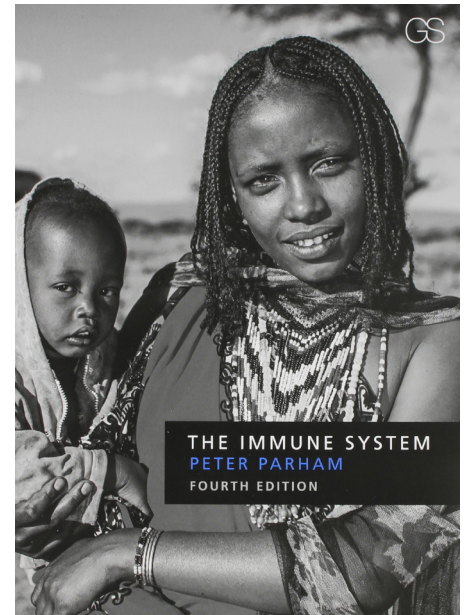
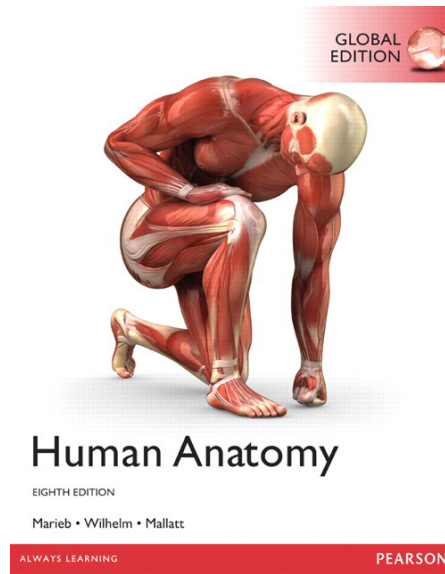
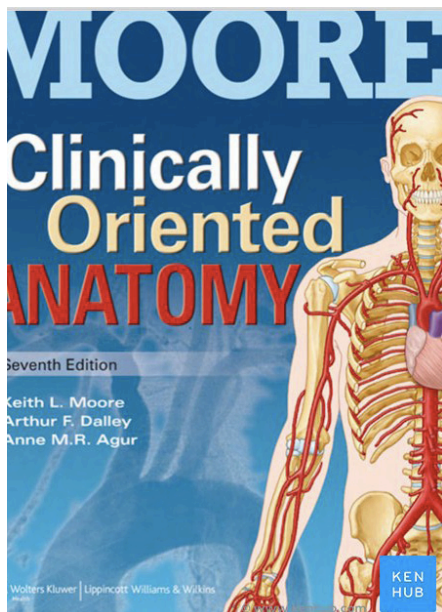
- go-to for history taking and physical examination

### 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 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

**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 text-book or look at diagrams
- Attempt revision pins in each lab to get an idea of exam style questions
- The anatomy facilities at SCHI are located near the PBL rooms and students use virtual anatomy programs and models.
- SC students also travel to the anatomy lab facilities at Griffith's Nathan Campus.

## **Pathology:**

- Study both microscopic and macroscopic specimens (both can be examined)

## **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

## ***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 Sunshine Coast council or just go for a walk around the beautiful Sunshine 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

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

### 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. 2019 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 - need blog and Murmur writers!!
- Photographer and Videographer
- Med Revue

More information on how to apply will be available early in 2021!

## CONTACT US

Facebook:

<https://www.facebook.com/GUMSMedSoc/>

Instagram:

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

Class of 2025 Facebook Group:

<https://www.facebook.com/groups/847756442565848/>

Website:

<http://gums.org.au>

# GUMS Executive

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**Alexandra Turnbull**  
Vice President SC

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



**Nick Ooi**  
Vice President GC

**"Tacos are the best PBL food"**



**Neha Athreya**  
Vice President GC

**"It's always happy hour somewhere"**



**Yovan Rasiah**  
Treasurer

**"OCD: Obsessive Coffee Disorder"**



**Heidi Wagner**  
Secretary

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



**Tim McErlane**  
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

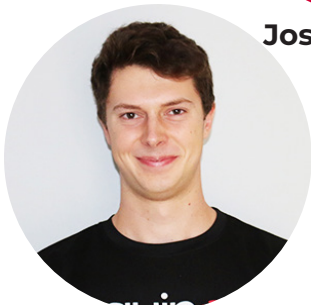
**"Are we supposed to know what we're doing?"**



## Pre-clinical Advocacy Officer



**Josh D'souza**



**Scott Bethune**

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 or Scott as your local Sunny Coast guide! Looking forward to meeting you next year!

Krystelle and Kavya 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**  
Academic Officer GC



**Krystelle Clarey**  
Academic Officer SC



# RTFOLIOS

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**  
Social Officer SC



**Sasha Patil**  
Social Officer GC

## Wellbeing Officers

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
- Coffehouse
- Shave for a cure
- Warm and fuzzies
- Peer2Peer mentoring
- Movember

The GUMS wellbeing subcommittee is the force behind everything 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!



**Hiruni Gunasekera**  
Wellbeing Officer GC



**Kayla Mackenzie**  
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

Each of the four themes have their respective theme leads

- DKHI – Margo Lane (GC) and Christian Cobbold (SC)
- DLEPP – Audette Smith (GC) and Lisa Kruck (SC)
- D&P – Margo Lane (GC) and Suj Palagama (SC)
- DHC – Lennert Veernan (GC) and Thanya Pathirana (SC)

## Administration

Timetabling, placements and documentation are handled by the administrative staff. You can visit them in the Medical School in SCHI, Level 1, or email them:

- [sunnycoastmed@griffith.edu.au](mailto:sunnycoastmed@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

### Sunshine Coast

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

#### Contact Details:

E: [sam.miles@griffith.edu.au](mailto:sam.miles@griffith.edu.au)  
T: 07 5202 0333

### Gold Coast

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

#### Contact Details:

E: [e.desilva@griffith.edu.au](mailto:e.desilva@griffith.edu.au)  
T: 07 5678 8024

## 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:

P: 07 5456 5015

##### USC Library:

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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On the Sunshine Coast we have many opportunities to get involved in social sport.

Throughout the year GUMS runs several inter-year events including:

- Basketball
- Soccer
- TRL
- Tennis
- Netball
- Pre-Clinical vs Clinical Rugby 7s
- Pre-Clinical vs Clinical T20 Cricket
- Sports Day

As well as inter-year sport, we also have a rivalry with the Gold Coast campus. Last year was the inaugural Battle of The Bruce rugby series. This year we hope to expand to include sports such as soccer, netball and TRL!

GUMS also has its very own social running club that trains weekly on Tuesdays.

There is also plenty of opportunity to become involved in social sport within the Sunshine Coast community including beach volleyball at Mooloolaba, social men's and mixed TRL, as well as social women's and mixed Netball.

Next year also marks the start of the Sunshine Coast Cup. A social rugby union comp on Friday nights that our very own team the Mud Crabs will be playing in.

If you have any sporting related enquiries please contact the 2022 Sunshine Coast social sport lead Dermot Hegerty.

[dermot.hegerty@griffithuni.edu.au](mailto:dermot.hegerty@griffithuni.edu.au)



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 (Adelaide, mid-2021)
- Global Health Conference (Perth, Q3 2021)
- 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

Alexandra Wilson (Senior Rep)

Website: <https://www.amsa.org.au/join>  
AMSA at Griffith: <https://www.facebook.com/groups/778352792242767/>



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



## 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: <https://www.facebook.com/surgia.org/>





# HOPE 4HEALTH

## 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.

## GET INVOLVED

Applications for the H4H General Subcommittee will open in early 2021! Details will be posted to your cohort Facebook group. Get excited to be part of an amazing organisation!

## MEMBERSHIP

Life of degree membership \$20 (one-off) Includes access and discounts to programs and events. Sign up here: <https://www.hope4health.org.au/join/membership/>



## 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 ... and more!

## CONTACT US

Website: <https://www.hope4health.org.au/>  
Facebook: <https://www.facebook.com/hope4health>  
Instagram @hope4health\_harry  
Email: [secretary@hope4health.org.au](mailto:secretary@hope4health.org.au)



# GENERAL PRACTICE STUDENTS NETWORK

## Breathing new life into general practice

An initiative of GPRA

### ABOUT US

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 your 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!

### CONTACT US

Send us a message on our Facebook page here:

<https://www.facebook.com/GPSNGriffith>



# INTO MED

## 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.

## GET INVOLVED

We are also looking for a first-year student to join the team as our First Year Level Representative in 2021.

## MEMBERSHIP

Becoming a member enables you to attend all our events.  
Membership is a \$20 once-off fee which covers membership throughout all 4 years of the MD program.  
Payment can be done through our Campus Groups Page

## EVENTS

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

## CONTACT US

Email: [intomedgc@gmail.com](mailto:intomedgc@gmail.com)  
Facebook: <https://www.facebook.com/IntoMed/>  
Campus Groups: [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*



# Editor's Note



First of all, congratulations on getting into med school!

I think further commendation is also due for getting to the end of this guide, and if you're bothered to read this little self-inflating note of mine, I extend an olive branch for making you read just a small paragraph (or three) further. As Sunny Coast's Publications officer for 2022, it was my pleasure editing this document and I've tried to tailor the information provided to be relevant and useful and I thank Publications and Design officer predecessors: Ashraf Docrat, Charles Reyes and Janis Fernandes, for giving me such an easy job. I think this guide is a testament to how impressive GUMS can be, and you'll see throughout the year how many spectacular events GUMS runs, which was something I was blown away by in 2021 and is part of why I chose to get involved this year.

Looking back to when I started med school, it really was just as nervous as it was exciting. Something you quickly learn on the Sunny Coast is how tight-knit and supportive everyone is for each other. A prime example of this was during our maiden med revue - you could just feel everyone buzzing and excited to support their colleagues and friends during what was an apprehensive time for the cast and writers. I think the same sort of buzz will permeate SCHI when the class of 2025 arrives and I hope that we do everything in our power to make you feel welcome and supported.

Now, a quick plug for GUMS Publications and Design:

The GUMS Publications and Design team produces a variety of works throughout the year, including but not limited to this First Year Guide, Murmur (the official GUMS magazine) and the GUMS Blog. In 2022, I'm spearheading a couple of new initiatives which encompass not just writing, but also video and podcast formats (look out for my First Year Reflection video). If you are interested in making content, whether that be writing, designing or filming, we would love to have you in the subcommittee - information about this will be posted on the cohort Facebook pages if you'd like to get involved.

Once again, thanks for reading and I hope this guide has been helpful!

Simon Ie  
Publications Officer (SC) 2022





# SPONSORS

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

## Platinum Sponsors



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## Silver Sponsors



## Event Sponsors



***This is a GUMS Publication***

***Edited and compiled by Simon Ie***

***With thanks to the GUMS Executive and the Griffith  
University School of Medicine***



